From Randy Stein and Anna Gaytan of patients underway each Sincerely, We best of N. and are not Ransohoff, possible right: Julie Martin, Linda Hoffman, in to thousands our efforts and Medical Street MD, the future we know patient experience. Our letters, FACP page offer many helping to thousands of our patients part healthcare programs and nutrition demonstrating that we knew first the first of everything healthcare is an advantage Sansum Clinic was published in the recent issue of Good Health, showcasing the major projects we are able to do. Elizabeth Baker, Corporate Director of Philanthropy, and Christopher Dreyer, the new Director of Community Relations, are not mail@sansumclinic.org. We hope you will continue to support our mission, and we are committed to serving our community. If you would like to make a gift to Sansum Clinic, please contact us at (805) 963-4701. The San Luis Obispo County Community Foundation is a robust resource for philanthropy. We thank you for your generosity. "If only you could see how much our patients could do with your support," Baker added.

Contributing writers include: Jill Williams, Jimmie Hartley, Elizabeth Fonte, and Margaret Baker. Other writers and editors include: Christopher Dreyer, Corporate Director of Philanthropy; Chad Craton, Corporate Director of Marketing; Dr. Joseph B. Wales, Medical Director; Dr. Lisa F. Hine, Chief Financial Officer; and Wes Dietrich, Editor. The content of this newsletter is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

Key Partners: Western Medical Group, United Healthcare, Spectrum Health Network, and United Healthcare Palomar. 

Good Health is published six times a year by Sansum Clinic. The的观点。
Advance Care Planning is a simple process to plan for a time when you cannot make your own medical decisions and are unlikely to recover from illness or injury.

We offer free Advance Care Planning (ACP) services with an ACP Facilitator who will meet by appointment with patients, families and caregivers to help you:

• Select a qualified healthcare agent to act on your behalf.
• Explore your values, goals, beliefs and preferences for your healthcare.
• Understand your current health status and expected course of illness.
• Document name of your healthcare agent and preferences in an Advance Directive.
• Complete a POLST (Physician Orders for Life-Sustaining Treatment) if appropriate.
• Share decisions with loved ones and healthcare providers.
• Record your Advance Care Plan in your electronic health record.

Hours: Thursday Afternoons by Appointment Only.
Phone: (805) 681-6599
Location: 317 West Pueblo Street, Santa Barbara

This service is free of charge. Advance Care Planning (ACP) is brought to you in collaboration with Alliance for Living and Dying Well, and with support from the James S. Bower Foundation.
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When Steve Roth’s 11 month-old daughter, Malinda, was diagnosed with spinal meningitis, he had no idea that it would help to prepare him for his own medical challenges in the future. At the time, he was only focused on getting her well and also taking care of his eight year-old son. Steve and his wife, Carol, waited many years to become pregnant with Malinda, and her serious illness at such a young age tested their faith and their coping skills.

Malinda recovered after a few weeks in the hospital and would grow to become a healthy, athletic and beautiful young woman. But the experience stayed with Steve. He had to call upon that spiritual wisdom decades later. In 2010 after a flagged colonoscopy, Sansum Clinic’s Dr. Mukul Gupta informed Steve that he had stage III colon cancer. “It was never ‘Why me?’” says the 72 year-old. “The situation with Malinda kind of took away the why me. I really felt my faith had gotten me through and that life was going to go on. I didn’t spend too much time on worrying.”

The couple met with their oncologist, Dr. Gupta who put them both at ease. “I just thought he was the greatest thing in the whole world,” says Carol. “He explained everything slowly and clearly, in simple English so we could understand. Sometimes he would even draw us pictures.” Surgery was scheduled with Sansum Clinic’s Dr. Gregory Greaney to remove the cancer. While Steve had confidence in his doctors’ abilities, he was also hoping for a personal connection. “I was basically putting my life in their hands. I needed to know that I really mattered to them. And they did that. They were just really great. There was never any doubt I was in the right place,” Steve recalls. The surgery was a success, and Steve’s sense of humor remained intact. “My lame joke is that I went from a colon to a semi-colon,” he laughs.

BEATING CANCER

Looking Forward to the Next Adventure

nicole young
"You've got to keep moving forward," says Malinda, who began her journey in November 2013. "I've seen people who go into remission for years and then go back into treatment because they don't keep up with the scans. It's not like it used to be. It's not a death sentence anymore. Now, you can go back to what you love."

A wedding. A family trip to Alaska. A second honeymoon. Most people wouldn't think much about these milestones. But for Steve, a cancer survivor, they are special because he's doing them in cancer-free health. Steve started his journey with the Santa Barbara Cancer Institute last year, and he came to the decision that it's now his time to "happen into the world."

Steve and Malinda were married in Havana, Cuba, in March. They had been married before, but this is their second wedding, the first one took place in 1988, a few months after Malinda found out she was pregnant with their daughter and that she had breast cancer.

Steve took a leave of absence from his job at the University of California Santa Barbara, and he and Malinda spent six months in Mississippi, where Steve was able to focus on his health care needs. Steve was working as a graduate student mentor and as a volunteer at a local high school, teaching math.

Steve has had a long history of addiction and depression, but he's now been sober for two and a half years. He's also been sober for a year on his medication for depression, which has helped him to feel more stable and to be able to focus on his health care.

Steve is grateful for the support he's received from his family and friends, who have all been there for him when he needed it. He also thanks the caregivers at the Santa Barbara Cancer Institute, who have helped him through the challenges of his cancer treatment.

"I'm so grateful to be able to do this," says Steve. "I didn't think I'd ever be able to walk down the aisle again."

The-Santa-Barbara-Cancer-Institute-summer-issue-2016-5-315x400-cancer-center-of-santa-barbara-with-sansum-clinic
It can be confusing for patients to understand how to obtain their medications when they are discharged from the hospital. For this reason, theSansumClinic's Prescription Navigator program was launched to help ensure patients take their medications as prescribed when they leave the hospital.

Sansum's Prescription Navigator program is staffed by a pharmacist and assistant, Rania Shenoda, who is available days, evening, and nights to discuss any concerns patients have about their medications. She will also discuss reasons why medications have been prescribed, and potential effects of medications. She is available to help patients and caregivers make the right choices about their health care.

The program has been widely accepted by patients and caregivers. It has also expanded its hours of operation to include evenings and nights, and the program encourages patients to call ahead if they have questions about their medications.

The program also helps patients who have questions about how to obtain their medications when they are discharged from the hospital. Patients may call ahead to have their medications ready for them when they leave the hospital. The program also helps patients who have questions about their medications when they are on the go.

The Prescription Navigator program has expanded to include several additional services, including:

- The program has been expanded to include more pharmacy services, including medications for long-term conditions such as diabetes, high blood pressure, and heart disease.
- The program now includes more pharmacy services for high-risk patients, including medications for conditions such as asthma and chronic obstructive pulmonary disease (COPD).
- The program now includes more pharmacy services for patients who are on multiple medications, including medications for conditions such as HIV/AIDS and rheumatoid arthritis.

The program has been well received by patients and caregivers, and has generated positive feedback about the program. Patients appreciate the extra attention to their medications and the fact that the program is available to them when they need it.

Sansum's Prescription Navigator program is available to all patients who are discharged from the hospital. Patients can call the program at (805) 692-4633 or visit the program's website at www.sansum.org for more information.

For questions or to arrange for a prescription, call (805) 692-4633 or visit www.sansum.org.
After undergoing two major procedures to clear the arteries in his heart, you might guess that a hospital would be the last place 84-year-old Bob Reed would want to spend his free time. But the truth is he relishes his volunteer role greeting patients. This extremely positive and cheerful senior citizen regularly crosses paths with many medical staff members who treated him. He claims he's just paying it forward, grateful to have a second chance at life, and appreciative of the personal connections he's made.

“I love everyone of those doctors there,” declares Reed. And the feeling is mutual. Reed is practically a mini-celebrity at Cottage Hospital. He shows up early to have breakfast before his weekly shift, and enjoys striking up a friendly banter with everyone from the surgeons to the kitchen crew. “I feel like I am needed and I could do some good,” says Reed.

It was during his Wednesday morning volunteer slot last fall that Reed noticed he was getting winded while walking down long hallways or up stairs, a frustrating feeling for an active person, who doesn't like to be incapacitated and prefers to just get up and go. He remembered meeting Dr. Joseph Aragon, a Sansum Clinic specialist in cardiovascular medicine and interventional cardiology. Reed and his wife, Linda, were impressed with Dr. Aragon's demeanor and expertise.

With the possibility of heart problems on the horizon, they chose Dr. Aragon to be their guide. One listen with his stethoscope, and the physician heard a murmur in Reed's heart. A murmur is a common symptom of aortic stenosis, and can be heard when a valve is not functioning properly. Up for debate was how to treat Reed, who in 2000 had undergone a six-way bypass to relieve clogged arteries. Whether he could tolerate another major surgery was in question. Dr. Aragon and his team had just begun to perform transcatheter aortic valve replacement or TAVR on select, high-risk patients with great success.

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Photo courtesy Cottage Health System

Grateful Patient Bob Reed Gives Back With All His Heart
MAKING MUSIC TOGETHER

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could help me.
In 1961, he joined the Warner/Chappell Music Corporation, where Chuck began his career as a publisher. He acquired his expertise in the music industry, serving as a stepfather, Lester Sill.

Chuck’s dedication to the music business was truly a family affair, as his wife, Kaye, also worked at Warner/Chappell Music, with Dilworth. They returned to Los Angeles after a decade, where they worked on various high-profile projects. Chuck’s career included working with legendary figures such as Phil Spector, Carole King, Neil Diamond, and Carole King, among others.

Chuck worked on the high-energy projects of various performers, including various acts, such as the Beach Boys, Michael Jackson, and Bob Dylan. After selling the company to Geffen/Kaye for $60 million, Chuck stayed with the company for ten years until its dissolving, which was dissolved by the company the company itself.

Chuck and Kaye moved to the Montecito Clinic after the sale of the company to Geffen/Kaye for $60 million. When they returned to Los Angeles, they worked with different people and corporations, such as the company which was dissolved by the company itself.

Chuck joined the company in 1977, as a producer, and was vice-president of its parent company, A&M Records. In 1980, he was named president of A&M Records, overseeing its acquisition by Polygram. Finally, in 1995, he left the company to become the company’s CEO, overseeing its acquisition by Vivendi.

Chuck and Kaye are the proud parents of two children, Michael and Alida, and the grandparents of four grandchildren. The couple resides in the Montecito Clinic.
At Mayo Clinic, Dr. Daniel established the Legacy and brought the chance for residents to work with a pediatric surgical sponsor, free of charge. Dr. S. Pesetas, from Legacy sponsor, presented a luncheon on the same day. The request to complete the papers was generously made by the Mayo Clinic's Surgical and Philanthropy Department.

You can contact Dr. S. Pesetas at 681-7726 or dhartley@spc.edu.

Six years ago, you wrote, "We always responded to every issue with integrity. Our dedication was to the patient, the family, the surgeons, and the surgical community."

You are very fortunate to have the legacy of Dr. Bryce Holderness. The dedication and experience of the surgeons who are carrying the legacy of Dr. Pesetas, the dedication and experience of the surgeons who are carrying the legacy of Dr. Bryce Holderness, is very important. It has always been the dedication and experience of the surgeons who are carrying the legacy of Dr. Bryce Holderness, and it is always important.
Recognizing that people are Sansum Clinic's most valuable asset, the McNamara Fund for Professional Enrichment and Education was established as an endowment by Dr. James and Chris McNamara, with support from donors, to provide both clinical and non-clinical employees with unique personal and professional development opportunities.

Last year Sansum Clinic awarded grants to staff members who had a strong desire to increase their knowledge and enhance their ability to move forward in their careers. Deanna Powers RN received an award to attend a global conference in Spain on the treatment and research of multiple sclerosis. “It was a special honor being selected as one of the first recipients of the McNamara Fund and it truly led to one of the most valuable educational experiences in my nursing career. Attending the ECTRIMS conference was an opportunity of a lifetime,” said Deanna.

2016 is the second year of this impactful program and this year’s applications continue to show the hard work and dedication of our staff in the healthcare field.

This year’s scholarship recipients are:

Beverly Boland, Data Processor, Corporate Office
(joined Sansum Clinic in 2005)
“I have been at Sansum Clinic for 11 years. I wish to further my education and have enrolled in the Medical Billing/Coding program at Laurus College and am excited to be going back to school. I know it will enhance my job performance as I learn new skills and new information which can benefit Sansum Clinic and provide new ideas and insight.”

Amber Sabiron, RN, Pueblo Internal Medicine
(joined Sansum Clinic in 2012)
“It has been a dream of mine to further my education, not just for my own personal goals but also to provider a higher level of care to the patients of Sansum Clinic. I have had the opportunity to work as a triage nurse in the internal medicine department which broadened my skills. I feel very privileged to call Sansum Clinic my place of employment. I feel I can contribute further by obtaining my bachelors’ of nursing degree (BSN) at the Western Governors University. My goal is to show my daughter the importance of education and work hard.”

Lucinda Aguilar, RN Manager, Urgent Care
(joined Sansum Clinic in 1995)
“Medicine is always evolving and so is wound care. Patients come to Sansum Clinic Urgent Care and other Sansum facilities with injuries that require a procedure where knowledge of wound care is important. A private wound care class presented by the Wound Care Education Institute will provide evidence based approaches to wound management with current standards and techniques that would ultimately benefit our patients.”

Melissa Van Groningen, RN Specialist, Urgent Care
(joined Sansum Clinic in 2008)
“I am excited to have an opportunity to expand my knowledge and provide even better and more efficient care to my patients. The Certified Emergency Nurse certification requires comprehensive review of various types of emergency situations. It is intended to provide the Registered Nurse with the most current evidence-based practices to improve patient outcomes. The field of medicine is always changing and growing. Healthcare professionals must continue to learn in order to provide excellent patient care.”

The McNamara Education Fund committee extends its heartfelt congratulations to this year’s award recipients and wishes them much success in their educational endeavors. The committee wishes to thank our donors who have made this fund possible.

If you would like information about making a gift to the endowment for the McNamara Fund for Professional Enrichment and Education, please contact Dru A. Hartley, Director of Philanthropy at dhartley@sansumclinic.org or (805) 681-7726. The enclosed remittance envelope also offers the opportunity to designate a gift to the McNamara Education Fund.
Nursing & Radiology Scholarships Awarded

Sansum Clinic and the Auxiliary awarded eight nursing scholarships and two radiology scholarships to Santa Barbara City College students on May 4. These deserving students were identified as the ‘cream of the crop’ by the staff of the nursing program at Santa Barbara City College.

Since 1988 the Clinic has awarded $172,750 in scholarships to students in their second year of the nursing program.

Congratulations to the following award recipients:

Alice Barr
Jolene Garcia
Emma Gottwald
Candace Harris
Tyler Lawrence

The nursing scholarship program is an investment in people who have chosen a path to helping others. We are so proud of all our recipients and we wish them much success in their nursing careers.

Special thanks to the many donors who support the nursing scholarship program. Should you wish to make a gift please use the remittance envelope in this issue of GoodHealth.

Health Education Program

Sansum Clinic offers a wide variety of Health and Wellness programs. These programs are designed and conducted by Sansum Clinic’s board-certified physicians, registered dietitians, registered nurses, certified diabetes educators, physical therapists and other specialized professionals. Many programs are free of charge and are open to all members of our community.

- Advance Care Planning – individual appointments and small group workshops
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Brown Bag Medication Review
- Camp Wheez – day camp for children with asthma
- Understanding Dementia
- Diabetes & Pre-Diabetes Basics – offered in English and in Spanish
- Fibromyalgia Support Group
- Health Resource Center – for answers to your health questions
- Healthier Living: Managing Ongoing Health Conditions
- Hip or Knee Replacement Seminar
- Medicare: Gain a Better Understanding
- Neck & Posture Wellness
- Nutrition for a Healthy Heart
- Nutrition Navigator
- Stress Management
- WomenHeart Support Group

For additional information about our Health Education Classes, please visit www.SansumClinic.org/Classes or call our Health Resource Center: (805) 681-7672.
The old adage “you are what you eat” is true today. However, with busy lives and a developing trend of instant gratification, we find ourselves eating without much thought. The body’s response to this lifestyle may present as obesity, diabetes, hypertension, or gastrointestinal distress. It’s time to listen to the body cues and make a change. The change begins when you realize you are what you eat. The registered dietitians at Sansum Clinic can help you make this change.

Clinical dietitians play a significant role in dietary transformation. Dietitians are trained in the science of nutrition and the application of such concepts for healthy living. The dietitian’s goal is to help you reduce your risk of disease or disease recurrence and improve overall health and quality of life. When an individual works with a dietitian, the success of their lifestyle intervention improves significantly.

At Sansum Clinic, the skills of the dietitian are readily available for all ages and a variety of health issues. Two specific examples include the Bariatric Surgery Program and our Diabetes Education Program. Unlike many bariatric programs, Sansum Clinic patients who undergo bariatric surgery receive ongoing nutritional support by a registered dietitian before and after their surgery. This provides the patient with the tools necessary to make a long-term lifestyle change.

As part of the diabetes education program, dietitians work closely with nurses and other medical staff to improve the quality of life for the individual who is diagnosed with diabetes. The registered dietitian provides individualized nutrition counseling as well as group classes. These programs are part of your medical therapy. The next time you visit your physician, be proactive and inquire about nutrition counseling as part of your healthcare plan.

Emily Luxford is a registered dietitian with a master’s degree in nutritional science. She has experience as a credentialed elementary school teacher and has served on the faculty at California State University, Long Beach. Beyond the classroom, she has developed and published research regarding dietary modification. Emily’s focus is individualized medical nutrition therapy. Emily sees patients at 317 West Pueblo Street in Santa Barbara and at 1225 North H Street in Lompoc.
Dr. Zerey’s story is unique. Originally, Tracy was referred to the surgery coordinator, Rosanna Herrera, LVN, by her primary care physician. Tracy had tried to lose weight through diet and exercise, but nothing was working for her. She was suffering from sleep apnea. Her blood pressure and acid reflux were also contributing factors. Tracy was pre-disposed to varicose veins, and long suffered from varicose veins.

She went to Sansum Clinic’s Weight Loss Surgery program to get the tools she needed. Emily said, “The surgery was a no-brainer. I was ready to explore all options available.”

During her pre-operative visits, Tracy really listened; being able to talk to the team about her history, successes, and failures. She also learned that losing weight would not only help the reflux, but the sleep apnea as well. She made the decision to proceed with the surgery.

During the operation, Tracy’s body produced excessive cortisol, which was impacting her sleep. This was handled by adjusting medication and diet. Her team also helped Tracy to come up with a pre-operative plan to maintain her health and improve her sleep.

After surgery, Tracy began to feel better immediately. She was able to get off her reflux medicine and her blood pressure medication. Since surgery, Tracy has lost 120 pounds.

She enjoys activities like hiking, biking, and hiking boulders in Falls, Montecito. In her free time, Tracy also attends Sansum’s support group, and extends their support online to others considering weight-loss surgery. She even created a Facebook group named “The Sansum Support Group”.

Tracy’s weight-loss surgery is only a second thought. She is still focusing on her health. Her story is unique in that she is a registered dietitian and now helps others through her work. She can now eat food that she had limited in the past, and most importantly, to maintain a healthy lifestyle.

To contact Tracy, email her through the bariatric surgery center at www.sansumclinic.org/bariatric-surgery-center.
Three short years ago, a man named Dave  

...
“You’ve got to believe in yourself. You’ve got to be very proud of who you are, and you’ve got to be humble.”

Patrick Spencer, Camp Counselor

Liebhaber, July 8, 2008

Liebhaber, July 8, 2008

“Wheezer” is a children’s health camp for kids who need to take medications for their asthma symptoms. They are invited to the camp free of charge because of their financial need. The camp is sponsored and managed by the Allergy Association of America and Santa Barbara Children’s Health Center. The Allergy Association of America is a non-profit organization that offers free education workshops and asthma education for children and families. The camp is an expense-free experience of a lifetime for kids and their families. It is held every August and is perfect for kids who need to see a doctor, attend medical education workshop, and attend the camp. It is held every August and is expense-free experience of a lifetime for kids and their families. It is held every August and is expense-free experience of a lifetime for kids and their families.

For more information about the camp and the Allergy Association of America, please visit www.AllergyAssociation.org.
MyChart

To request a MyChart patient account, you can visit www.mychart.sansumclinic.org or call (805) 683-8000, ext. 2414, our MyChart Helpdesk. There is no charge to register for MyChart, which will enable you to:

- View your medical information
- Make appointments
- Request medication refills
- Ask your provider questions
- Review your family's medical information
- Access your immunization records
- View your health insurance information
- Review your Medicare and Medi-Cal eligibility status

MyChart is available at any time, day or night, from any location with internet access.

Our practice believes in the value of personal interaction with your physician. For non-urgent issues, we encourage you to use MyChart to communicate with your healthcare provider. Whether you are at work, school, or home, MyChart enables you to take ownership of your health care.

For more information, visit our website at www.sansumclinic.org or call (805) 683-8000, ext. 2414, our MyChart Helpdesk.

Our practice will not use MyChart to communicate regarding Federal or state laws, including but not limited to the Health Insurance Portability and Accountability Act (HIPAA).

For more information, visit our website at www.sansumclinic.org or call (805) 683-8000, ext. 2414, our MyChart Helpdesk.

Cafe 154

The Chef with culinary experience, Brenda Simon, is a Santa Barbara native and has been a chef for 25 years. She owned and operated the Cafe 154 in Santa Barbara for six years. The Cafe 154 is now owned by a developer and has been remodeled to cater to the community.

The Chef has been involved in the culinary world for 25 years. She has worked in various roles as a chef, chef instructor, and culinary manager. She has worked in a variety of industries, including fine dining, casual dining, and catering. She has also worked with culinary schools and has taught culinary classes.

The Chef has a passion for healthy, well-balanced and delicious food. She enjoys working with seasonal ingredients and herbs to create flavorful dishes. She has been involved in the culinary world for 25 years, working as a chef, chef instructor, and culinary manager. She has worked in a variety of settings, including fine dining, casual dining, and catering.

The Chef has also been involved with culinary schools and has taught culinary classes. She has a passion for healthy, well-balanced and delicious food. She enjoys working with seasonal ingredients and herbs to create flavorful dishes.
Welcome New Providers

Stephanie Rothman, DO

Todd Engstrom, MD

Karen Hord, MD

Marissa Piacenti, PA-C

Julie Jacobs, MD
SYNCHRONICITY
A healthcare team built around you, working together.

• New Medical & Surgical Center on Foothill Road – completed
• Pesetas clinic upgrades – underway
• All-new comprehensive Cancer Center – coming in 2017

Sansum Care is...

SYNCHRONICITY
A healthcare team built around you, working together.

• Awarded California Association of Physician Groups Elite status
• As a nonprofit, all Sansum revenue is invested into improving services and facilities

Sansum Clinic
Mailing Address: 470 South Patterson Avenue, Santa Barbara, CA 93111

1(800)4SANSUM