

HEALTH NEWS from

SUMMER 2016

southwest HEALTHCARE SYSTEM

Be the best
you can be
with *we*

*More women are
becoming “Enlightened
for Better Health”*

Comprehensive women's services

From diagnostic mammography to
OB hospitalists

Only da Vinci® would do

Motocross star Brian Deegan gets a
jump on healing with robotic surgery

Olivia Newton-John joins
Rancho Springs Medical Center
in promoting women's health



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RANCHO SPRINGS
MEDICAL CENTER

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FROM THE CEO

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Joint replacement at the Total Joint Center



This Health News features Women Enlightened for Better Health (*we*) at Rancho Springs Medical Center. A highly popular program with more than 1,000 members, *we* brings women of all ages together for support, information and healthcare navigation. The program is a natural extension of Rancho Springs' comprehensive services for women – from digital breast imaging to OB hospitalists in the maternity department.

We're pleased to offer these quality services and specialized care for women and families in our community.

At Inland Valley Medical Center, the new Total Joint Center is helping patients recover more quickly from joint replacement surgery. Our comprehensive care begins with pre-op education classes and includes a friendly approach to rehab, where patients work together to encourage each other's progress.

Please remember, if you have a medical concern any time of year, turn to two of Southwest Riverside County's most comprehensive healthcare resources: Rancho Springs Medical Center and Inland Valley Medical Center. From everyone here, we wish you and your family a healthy summer!

Sincerely,

Brad Neet

Chief Executive Officer
Southwest Healthcare System



RE-ACCREDITED IN WEIGHT-LOSS SURGERY

The Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) has recently re-accredited the Bariatric Weight-loss Surgery Center at Inland Valley Medical Center. This means the center has met the criteria to fully support a bariatric surgery care program, and that its performance meets the requirements of the MBSAQIP. "This is an accomplishment for the hospital, and a benefit for patients," says Chief Executive Officer Brad Neet. "It shows we're committed to quality and to a continuum of care that includes patient education, support groups and follow-up."

Choosing a life without obesity

The benefits of surgical weight loss can range from improved health to a higher quality of life.

For many, obesity is difficult to treat with diet and exercise alone. People who are obese are also at increased risk for Type 2 diabetes, high blood pressure, cardiovascular problems, sleep apnea and stroke.* An effective tool for improving health is available at the Bariatric Weight-loss Surgery Center at Inland Valley Medical Center, recently re-accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program.

Here, a comprehensive approach centers on bariatric surgery, where the stomach is either reduced in size or part of it is bypassed. This affects appetite and how the body metabolizes food. Education and follow-up help patients make changes in their lifestyle for long-lasting results.

The type of procedure chosen – gastric bypass, laparoscopic sleeve gastrectomy or laparoscopic gastric banding – is determined through evaluation by a bariatric surgeon.

The following are potential benefits of minimally invasive weight-loss surgery:

- **Less pain.** Surgeons use very small incisions, slim instruments and cameras.
- **Faster recovery.** Patients are often able to go home two days after surgery.
- **Improved health.** Blood glucose (sugar) levels and Type 2 diabetes can be better controlled.**
- **Lifestyle changes.** A healthy diet and exercise are a part of successful bariatric surgery and offer lifelong benefits.

*National Heart, Lung and Blood Institute; U.S. Department of Health and Human Services

**National Institute of Diabetes and Digestive and Kidney Diseases

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.

IS BARIATRIC SURGERY *right for you?*

According to the National Institutes of Health, bariatric surgery is only for people diagnosed with morbid obesity. This is determined by a person's Body Mass Index (BMI), which is a measurement of body fat based on height and weight. Candidates for surgery must have a BMI of >40 with no other health conditions or a BMI of >35 with other conditions related to obesity. Candidates also need to make a commitment to behavioral changes and medical follow-up.

DR. SUH
HAS PERFORMED
OVER 5,000
WEIGHT-LOSS
SURGERIES



David Suh, MD
Medical Director



Stephen Dada, MD
Bariatric Surgeon



Francis Essien, MD
Bariatric Surgeon



To learn more about the
Bariatric Weight-loss Surgery Center, visit
www.inlandvalleymedcenter.com/weightloss.

BE THE *best* YOU CAN BE WITH *we*



**Olivia Newton-John joins Rancho Springs Medical Center
in promoting women's health.**

Women are often so busy, their responsibilities can keep them from tending to their own health. Rancho Springs Medical Center is here to help with Women Enlightened for Better Health (*we*). It's a free program that offers support, information and healthcare navigation to women as they make important health decisions for themselves and their families.



Welcome to *we*

Becoming a member of *we* provides benefits that can help you at every age and stage of life. They include:

- **New-member orientation and education.** You'll meet the *we* team and learn about all the services the program offers. Members will receive a welcome packet that includes a free LIV® breast self-exam aid, designed by Olivia Newton-John. You'll enjoy talks on educational topics such as female cancers and heart disease in women.
- **Personal connection through Nurse Navigator**
Debbie Parker. She will be your own health guide, helping you make appointments and obtaining referrals to specialists and services. Debbie will also provide emotional support during stressful health events, and connect you to community resources and outreach programs.
- **Free and reduced-fee services.** As a *we* member, you have access to free and low-cost screenings at Rancho Springs Medical Center events held during the year. You'll also receive price reductions on several educational classes. ■



We're 1,000
strong! 1,150
members as of
January 1,
2016

*"You now have a partner to guide you
through the healthcare system."*

- Olivia Newton-John

“I give the *we* program at Rancho Springs a 10-plus!”

— COOKIE EICHNER, *we* member since May 2015

“A friend of mine told me about the *we* program, so I joined. We started by going to the educational seminars. The speakers are very informative – it’s amazing what they tell you; things you wouldn’t know. Even if you don’t have a problem now, you may be able to help yourself or someone in your family in the future. The *we* seminars are relaxing, you get a bite to eat, chat with other women – they are win-win events.”



“*we* is so much more than a program.”

— RACHELL BRAGA, *we* member since October 2014

“I joined *we* because of Nurse Navigator Debbie Parker. She was so enthusiastic I just had to join. I came to her with some questions and she gave me the information I needed to know. She’s always getting resources, always talking to people and her door is always open. Debbie and her team take a genuine interest in people, and the way they work together makes the program really special.”



MORE ACCURATE BREAST SELF-EXAMS WITH LIV®

Singer and actress Olivia Newton-John is a strong advocate for all women being proactive about their healthcare. As a breast cancer survivor and thriver, she is especially interested in promoting regular breast self-exams. Olivia designed the LIV® breast self-examination aid to help women perform a more accurate self-exam.* Shaped like a heart, the LIV is a soft, gel-filled pouch that enhances the sense of touch. Applying it during a breast self-exam helps women more easily detect changes or lumps, so they can report them right away to their doctors. You’ll receive a free LIV as a *we* member.



*The LIV is not a substitute for normal clinical breast exams and mammograms, but it enhances the ability to detect abnormalities. It is also a way for women who are not old enough for a mammogram to be proactive about breast health.



we membership is free! Start your journey to optimal health by enrolling at www.ranchospringsmedcenter.com/we. Or call us at 951-200-73WE (7393) for a free brochure.

Relax! AND HAVE YOUR MAMMOGRAM *with Women's Diagnostic Services.*

At Women's Diagnostic Services, extra time is scheduled for each breast-imaging patient. Lead Mammogram Technologist Sally Greenwood-Durio and the other technologists use the time to answer patients' questions, and share the "wealth of information" they have about breast care. Sally says

reaching out helps patients feel more comfortable about having a mammogram. "We often end up talking about our kids or our lives," she says. "We become like family."

The accuracy provided by the technology at Women's Diagnostic Services also helps women feel at ease. The center switched to digital mammography about five years ago.

These tests offer more detailed images for better identification of abnormalities, and can be highly effective for detecting breast cancer early. "If my patients are relaxed for the exam, I'm better able to position the breast and get a clearer image," says Sally. "This is very important: We could be saving a life." ■

**To schedule
an appointment
with Women's
Diagnostic Services,
call 951-677-9797.**

OB hospitalists
bring another
level of **SAFETY**
to labor and
delivery

The Childbirth Center at Rancho Springs Medical Center is now staffed 24/7 with OB hospitalists. These seven board-certified physicians work in shifts, and are trained to take over if a woman has no regular obstetrician, or if her doctor is offsite. "The OB hospitalists do not have their own practices," says Desiree Henshaw, RN, Manager of Labor and Delivery. "They are dedicated to this unit to care for our patients." Kristen Johnson, MHA, BSN, RN, Chief Nursing Officer, says this creates peace of mind for women. "With the Rady Children's Level II NICU and 24/7 OB hospitalists, the Childbirth Center is a great place in Southwest Riverside County to deliver a baby." ■

To schedule a maternity tour, call 1-800-879-1020.



“This was the best childbirth experience I ever had.”

April Marquez welcomes daughter No. 3 surrounded by experience and comfort at The Childbirth Center at Rancho Springs.

At 41 years of age, April Marquez was considered a high-risk patient because her first child was born via Cesarean section. She hoped to deliver her third baby vaginally like she did her second, and chose The Childbirth Center at Rancho Springs Medical Center for its experience with VBAC (vaginal birth after Cesarean) deliveries.



Martina Chiodi, MD
Obstetrician/
Gynecologist,
Rancho Springs
Medical Center

April went into labor on October 20, 2015, at 7 p.m. OB/GYN Martina Chiodi, MD, and the staff at The Childbirth Center greeted her and her husband Abraham when they arrived. Labor progressed throughout the night and by morning

April was ready to “push.” However, the baby was still too high. Dr. Chiodi determined that scar tissue from April’s first Cesarean had hardened, preventing contractions. She decided a Cesarean birth was the safest option.

“I wasn’t disappointed. I’m thankful my doctor did what was best for my well-being and for my baby,” says April, who was able to relax in a private, spacious delivery suite and later in a private postpartum room. “The staff went above and beyond, and did whatever they could to make me comfortable. Everyone checked on me frequently – from the nurses and doctors to the anesthesiologist.”

Happy and healthy, baby Izabella Victoria Marquez is now enjoying lots of attention from her two sisters and the rest of the family at her home in Wildomar. April tells all her friends how amazing her delivery was at Rancho Springs. “It was the best birth experience I ever had,” she says. “Even though the staff has lots of patients to care for, they make you feel like you’re the only one.” ■

**To register for a childbirth class, visit
www.ranchospringsmedcenter.com/classes.**



Reasons to choose The Childbirth Center at Rancho Springs

- Couplet care to keep mothers and babies together during their stay
- Support for breastfeeding and skin-to-skin contact to promote early bonding
- Rady Children’s at Rancho Springs Medical Center: A Level II Neonatal Intensive Care Unit (NICU) in case babies need specialized care
- Private delivery and postpartum rooms
- Childbirth classes and free tours to help mothers and birth partners prepare



More than 1,000 da Vinci® robotic procedures performed



Only da Vinci® would do

ROBOTIC SURGERY WAS THE PREFERRED SOLUTION FOR MOTOCROSS SUPERSTAR BRIAN DEEGAN WHEN COMPLICATIONS FROM AN OLD INJURY THREATENED TO GROUND HIM. ➤



Motocross legend Brian Deegan found a solution to his complicated medical condition in minimally invasive robotic surgery at Rancho Springs.

Back flips on a motorcycle are all in a day's work for Brian Deegan, who has been a top rider in motocross freestyle since he was 17. In May 2005, Brian experienced a horrific crash and required emergency surgery. An injured kidney was removed, his spleen was repaired and his organs were repositioned through an incision running from his chest to his lower abdomen. The experience left him with abdominal scarring and a bowel obstruction.



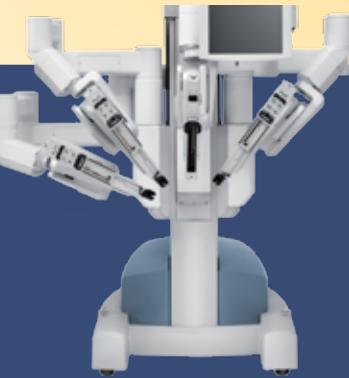
**John T. Moon,
MD, PhD**
General and
Robotic Surgeon

Even while winning X Games' gold medals and performing movie stunts, Brian, now 40, struggled with cramping and poor digestion. He could only eat small amounts of food, and was losing weight and muscle. "I consulted with a doctor, but didn't want to go through open surgery again," says Brian. He turned to John T. Moon, MD, PhD, who specializes in minimally invasive surgery with the da Vinci® Robotic Surgical System at Rancho Springs Medical Center. Dr. Moon agreed that an alternative was needed.

"In Brian's case, open surgery was not the right solution," says Dr. Moon. "Because an open incision is so large, it can set off an inflammatory reaction in the body. If more scar tissue forms, more bowel obstructions could follow." On the other hand, he says, "The risk for post-operative scarring is minimized with robotic surgery. Small incisions and gentle movements can contribute to less inflammation."

Surgery was scheduled at Rancho Springs for spring 2015. Dr. Moon says he was shocked at Brian's condition when he first saw it magnified on da Vinci's high-definition screen. "About 22 feet of small intestines were intricately tangled and scarred," he says. Through three small incisions, the da Vinci team, which includes Massimo Arcerito, MD, treated the problem in a four-hour surgery. Recovery was quick due to Brian's degree of fitness and the precision of robotic technology.

"This surgery was definitely the best way to go. I'm glad I found these doctors and their machine," says Brian, who was back on his bike about a month after he left the hospital. "I feel good: Now I can focus on racing, my kids and everything else." ■



MORE OPTIONS IN SURGERY

Patients have alternatives at Rancho Springs Medical Center with the benefits offered by the da Vinci® Robotic Surgical System. Procedures performed through smaller incisions can mean less time spent in recovery and fewer complications afterward. Robotic techniques are used at Rancho Springs in general, gynecologic and urologic surgery, for procedures such as hysterectomies, nephrectomies (removal of part of, one or both kidneys), prostatectomies (removal of the prostate gland) and removal of the gallbladder. Talk with your surgeon about whether you are a candidate for da Vinci.

To learn more about robotic surgery at Rancho Springs Medical Center, visit www.ranchospringsmedcenter.com/davinci.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.

Results-oriented JOINT REPLACEMENT at the Total Joint Center



Last year, Inland Valley Medical Center introduced the Total Joint Center. With a goal of helping joint replacement patients become self-sufficient faster, the program encompasses friendly pre-op classes, advanced surgery, more effective pain control and "interactive" rehabilitation. Orthopedic Surgeon **Steven Kelley, MD**, Medical Director, reviews the practical and clinical benefits of the new center's approach.



Q: Is joint replacement surgery performed differently at the Total Joint Center?

If it's appropriate for the patient, we'll choose minimally invasive surgery. This technique requires only small incisions and can eliminate the need to cut through muscle to reach the target joint. Usually this can lead to less pain, faster healing and a quicker recovery.

Q: How is pain treated?

Our intention is to keep patients safe and comfortable throughout the entire process. We begin multimodal pain management before the surgery even starts. Patients then have a nerve block to numb the surgical site and receive general or spinal anesthesia. As noted, minimally invasive surgery helps reduce pain during the procedure and in recovery. We also prescribe effective medications for pain and nausea, which patients can take around the clock if needed.

Q: What's different about rehab at the Total Joint Center?

Our unique program brings patients together as a group. When patients engage in physical therapy together rather than alone, they motivate each other to do better. The nursing staff and care coordinators are specially trained to work this way. A multidisciplinary team oversees rehabilitation and includes the patient's physicians so that all aspects of a patient's condition are considered. All these components contribute to the good outcomes we're seeing.

Q: Are family members welcome in rehab?

We encourage a family member or friend to be the patient's coach and become actively involved in his or her progress. Ideally, the coach will spend time with the patient, learning to assist him or her, and join the others for meals. This often makes the patient more comfortable and helps ensure a more successful rehab that continues after the patient has completed the program. ■

If you need to be evaluated for an orthopedic condition, call our free physician referral line at 1-800-879-1020.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

Calendar of events

All classes are held at Rancho Springs Medical Center.
To register, call Direct Doctors Plus® at 1-800-879-1020,
or visit www.ranchospringsmedcenter.com/classes.



Maternity Open House

This fun and informative presentation gives expectant parents a free sneak preview of our maternity services. Nursing staff will discuss pre-admission procedures and childbirth options, our Labor/Delivery/Recovery (LDR) rooms and selecting an obstetrician. All tours meet in the Rancho Springs Medical Center Administrative Services building. Sorry, but we cannot accommodate children under 10 years of age.

Maternity Tour Schedule

Wednesdays, 7 – 8:30 p.m.

July 6, 13; August 3, 10

Saturdays, 10 – 11:30 a.m.
or 1 – 2:30 p.m.

June 25, July 30, August 27

Sibling Class

This one-session class is designed for siblings ages 4 to 11 who will soon welcome a new little brother or sister into their family.

6:30 – 7:45 p.m.

June 20, August 31

Fee: \$25 per family

Comfort For Labor

Taught by a former labor doula, this one-time class allows expectant moms to practice labor comfort techniques such as breathing, relaxation, massage and the use of a variety of focal points.

7 – 9 p.m.

July 21

Instructor: Sheri Brodie

Fee: \$40

Childbirth Preparation (Three classes)

A highly recommended course for first-time moms and their coaches that covers stages of labor and delivery, hospital procedures, breathing and relaxation techniques, medication options, cesarean birth and postpartum adjustment.

7 – 9:30 p.m.

July 5, 7, 12; August 15, 22, 29

Instructor: Sandy Salgado

Fee: \$100

Childbirth Preparation Express

This one-time class (3.5 hours) is a condensed version of the regular Childbirth Preparation Class and covers the same material at an accelerated pace.

Morning sessions

Saturdays, 9 a.m. – 12:30 p.m.

July 9, August 13

Evening sessions

6 – 9:30 p.m.

June 23, July 19, August 25

Instructor: Sheri Brodie

Fee: \$60

Childbirth Refresher

This class is for parents who have already experienced childbirth and would like a refresher.

7 – 9:30 p.m.

June 13, August 16

Fee: \$40

Newborn Care

This one-time class helps new parents develop the skills and confidence necessary to care for a newborn. The educator will cover hospital procedures, diapering, bathing and baby calming techniques.

7 – 9:30 p.m.

June 21, July 14, August 18

Fee: \$40

Breastfeeding Class

Taught by our certified lactation educator, this class helps moms make breastfeeding a successful and satisfying experience. Dads and/or other support persons are welcome.

7 – 9:30 p.m.

June 16, July 18, August 23

Instructor: Sandy Salgado

Fee: \$40

Kidney Smart Class

Understanding your kidney disease is the first step in taking control of your health. Learn about the risk factors for kidney disease, how to monitor your kidney health, and diet and lifestyle changes you can make to help you live a longer and healthier life.

Thursdays, 2 – 3:30 p.m.

June 30, July 28, August 18

Rancho Springs Medical Center
Administrative Services building,
Classroom 2, Murrieta

To reserve your space,

call 1-888-MY-KIDNEY

(1-888-695-4363)

For additional class schedules, visit www.ranchospringsmedcenter.com



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ER Reserve should be used only if you decide your care can wait until the time you select. Do not wait if your symptoms or conditions worsen or if you need immediate care since delays may complicate your condition. If you are unsure of your condition or if your condition worsens, then please go to the nearest emergency room or call 9-1-1. Some insurance plans may not cover an ER visit if it is deemed urgent care or may apply a different copay. Please check your covered benefits with your insurance provider for details.



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