

# GOOD HEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 15 • SPRING 2016



**TAVR**  
**REVOLUTIONARY**  
**HEART PROCEDURE**

**CONGENITAL**  
**HEART DISEASE**

**A GIFT**  
**FOR CARING**

**HEALTHY PEOPLE**  
**HEALTHY TRAILS**

**sansum**<sup>SM</sup>  
**CLINIC**  
for your good health



## Dear Patients,

Sansum Clinic and the entire healthcare community continue to see large scale changes as Medicare moves from a pay for volume model of care based on the number of medical services provided, to a pay for value model, which considers the results of the services provided in exchange for the costs incurred. This is a revolutionary change that will ultimately result in greater accountability, affordability and quality in our healthcare system.

Sansum Clinic has a long history of providing high quality care in a very efficient manner. In fact, we recently received recognition from the Integrated Healthcare Association (IHA) that puts us in a class with some of the

most well-known healthcare organizations in the country. Sansum Clinic received 4.5 out of a possible 5 stars on the IHA Physician Group Clinical Care Report Card on which IHA measures the performance of physician groups in treating their Medicare Advantage patients on a subset of the Medicare Stars clinical quality measures. Sansum Clinic is the only medical group in Santa Barbara that earned 4.5 stars. Other well respected medical groups that scored high in California are Scripps, Sharp Rees Stealy, Palo Alto Medical Foundation and Sutter Medical Group. This is exciting news for Sansum Clinic. We are focused on one thing – providing excellent medical care to our patients – and ratings like this indicate we're doing our job well.

We have also had an exceptional year from a philanthropic standpoint. Our much-anticipated Pesetas Lane remodel is underway and you can see changes daily. Just yesterday I saw The Luria Lobby sign go up in our new main lobby, which is our way of thanking Lee Luria for her generous support and long-term vision for a better healthcare experience for our patients. Also, thanks to the generous support of community members like Dick and Noelle Wolf, our new regional Cancer Center is underway at 540 W. Pueblo Street. See page 10 for more on this story.

We are pleased to highlight on page 6 several of our physicians who play a key role in the new Transcatheter Aortic Valve Replacement (TAVR) program at Santa Barbara Cottage Hospital – the first facility in the area to offer patients a non-surgical alternative to open-heart surgery for aortic valve replacement. And see page 4 to learn more about Dr. Taylor Holve and his expertise in adult congenital heart disease.

2016 marks Sansum Clinic's 95th year caring for patients in our community. Thank you for choosing us for your care.

Sincerely,

Kurt N. Ransohoff, MD  
CEO and Chief Medical Officer



Front row from left to right: Cynthia Moxley, Cheryl Kistler, Dr. Marjorie Newman and Dr. Kurt Ransohoff; back row from left to right: Barbara Connviser and Chad Hine. Not shown: Dr. Laura Polito, Sean Johnson, RN, and Nellie Mendoza.



## GOOD HEALTH

A free publication from Sansum Clinic published three times a year in April, August and November

ISSUE 15 • SPRING 2016

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the Institute for Medical Quality

Kurt N. Ransohoff, MD  
Chief Executive Officer and  
Chief Medical Officer

Chad Hine, MBA  
Chief Operating Officer

**Sansum Clinic**  
Corporate Office  
470 South Patterson Avenue  
Santa Barbara, CA 93111  
(805) 681-7700  
www.SansumClinic.org

### Editor

Jill Fonte, Director of Marketing

### Associate Editor

Elizabeth Baker, Marketing Supervisor

### Contributing Writers

Elizabeth Baker, Annie Craton,  
Jill Fonte, Dru Hartley, Jennie Jacobs,  
Margaret Weiss and Christopher Williams

### Contributing Photographers

Elizabeth Baker, Nik Blaskovich,  
Annie Craton, Mehosh Dziadzio,  
Jill Fonte, Christopher Williams  
and Nicole Young

If you would like to make a gift to Sansum Clinic, please contact Dru A. Hartley, Director of Philanthropy, (805) 681-7726, [dhartley@sansumclinic.org](mailto:dhartley@sansumclinic.org)

All gifts are tax-deductible to the extent allowed by law.  
Tax ID #: 95-6419205

Design by Idea Engineering

If you would like to be removed from our mailing list, please send an email with your full name and address to [donotmail@sansumclinic.org](mailto:donotmail@sansumclinic.org).

# Sign Up for MyChart at Sansum Clinic

Katherine Newman, a ninth grade student at San Marcos High School, volunteers after school to help Sansum Clinic patients sign up for MyChart. MyChart gives Sansum Clinic patients convenient, secure and direct online access to key portions of your electronic medical record.



## Did You Know?

### With MyChart You Can:

#### View your medical information

Review your medications, immunizations, allergies and medical history.

#### Send non-urgent messages to your physician's office

Communicating with your physician's office is as simple as sending an email, but even more secure. And you will be able to request prescription refills online.

#### Check your test results

View certain test results online – and save time waiting for a phone call or letter. You can also chart and graph your results overtime.

#### Manage your appointments online anytime

Request your next appointment or cancel an existing appointment. View details of your past and upcoming appointments.

#### Explore health education resources

Look up information about tests, medications, procedures and lifestyle choices with our online health education resources.

#### Access your family's records

For convenient access, you can be granted “proxy access” to link your children's or elderly relative's accounts to your MyChart account.

Visit [mychart.sansumclinic.org](http://mychart.sansumclinic.org) and sign up today! ☀



Signing up for MyChart is easy! All you need is an activation code and an email address. During your next visit, request an activation code and sign up at one of our MyChart kiosks or from the comfort of your own home. Sign up for MyChart today!

*\*Due to California and federal patient privacy laws, Sansum Clinic does not offer any access to MyChart functionality and/or proxy access to parents of minor patients or patients themselves who are 12 to 17.*

## GOODHEALTH

## Contents + Spring 2016

### FEATURES

#### 2 Easing the Pain of Surgery

John Keating, MD

#### 5 Congenital Heart Disease

Treating Adults

#### 6 TAVR: Revolutionary Procedure

Severe Heart Valve Disease

**On the cover:** Joseph R. Aragon, MD, Michael Shenoda, MD, and Colin Shafer, MD, TAVR Team Members, page 6.



### DEPARTMENTS/PROGRAMS

#### 4 Giving Back

#### 8 Cancer Center of Santa Barbara

#### 12 Looking Your Best

#### 13 Education

#### 16 Healthy Eating

*This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.*

Foothill Surgery Center's Medical Director, John Keating, MD

# Easing the Pain of Surgery

CHRISTOPHER WILLIAMS

**W**hen Dr. John Keating began his career in anesthesiology in Santa Barbara nearly thirty years ago, the majority of operations were performed in a hospital. Patients typically spent several days in the hospital and several weeks out of work in recovery after surgery.

Today, as many as two-thirds of all surgeries are performed at outpatient surgery centers <sup>(1)</sup> like Foothill Surgery Center at Sansum Clinic where Dr. Keating serves as Medical Director and full-time anesthesiologist. A growing number of surgical patients return home the same day of their surgery and most resume normal activities, relatively pain-free, within a matter of days.

Along with accommodating today's less invasive laparoscopic and other advanced surgical techniques, Foothill Surgery Center facilitates greater personal attention and lower costs than traditional hospital operating room settings.

Foothill Surgery Center has four fully-equipped operating rooms and a procedure room featuring the latest surgical equipment and technology that includes leading-edge Faxitron<sup>®</sup> x-ray technology and laser lithotripsy, a minimally-invasive procedure to remove stones from the kidney and urinary tract.

**“This facility made surgery as comfortable as possible. I highly recommend it.”**

Among all the state-of-the-art features at Foothill Surgery Center, Dr. Keating is most proud of the overwhelming satisfaction of their patients. In an independent survey of all patients who have undergone surgery at Foothill, the Center scored 9.7 out of 10 for patient satisfaction. The highlighted comments in this article are quotes from those patient surveys.

**“Everyone went above and beyond to make my experience the best possible. I was provided with every comfort.”**

These results were no surprise to Dr. Keating who credits the positive patient feedback directly to the team of surgeons, nurses, anesthesiologists and other specially trained staff that are dedicated to providing each person with not only the best level of care, but also the best possible experience.

**“What a great facility and staff. Everyone was warm and friendly, from the front desk staff to the recovery room nurses.”**

“We had the opportunity to recruit an entire surgical team all at one time and most of our staff has been here since well before we welcomed our first patient,” Dr. Keating says. “A great effort went into finding individuals with the best professional skills, but we also selected people who we knew had a reputation for providing exceptional care and comfort to their patients.”

Sansum Clinic also had a unique opportunity to build Foothill Surgery Center from the ground up, Dr. Keating points out. “We have more than 30 board-certified surgeon's practicing various surgical specialties including general surgery, urology, orthopedics, ophthalmology, otolaryngology (ENT), gynecology, podiatry and pain management. The surgeons' input and collaboration allowed us to design the Center specifically to meet the current and future medical needs of our community and to accommodate rapidly advancing surgical procedures and equipment.”

Dr. Keating said he and his colleagues set out to implement a team approach to care that would focus on the safest, most positive experience and outcomes for patients, while also providing the best environment for the surgeons and staff to do their work.

**“The staff seemed genuinely happy to be working at the Surgery Center. Their ‘teamwork’ worked.”**

Sansum Clinic was founded on an integrated approach to healthcare and collaboration in caring for each patient. The Clinic's comprehensive electronic health records are an important component to that collaboration.

Electronic health records provide the necessary level of communication between primary care physicians and internists, cardiologists, anesthesiologists and surgeons to provide the safest surgical experience for patients. The electronic records also help the surgical team to provide individualized care to each person in advance of their surgery, during their surgical procedure and recovery, and throughout their follow-up care.



**FOOTHILLSURGERYCENTER**  
at **SANSUMCLINIC**



**“My 12 year old son had surgery at this center and had a great experience. The staff was great. I would highly recommend your facility to others.”**

Children are special at Foothill Surgery Center and the staff works hard to create a relaxed, comfortable environment for kids. The Center offers a pre-surgery tour and encourages one or both parents to bring their child to the Center prior to surgery to lessen anxiety and promote familiarity with the facility.

As a practicing board-certified anesthesiologist, Dr. Keating is personally focused on minimizing each patient’s discomfort both during and after their procedures. “Our patients have an extremely low incidence of postoperative nausea. Many of our patients have commented that this was their first surgery without waking up nauseated.”

Advancements in techniques and technology allow the anesthesiology team at Foothill Surgery Center to customize

their treatments for each patient. “We offer precise ultrasound-guided peripheral nerve blocks to minimize postoperative discomfort,” Dr. Keating explains. “For example, patients undergoing shoulder rotator cuff repair usually wake up pain free and remain pain free for the first 18 or more hours.”

“Of course, nobody expects to ‘enjoy’ the experience of surgery,” says Dr. Keating. “But with more people undergoing outpatient surgery, we are proud of our ability to offer compassionate, high quality, patient centered care – and to provide each person with a great surgical and recovery experience.” ☀

***Foothill Surgery Center is located within the Sansum Clinic Medical and Surgical Center at 4151 Foothill Road in Santa Barbara. The Center offers easy access for patients, free valet parking and a comfortable family waiting area. For more information, visit [www.foothillsurgerycenter.com](http://www.foothillsurgerycenter.com) or call (805) 681-6550.***

*(1) Agency for Healthcare Research and Quality*

# Estate Planning

## Dr. & Mrs. George Messerlian

ANN MOORE



Dr. George Messerlian and his wife Sally are devoted to each other, their family, medicine and Sansum Clinic. George has been an Internist with Sansum Clinic for the past 38 years and Sally is a Clinical Nurse Coordinator for Outpatient Surgery at Santa Barbara Cottage Hospital. He grew up in El Monte and she grew up with a twin sister in San Marino. After George and Sally were married and came to Santa Barbara, they had two daughters and a son of whom they're very proud. Eldest daughter Beth is married and has an equine veterinarian practice in Northern California. She and her husband are the parents of their only grandchild, 16-month-old Paisley, who "has everyone wrapped around her little finger," says Sally. Their other daughter, Sarah, lives in Sacramento and works for a state government insurance company in Risk Management. Nick, their youngest, is an architectural designer in Chattanooga, Tennessee, where he lives with his fiancée, Barbara.

When we met in their lovely home, Sally was recuperating from knee surgery that was performed by one of Sansum Clinic's outstanding orthopedic surgeons, Dr. James Zmolek. Despite being in some pain and having to use a cane, Sally was all smiles. George says she's always like that—cheerful, friendly and optimistic. "We're very much alike in that way," said Sally. "We both tend to look on the bright side of life."

After doing his residency at Los Angeles County Hospital, George decided to join Sansum Clinic in Santa Barbara. At the County Hospital, "We had to do practically everything ourselves," he said. "There weren't any hospitalists in those days and we weren't allowed to make house calls, so everyone came to

the hospital for care. We did it all. If one of my patients needed a blood draw, I did it. If they needed an electrocardiogram, I did that, too. I wanted to see each patient as a unique person. It was a crisis-based operation and there was rarely any time for preventative work; it was almost all interventive in nature.

"I was delighted when I came to Sansum Clinic, because it was very 'high tech.' The Clinic's medical treatments were very advanced at the time—and that continues to be the case today. I think it's wonderful that we have so many specialists on staff. My job is to assess a patient's overall needs. I look at the big picture by providing annual exams, giving vaccinations and focusing on prevention, as well as intervention and making referrals to specialists as needed. I treat the whole patient and I especially like the hand-holding aspect of my work. I've been able to get to know my patients and many have become my friends over the years.

"He loves people," said Sally. "And so do I. It's been wonderful for us, since we're both in the medical field. We understand each other and the triumphs and tragedies we both encounter in our work. We're united in feeling that it's important to build relationships and get to know our patients." "I agree," said George. "I think one of the reasons Sansum Clinic is so highly regarded is that we're the go-to place for our community. We're not procedure-driven; we're patient-driven."

"It's very important to Sally and me to support Sansum Clinic in every way we can," said George. "And that's why we've included the Clinic in our estate plans. We're both grateful to have had such rewarding careers in medicine. It's important to go home every night with a clear conscience, knowing we did our best to make a difference in someone's life. We all have an obligation to do everything we can to ensure that Sansum Clinic thrives well into the future. Now that I'm approaching retirement, I want everyone to know what a privilege it's been to get up every morning knowing that I'm going to work with people who truly care about the patients we serve and feel as we do that Sansum Clinic is a very special place indeed." 🌻

*Ann Moore is a planned giving consultant. Sansum Clinic is pleased to offer Ann's services free of charge to anyone interested in including Sansum Clinic in their estate plan. For more information or to schedule an appointment please contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or [dhartley@sansumclinic.org](mailto:dhartley@sansumclinic.org).*

# Treating Adults with Congenital Heart Disease

NICOLE YOUNG



More than one million adults in this country are living with congenital heart disease or CHD. These patients survived the repair of various types of structural abnormalities in their hearts while infants or children. Many are not aware however, that seeing a doctor who specializes in the repercussions of those

defects as they age, is critically important. The American Heart Association and the American College of Cardiology issued guidelines in 2008 for adults with CHD and recommended they be seen by physicians familiar with their condition.

Sansum Clinic's Dr. Taylor Holve is the only cardiologist in the surrounding area who specializes in adult congenital heart disease. His combined residency at the University of Southern California in pediatrics and internal medicine focused his training on childhood chronic illnesses and their progression. At Kaiser Foundation Hospital in San Francisco, he pursued a fellowship in adult CHD, a specialty just recently recognized and certified by medical schools. Only a few hundred doctors nationwide practice this small but growing niche.

"These patients are often left without any place to go because there has been no medical home for them, so to speak," says Dr. Holve. "A lot are just not being seen, a lot of them just fall through the cracks unless they really feel poorly. There are patients who will feel fine, but have really severe things on their way to making them feel a lot worse."

The loss in follow-up care often occurs in early adolescence, when these unique patients are too old to see a pediatrician, but have no symptoms requiring them to see a cardiologist. They mistakenly believe that the surgery they had as children was a fix for life. In some cases that's true, but many have unnoticed complications that only develop in adulthood. Sometimes it takes years for problems like leakages or arrhythmias (abnormal heart rhythms) to arise. While arrhythmias may not be an issue for healthy people, they could be life-threatening for someone with CHD. Adults with CHD may also perceive that their overall quality of life cannot be improved.

"In reality, that's a rarity," explains Dr. Holve. "If you examine them carefully and do the appropriate evaluation, you can find a lot of things that can be done. If they have problems and they are caught, most of these patients can have fully productive lives."

Because of technological advances and great success in treating congenital heart defects in utero and after birth, there are now more adults than children living with CHD. The transition of care for this growing population of survivors is a work in progress though, with too many dropping off the medical radar. Dr. Holve prefers to enter the process during the teen years.

"Ideally, we want to see the patient at the same time they are still seeing their pediatric cardiologist. This helps to get them comfortable going to a new place and to start to recognize complications that are more familiar to an adult congenital heart disease doctor," recommends Dr. Holve. "Sometimes cardiologists that only see adults don't have this specialized training, so people get undertreated or poorly treated. A regular cardiologist might see one or two of these patients in their career, but if you see a lot of them, you know a little more about what they need. Each individual patient, even with the same diagnosis, has completely different anatomy and considerations to deal with."

The initial tests to evaluate adults with CHD are non-invasive, starting with echocardiography to look at the status of the repair that was done and to check the ventricular function. A cardiac MRI can access the anatomy of the heart more closely, and provides an accurate picture of the chamber sizes and blood flow.

Researchers are still investigating the causes of congenital heart disease. But genes passed down from a parent are one possible trigger. Some heart defects may be inherited, meaning that a parent with the defect has a 50% chance, with each pregnancy, to have a child with the same abnormality, according to Stanford Children's Health. Screenings for those who are pregnant or wish to become pregnant is essential, as well as evaluating siblings. "We are now starting to amass databases that allow us to understand the repercussions of congenital heart disease. As we do this, we can implement to get better outcomes," adds Dr. Holve.

Treating these patients the same as those with acquired heart disease cannot be an option, stresses Dr. Holve. It's his medical passion to come alongside those with adult CHD who may have already endured a stressful childhood experience, and offer reassurance. His hope is that they receive care from a physician with the necessary expertise to understand their complex physiology and the insight to decipher their special needs. 🌻

*Visit [www.achaheart.org](http://www.achaheart.org) for more information on adults with congenital heart disease.*

**Dr. Taylor Holve**  
[www.sansumclinic.org/taylor-holve](http://www.sansumclinic.org/taylor-holve)  
(805) 898-3138

# TAVR: Revolutionary Procedure for Severe Heart Valve Disease

NICOLE YOUNG



Santa Barbara Cottage Hospital. Drs. Aragon and Shenoda spent years training at Cedars Sinai Medical Center in Los Angeles, one of the leading TAVR centers in the world. Dr. Colin Shafer specialized in echocardiography at Tufts Medical Center and gained TAVR experience at Baystate Medical Center in Massachusetts before joining Sansum Clinic.

For those dealing with severe aortic stenosis, a narrowing of the valve that allows blood flow out of the heart to the rest of the body, time is of the essence. “Fifty percent of patients who have severe disease and are symptomatic, but don’t get this valve treated, will die within a year,” says Dr. Aragon. “We have been referring patients to Cedars Sinai since the early days of TAVR, and saw how rapidly patients recovered compared to conventional aortic valve replacement. Unfortunately, for every five patients that we referred, there was an equal number that was too frail or unwilling to travel that distance and didn’t survive.”

Gloris Barber had been experiencing symptoms of aortic stenosis for some time. She could barely breathe while walking around the block or climbing stairs, but just chalked it up to old age. Once Dr. Shafer diagnosed her severe heart valve disease, they needed to act quickly. But at nearly 90 years old, Gloris was too frail for open heart surgery. In September, she became one of the first patients to undergo the TAVR procedure in Santa Barbara. The large team assembled in the operating room waiting for her made an impression. “It was magnificent,” describes Gloris. “It was like a ballet.”

The valve is implanted via a catheter placed in the femoral artery in the groin. The valve is sewn into an expandable stent system that is loaded into the catheter. Using x-ray and ultrasound guidance, the new valve is carefully positioned across the patient’s diseased aortic valve. The stent is expanded across the diseased valve which acts to anchor the entire apparatus in place. The device is fully retrievable and replaceable until the final turn,” Dr. Aragon points out. “We can deploy it two-thirds of the way to insure it is perfect, and then leave it in place.” Dr. Shafer’s role was to perform an echocardiogram using a probe placed down the esophagus, creating real-time images for exact placement of the new valve. “I am like their eyes on the inside,” declares Dr. Shafer. The 3D images are projected on a screen and display views of the heart’s blood flow from several angles. Doctors also rotated a fluoroscope around Gloris for live, x-ray guidance.

**A** revolutionary procedure to remedy severe heart valve disease is now an option for high-risk patients here in Santa Barbara. Transcatheter Aortic Valve Replacement or TAVR allows doctors to insert a new valve in a patient’s heart using a catheter, thereby avoiding open heart surgery. The TAVR program at Santa Barbara Cottage Hospital is the first facility in the area to offer patients an alternative to open-heart surgery for aortic valve replacement.

“It’s been life-altering for many of our patients,” explains Dr. Michael Shenoda. “They can do their normal activities now without limitation.”

This procedure is typically performed at large academic centers and requires that physicians have a very special skill set. Because Sansum Clinic cardiologists Dr. Shenoda, Dr. Joseph Aragon and the TAVR team had extensive expertise in structural heart disease, and had sufficient surgical volume, they were able last summer to establish a program locally at

When the team finished the procedure, Gloris says Dr. Shenoda's face said it all. "I knew it was okay because he was radiant. And all of the others were just there grinning," she recalls. "You could tell that they were proud of what they had done as a team. No one said 'I did it.' He said WE were successful."

Part of the team's success comes from having a dedicated nurse practitioner to follow every TAVR patient through the extensive round of prequalification exams, all the way to recovery. Jill Loewen's background in the surgical intensive care unit and the catheterization lab made her a perfect fit. She works like a medical diplomat, navigating the various departments to help each person. There are strict criteria to become eligible for TAVR. "It's a lot of testing and a ton of education for these patients," explains Loewen. "They are a unique group that requires care from many areas." "She's like the mother hen," jokes Dr. Shafer. All the doctors describe her as "phenomenal" and an integral piece to the intensive process of caring for the more than 20 patients who have undergone TAVR since their program began. Loewen also oversees data collected for an FDA-mandated registry which tracks TAVR procedures nationwide. "We have to verify we are doing it correctly with good outcomes," notes Dr. Aragon. "And we are far exceeding the national standards."

Most of the TAVR patients in Santa Barbara were up and walking around the next day, and back at home within three to five days, a much quicker process with less pain and suffering than recovery after open heart surgery. Dr. Shafer is seeing that his TAVR patients feel remarkably more energetic afterwards, have better stamina, and better quality of life. "I think for an older person to not give up weeks or months for recovery, and to feel better faster when they are already at an advanced age, means a lot."

While celebrating her 90th birthday in January with family at the Santa Barbara Botanic Garden, Gloris noticed immediately how much easier it was to walk on the paths she used to frequent as a docent. She's grateful she found a medical option that made such a big difference in her daily life. "Before I had let lifting go. Now, I can reach the higher shelves in my kitchen. I can pick things up and put things away."



The Medtronic CoreValve® System is available in a broad range of sizes: 23mm, 26mm, 29mm and 31mm. Image Courtesy of Medtronic.

Success for the patient as a result of a multi-disciplinary team approach is what has been most rewarding for Dr. Aragon. "We've brought together two specialties – interventional cardiology and cardiothoracic surgery, along with all the nurses, technicians and ancillary staff needed to support us. It's cohesive, and works well together because we all share in the success of the program." Sansum Clinic's Drs. Aragon, Shenoda and Shafer are joined on the TAVR Team at the Cottage Vascular and Heart Center by Cardiothoracic Surgeons Donald Thomas, MD and Phillip West, MD and Interventional Cardiologist Thomas Watson, MD, along with Jillian Loewen, NP, TAVR Coordinator, Cardiac Anesthesiologists, Surgical Nurses & Technician, Cath Lab Nurses & Technicians and a Perfusionist.

The group predicts future research will continue to highlight the procedure as a viable option for more patients. "We have had several large clinical trials presented that showed better survival with TAVR over open heart surgery in high-risk patients, likely because the procedure is less invasive," reports Dr. Shenoda. "Our program has been very well received. The experience has been wonderful." 🌟

## TAVR Team at Santa Barbara Cottage Hospital

Joseph Aragon, MD, Interventional Cardiologist

Michael Shenoda, MD, Interventional Cardiologist

Donald Thomas, MD, Cardiothoracic Surgeon

Colin Shafer, MD, Non-Invasive Cardiologist

Thomas Watson, MD, Interventional Cardiologist

Phillip West, MD, Cardiothoracic Surgeon

Jillian Loewen, NP, TAVR Coordinator

Cardiac Anesthesiologists

Surgical Nurses & Technicians

Cath Lab Nurses & Technicians

Perfusionist 🌟

# A Gift for Caring

ADELE MENICHELLA



Photo: Tina Pelletier

Caring for others and offering support comes naturally to Laurie Moore, a kindergarten teacher and energetic volunteer. However, when faced with a personal health crisis at the age of forty-eight, the upbeat mother of two found it extremely difficult to ask for help.

“I was scared speechless,” she says of her initial reaction to finding out that she had stage III breast cancer. “I couldn’t bring myself to talk to anyone.”

Laurie is quick to admit that she has always been “horrible about delivering bad news.” At first she tried to downplay her diagnosis to her son and daughter, telling them “they didn’t have to worry.” When she finally worked up the courage to call her parents to let them know her biopsy results, Laurie was “afraid to use the ‘C word,’” and instead passed the phone to her husband, John.

Some weeks after starting chemotherapy, Laurie learned that her father also had a malignancy (stage IV lung cancer). His surgery would take place while Laurie was in treatment, two thousand miles away. Laurie remembers, “I longed to go visit Dad in the hospital and it pained me that I couldn’t travel.” Silently, she worried that she might not get to see him again.

Meanwhile, oncologist Fred Kass, MD, suggested Laurie see a genetic counselor, because the type of breast cancer she had, known as ‘triple-negative,’ is often found to be hereditary. Genetic testing revealed that she’d inherited the BRCA-1 gene mutation, which significantly increases the risk for breast and ovarian cancer. Genetic Counselor Danielle Sharaga, MS, LCGC, determined that Laurie’s gene came from her father’s side of the family.

“Suddenly, it wasn’t just about me,” says Laurie, “I was especially concerned for my daughter, Lauren, who was in high school at the time, and also for my newly married niece.”

Laurie, loosening her reserve, now spoke openly and urged members of her family who were potential carriers of the gene to get tested. Laurie adds, “It helped tremendously that Danielle walked me through what I needed to say and provided me with follow up letters.”

It turned out that Laurie’s concern was well founded—both her daughter and her niece had inherited the BRCA-1 gene. Her son had not.

“I dreaded telling Lauren,” says Laurie, “but Dr. Kass assured me it’s really a gift that she find out early, because there are ways to intervene medically to lessen the risk.” Doctors, working closely with genetic counselors, use methods that range from lifestyle and dietary changes to chemoprevention, or the use of pharmaceuticals, to reduce a person’s susceptibility to cancer.

Laurie decided that her daughter had “more to gain from knowing than not knowing.” Now Lauren could choose to seek medical monitoring earlier than she otherwise would have, thereby catching any irregularities that might occur.

After weeks of contending with what she refers to as “a ridiculous run of tough luck,” Laurie finally broke down emotionally. She recalls, “The nurses and staff at the Cancer Center were so loving, and offered such comfort, they were like a mother to me. Their compassion was incredible.”

From that point on, Laurie began to look forward to her chemo appointments as a step in the healing process, rather than “a reminder that I was sick.” Not one to “bring others down,” Laurie showed up to chemo looking put together, “from my wig and hat to my makeup and shoes.”

During the roughest times, maintaining a feeling of connection became essential to her wellbeing. “I had my key people with me when I needed them most,” says Laurie. “John bought special cookbooks, prepared healthy meals, and held the family together.” Her children also rallied their support, as did a couple of close friends who took notes for her during medical and genetic counseling appointments.

The last hurdle before she could be free to visit her father was surgery. “The chemo shrank the tumors,” says Laurie, “and the surgeries eliminated the cancer.” In a series of operations, she underwent a double mastectomy, lymphadenectomy (removal of affected lymph nodes), and oophorectomy (removal of healthy



ovaries to prevent ovarian cancer) to eradicate the remaining tumors and to prevent future malignancies.

When Laurie was well enough to travel, she and Lauren boarded an Amtrak train for the forty-hour journey to Chicago. “My daughter helped me cope in every way,” says Laurie. In a reflective essay for a college class, Lauren writes, “Recent months’ experience taught me to show my mom that I am someone she can rely on.”

During what proved to be their last visit with Laurie’s father, mother and daughter shared their grief and appreciation. “Dad was amazing, even toward the end of his life, always looking on the bright side,” says Laurie, “He held on all those months for our visit, and the first thing he said to me was, ‘I like your hair.’” Together, Laurie and Lauren embraced the man who’d set an indelible example of living life fully and joyously.

Her father’s memory inspires Laurie every day. “Dad was a major fundraiser for the Miracle League of Central Illinois, a baseball program for kids with disabilities,” says Laurie. “For me, giving support to others is what I want to do.” In 2016 she has chosen to focus her efforts in behalf of FORCE, a national organization dedicated to fighting hereditary breast and ovarian cancer. “In addition to fundraising and peer counseling, I’m organizing Dragon Boat races, mostly in major cities,” she says. “Crewing the boats helps women that have had breast cancer with upper body exercise, and it’s a wonderful bonding experience.”

As for Lauren, now twenty, she is healthy and thriving in college. She asserts, “I may be young and still learning, but I have the strength to love with all my heart and take care of the people I care about.” 🌻

*Special thanks to the Cancer Foundation of Santa Barbara for the generous support of the Cancer Center’s Genetic Counseling program.*

## Women & the BRCA gene

Women who have the BRCA gene and are under age 25 are expected to have low risk for breast cancer. Current recommendations are to begin radiologic screening, such as a breast MRI, for breast cancer typically at age 25. Likewise, preventative surgery to reduce ovarian cancer risk is not recommended until between 35 and 40, or once childbearing is complete.

## Men & the BRCA gene

In BRCA families, most men who decide to have genetic testing are concerned they may have a gene change (mutation) their children could inherit. The BRCA gene is also associated with some increased risk for breast cancer in men. Men will start prostate cancer screening as early as age 40, as mutations are associated with an increased risk for prostate cancer that is sometimes diagnosed at an earlier age.

The Cancer Center’s Genetic Counseling program is made available thanks to the generosity of donors.



*Danielle Sharaga,  
MS, LCGC  
Genetic Counselor  
and Program  
Coordinator*

*Cancer Center of  
Santa Barbara  
540 West Pueblo St,  
Santa Barbara, CA  
93105  
Phone: (805) 563-5800*

# Dick & Noelle Wolf Make Generous Gift to Community of Santa Barbara

Dick and Noelle Wolf, through the Wolf Family Foundation, made a generous multi-million dollar gift for a training and education center at the new Cancer Center of Santa Barbara with Sansum Clinic. The new stand-alone theater-style training and education center will be named in their honor.

“The Cancer Center, and more importantly, patients in our community are so fortunate to be the beneficiaries of the Wolfs’ generosity,” said Dr. Kurt N. Ransohoff, CEO and Chief Medical Officer of Sansum Clinic. “Sansum Clinic and the Cancer Foundation are striving to build the finest regional Cancer Center in the nation and funding from private citizens like the Wolf Family helps to ensure we have the resources to deliver on our mission of providing superior, personalized care to all members of our community.”

“The Cancer Center team is making enormous strides in the treatment of cancer and improving the quality of life for patients and their families,” said Dick and Noelle Wolf. “As with the Carsey-Wolf Center and MOXI, our focus has been on education and communication, and the Cancer Center’s new training center dovetails perfectly with our long range hopes and dreams.”

The new Cancer Center is expected to open in late 2017. It will bring the oncology departments at 300, 317 and 540 W. Pueblo Street together under one roof to better coordinate care, facilitate even better outcomes, provide room for the latest treatment technologies, and offer the space needed to care for the increasing number of cancer patients expected as baby boomers age.

The training and education center will be the first facility since the Cancer Center was founded in 1949 to offer sufficient and centrally located space for physicians, nurses and medical staff to convene for the ongoing education required of oncology professionals. Accessible from Junipero Street, the education center will be on the same campus as the new Cancer Center on Pueblo Street. The space will make it possible for the Cancer Center to continue to offer patient and community education programs, such as talks on cancer prevention and the latest advancements in cancer treatment. The education center will also be available for other non-profit organizations that are often in need of quality space.

The new \$68 million multidisciplinary Cancer Center will save and enhance the lives of those diagnosed with cancer by



unifying the newest technology, multiple medical departments and wellness programs into one modern facility, in line with the National Cancer Institute’s (NCI) recommended best practices. Located within two blocks of Sansum Clinic and Cottage Hospital in the heart of Santa Barbara’s medical village, this new 54,780 square foot facility will be a model of coordinated cancer treatment, achieving both scientifically comprehensive and intensely personal care.

Dick and Noelle Wolf’s educational interests include major support of the new children’s museum MOXI: The Wolf Museum of Exploration and Innovation and UC Santa Barbara’s interdisciplinary Carsey-Wolf Center. Dick Wolf is a writer and TV producer of the successful Law & Order series and its spinoffs Law & Order: Special Victims Unit and Law & Order: Criminal Intent, as well as Chicago Fire, Chicago P.D., and the newest addition Chicago Med. He has many other shows to his credit. Noelle serves on the boards of The Alliance for Children’s Rights, which protects the rights of impoverished minors, and the Joyful Heart Foundation (founded by Mariska Hargitay), which seeks to end domestic violence and abuse. Noelle is a trustee of the La Pietra Hawaii School for Girls, which she attended as a teenager. She is also active in the Maine community. 🌻

# 16th Annual Barbara Ireland Walk & Run for Breast Cancer

## 5K • 10K • 15K

### Saturday, March 12

Chase Palm Park, Santa Barbara



Join Barbara Ireland, her family and the Cancer Center of Santa Barbara in the effort to fight breast cancer at the 16th Annual Barbara Ireland Walk and Run for Breast Cancer on Saturday, March 12 at Chase Palm Park in Santa Barbara. The Walk and Run offers three course options – a 5K, 10K and 15K – all along Santa Barbara's beautiful waterfront.

## Register Today!

Register before March 1, 2016 for \$50.  
Registration thereafter will increase to \$60.

Participants who raise more than \$100 in pledges register for free!

For more information about the walk, or to register, please visit [www.ccsb.org/irelandwalk2016](http://www.ccsb.org/irelandwalk2016).

100% of the proceeds from registrations and pledges from the walk and run on March 12 benefit local breast cancer research and programs at the Cancer Center! We hope to see you there, and thank you in advance for your support of this important cause! ☀

**Cancer Resource Library** – current information, personalized for you

**Cancer Support Groups** – emotional and practical support in a small group setting

- Brain Tumor Support Group
- Caregiver Support Group
- Gynecological Cancers Support Group
- Head and Neck Tumor Support Group
- Helping Children Cope – Parent Group
- I Count Too – Kids Group
- Life After a Cancer Diagnosis: Discovering the new normal
- Living with Lung Cancer
- Melanoma Support Group
- Parenting During Cancer Treatment
- Prostate Cancer Group
- Sobreviviendo el Cancer
- Teens Helping Teens
- Young Adult Support Group

**Cancer Wellness Programs** – wide variety of classes to improve quality of life and treatment success

- The Art of Flower Arranging
- Healing Touch
- LiveSTRONG at the YMCA – exercise program for patients after treatment
- Look Good, Feel Better
- Mindfulness Meditation
- Oncology Lymphedema Education
- Oncology Nutrition Education Series
- Painting the Pictures of Health
- QiGong
- Tai Chi Yoga
- Well-Fit – exercise program for patients in treatment
- Yoga – Gentle Therapeutic
- Yoga – Strength & Empowerment

*For additional information about our Health Education Classes, please visit [www.SansumClinic.org/Classes](http://www.SansumClinic.org/Classes) or call our Health Resource Center: 805-681-7672.*

# Recovering from Facial Plastic Surgery

This is my journey to recovery. Two weeks prior to surgery, I met with Dr. LaPatka and his nurse Heather for a pre-operative visit. At this time, we discussed my pre and post-operative instructions in detail and Dr. LaPatka and Heather answered all of my questions. I was advised to start taking the supplements Arnica and Bromelain to help reduce the risk of bruising and swelling after surgery. I was also informed to stop all aspirin products and avoid alcohol and caffeine. In my experience, I felt this helped in my healing and recovery process.

Immediately after my surgery, my head was wrapped carefully with a bandage. About an hour after my surgery was finished, I felt well enough to get dressed and go home with my caregiver. My first evening at home, I felt tired so I slept with my head up right on two pillows to help reduce the swelling. When I was awake, I applied ice packs to my face alternating 30 minutes on then 30 minutes off. I did experience some pain but it was relieved with pain medication. I was very surprised that I didn't experience any nausea or vomiting. I felt so cared for when Dr. LaPatka called to check on me.

The next morning, I had a follow up appointment with Dr. LaPatka and Heather. My bandage and drain were removed. My stitches were cleaned and polysporin was applied. A lighter bandage was wrapped around my head to help reduce the swelling. The post operative instructions were reviewed again in detail. I was advised to continue sleeping with my head elevated and to continue applying the ice packs. I was encouraged to call with any questions or concerns. I was very thankful to be given Dr. LaPatka's cell phone number so I could contact him after hours if needed.

By day three, I was showering and shampooing my hair. With help from my caregiver, my stitches were cleaned and polysporin was applied. My facial swelling had peaked but I had very little bruising. Although I was feeling less tired, I still took it easy and just relaxed. I felt this was key in speeding up my recovery.

On day five, I had another follow up appointment with Dr. LaPatka and Heather. The stitches in front of my ears and under my chin were removed and I was pleasantly surprised that I didn't feel any pain. The swelling to my face started to come down and I was feeling and looking much better.

Over the next week, I was still careful not to over exert myself.



Before



After



Before



After

The swelling was decreasing each day. I spent a lot of time looking in the mirror and analyzing my face. I was really excited as I was starting to see the results. Although I still had some swelling, I could already see a difference to my neckline.

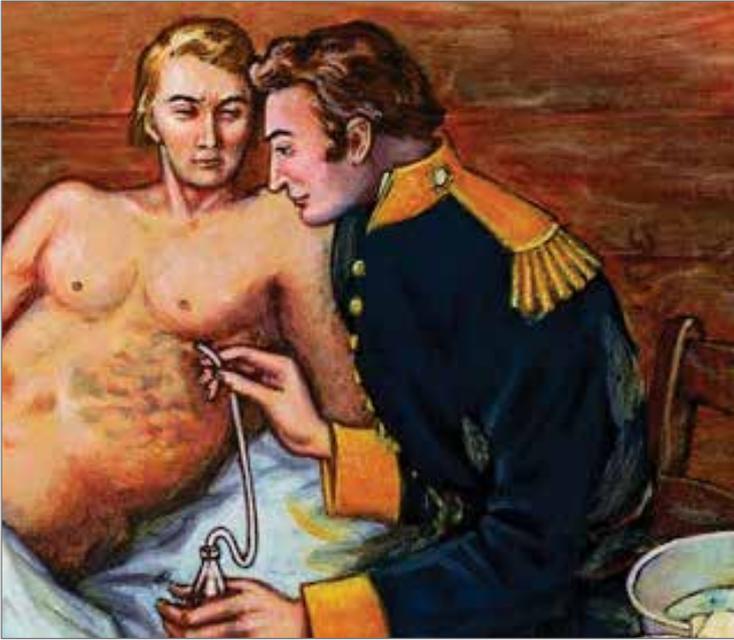
By day 14, all of my stitches were removed and most of the swelling and bruising was gone. I was able to wear makeup again. At this point, I had very little evidence of having surgery. I was amazed at how quickly I recovered from the procedure. My procedure gave me the natural, refreshed look and I couldn't be more pleased with my results. ☀

**Facial Plastic Surgery and Reconstruction is located at  
215 Pesetas Lane, Santa Barbara 93110**

**For more information or to schedule a consultation, call  
(805) 681-7844, or visit [sansumclinic.org/faces](http://sansumclinic.org/faces).**



**MICHAEL G. SARR, MD**



Dr. Michael G. Sarr is our fifth nationally recognized Visiting Professor of Surgery. Surgical Academic Week is scheduled for March 7-11, 2016.



Dr. Sarr follows four previous Visiting Professors: Dr. John L. Cameron (Johns Hopkins) 2012, Dr. Hiram C. Polk, Jr. (University of Louisville) 2013, Dr. Julie Ann Freischlag (UC Davis School of Medicine) 2014 and Keith D. Lillemoe (Massachusetts General Hospital) 2015.

Dr. Sarr received his undergraduate training at Colgate University and his MD from the Johns Hopkins School of Medicine, finishing in 1976. He completed an NIH research fellowship at the Mayo Clinic for two years and a further postdoctoral fellowship at Johns Hopkins Hospital before joining the staff at the Mayo Clinic in 1985.

Dr. Sarr had a research laboratory funded by the NIH for 27 years with numerous basic science publications on gastrointestinal

motility and intestinal absorption. He is one of the two editors-in-chief of the journal SURGERY and serves on the editorial boards of several other surgical journals. He is a director of the American Board of Surgery and is a member of numerous national and international surgical societies, having held leadership positions in the Society for Surgery of the Alimentary Tract, Society of Clinical Surgery, Minnesota Surgical Society, and the International Society of Surgery. His clinical interests include bariatric surgery, abdominal wall hernias, and pancreatic surgery.

**On Thursday, March 10, Dr. Sarr will speak on**  
**A French Canadian Fur Trapper,**  
**Mackinac Island,**  
**An Errant Musket Shot**  
**and**  
**Your Stomach!**

The lecture recounts the epic tale of how a bullet hole of the stomach revolutionized medicine. This lecture is free and open to the public. *You may RSVP for this lecture by calling Juli Askew at (805) 681-7762 or [jaskew@sansumclininc.org](mailto:jaskew@sansumclininc.org).*

The Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, it allows surgical residents in training at Santa Barbara Cottage Hospital the chance to interact daily with the icons, leaders and outstanding teachers of the art of surgery.

This unique educational program advances the level of surgical care available in our community, and is made possible by generous support from our title sponsor, Cottage Health, and grateful patients, medical groups, individual community surgeons and physicians, and corporate donors.

“The Visiting Professor of Surgery program has been a tremendous success. We are fortunate to have hosted outstanding surgeons, all leaders in their field. The program benefits the surgical residents, surgical staff and patients. The lecture for the public and donors has also been well received. The value to our community, to Cottage Health, and to Sansum Clinic is priceless. Thanks to Dr. Ron Latimer, this program will continue to be a success,” James T. Dunn, MD, FACS, Sansum Clinic Department of Surgery. 🌟

*If you would like to support the Visiting Professor of Surgery program please contact Dru A. Hartley, Director of Philanthropy at Sansum Clinic at (805) 681-7726 or [dhartley@sansumclinic.org](mailto:dhartley@sansumclinic.org). Your support is a commitment to sustaining Santa Barbara's high level of surgical expertise and the community's good health.*

# Health Education

Connect to an active life. Connect to the Outdoors.



## Ready to Launch Pilot

Healthy People Healthy Trails (HPHT) wants to get Santa Barbara walking. We all recognize the importance of physical activity. People of all ages and abilities can enjoy walking outdoors as a form of daily physical activity. As part of HPHT, physicians will give patients a Prescription for Outdoor Activity and a Trail Guide with maps of easy trails and paths, safety tips, and more.

Using parks, trails and the outdoors to improve health is a global movement that started in Australia in 2000. In 2014, Sansum Clinic and Santa Barbara County Trails Council requested help from the National Park Service to bring Healthy People Healthy Trails to our area. Many other agencies have joined the effort, inspired by the opportunity to help people enjoy the outdoors with their friends and family, while participating in healthful activity. Sponsors include CenCal Health, City of Santa Barbara Parks and Recreation Department, Cottage Health, and Trails Council of Santa Barbara County with support from the National Park Service and community members.

*You can help pilot test the HPHT walking maps. Pick up your copy at the Sansum Clinic Health Resource Center at 215 Pesetas Lane, located near the mountain side entrance. Be sure to let us know how you liked the maps and what suggestions you have for us. Let's all get walking! 🌻*

## The Health Resource Center Connect with the Health Information that is Right for You

We live in an age of information. It is everywhere around us, as easy to find as a few clicks on your phone. But when it comes to your health, not all information is good information, or the right information for your situation. When you want high quality, reliable information, the Health Resource Center (HRC) at Sansum Clinic is here to help. The staff and volunteers at the HRC are trained to search for the most current, accurate health information. They can help you to understand a medical test or procedure, learn about a diagnosis, find a community resource for a health need or get a new recipe that is delicious and nutritious.

The HRC has internet kiosks for your use as well as books, magazines and other materials you can borrow. The most frequent reasons people visit the HRC include signing up for a Health Education Program, getting Advance Directive forms and help completing the paperwork, and getting answers to questions about topics such as Diabetes, nutrition and health insurance. In addition to these common reasons, the HRC volunteers especially enjoy a challenge with a question about something quite rare.

*To make your connection with valuable, reliable health information, visit the Health Resource Center at Sansum Clinic, 215 Pesetas Lane, on the first floor near the mountain side entrance or call 805-681-7672. This service is open to the community and free of charge. 🌻*

## The Health Resource Center Provides the Right Connection

Recently Sansum Clinic Dermatologist, Dr. Bret Davis requested information for a Spanish-speaking patient with a rare skin condition.

The HRC volunteer, herself a retired librarian, was able to locate good information in English but no translation was available.

The staff placed a call to the Genetic and Rare Disease Department at the National Institutes of Health and arranged to get information printed in Spanish. In addition, a Spanish speaking specialist at NIH was available to speak with the patient and his family.

Good information and support is widely available. All it takes is the right connection to bring it to those who need it. 📞

## 2016 Health Education Program List

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](http://www.SansumClinic.org/Classes) or call our Health Resource Center: (805) 681-7672. 📞

## Stay in Touch

with Sansum Clinic

**Clinic Operator:**

**1 800 4 SANSUM**

**1 800 472 6786**

for all services  
& departments.



**Directory of Locations & Departments**  
[sansumclinic.org/phone-directory](http://sansumclinic.org/phone-directory)



**GoodHealth eNewsletter**

Subscribe for healthcare news & updates  
[sansumclinic.org/enewsletter-sign-up](http://sansumclinic.org/enewsletter-sign-up)

**Receive GoodHealth Magazine**



Email [goodhealth@sansumclinic.org](mailto:goodhealth@sansumclinic.org)  
with your complete name  
& mailing address.



**Register for MyChart**

Your online personal health record  
[mychart.sansumclinic.org](http://mychart.sansumclinic.org)



**Like Us on Facebook**  
[facebook.com/SansumClinic](http://facebook.com/SansumClinic)

**Follow Us on Twitter**  
[@SansumClinic](https://twitter.com/SansumClinic)



**Follow us on Instagram**  
[@SansumClinic](https://www.instagram.com/SansumClinic)



**Watch us on YouTube**  
[YouTube.com/SansumClinic](http://YouTube.com/SansumClinic)



If you are experiencing a medical emergency  
please call 911 or go to the nearest

# Eating for Energy

## for Our Health & Well Being

GERRI FRENCH, MS, RDN, CDE

I think most people would agree that skipping meals and lack of food can decrease energy. But can eating the wrong combinations of food or poor quality foods effect our energy? What about too much of certain types of food? Yes, Yes, and Yes. If you're interested in achieving consistent sustained energy, enjoying wholesome balanced meals, sitting at a table can make a difference. Calories in our food provide fuel for energy; vitamins and minerals do not contain calories, therefore they do not provide direct energy although they help release the energy from food.

Learning the basics of Nutrition 101 provides answers to questions about food and energy. Foods with carbohydrates are the body's preferable source of energy, and they provide quicker energy than protein and fats. The more active we are physically, the more carbohydrates are needed, an important concept people need to consider when they want to sit instead of move. Similar to kindling in the fire, carbohydrates don't last long. Earth grown, natural sources of carbohydrates which contain slightly more protein and fat such as whole grains (think oatmeal) will last longer than refined flour products (like Cheerios) however these foods don't provide satiety. Legumes or beans are especially valuable for longer lasting fuel since they contain more protein along with fiber. The component of food that keeps us most full and is usually the "last resort" for energy is fat, followed by protein. Many foods are natural combinations of all three nutrients including our first start food: breast milk or formula which contains carbohydrate, protein and healthy fat. The chart on the next page may be revealing for some people. Be aware of the portion sizes.

Although this chart is a great beginning to nutrition, it doesn't list the nutrition in the convenience foods we often eat such as granola bars, cookies and ice cream, all of which contain sugar and possibly fiber. Each 4 grams of sugar is equivalent to one teaspoon of sugar. Table sugar, honey and maple syrup are quick sources of energy since they easily convert to blood sugar. Eating concentrated amounts of natural and refined processed carbohydrates at one sitting increases your blood sugar and need for insulin which can store fat and, in fact make some people feel tired. Foods such as pancakes with syrup, sugar sweetened cereal with banana and even large servings of wheat pasta and soda or juice can cause this effect. These high glycemic (convert to sugar quicker and higher) meals are not examples of "balanced" meals.

One additional tidbit which will illustrate this concept is fruit. Each ½ cup of fruit contains 15 grams of carbohydrate of which 12-13 grams are from sugar (the rest is fiber) along with valuable vitamins, minerals, antioxidants and phytonutrients. However as people with diabetes discover, fresh, frozen, canned or dried fruit increases blood sugar dramatically. Balancing it with foods with protein and fat as well as exercise is helpful.

### Examples:

- 1) Quick energy from fresh or frozen fruit such as a locally grown tangerine or apple can provide more lasting energy and feeling of fullness when consumed with nuts, nut butter or cheese. Fruit contains fiber which is also helpful and sorely lacking in fruit juice; some canned fruit contains less fiber than fruit off the tree since often the peel is removed which contains the most fiber. Fiber is found in plant foods; animal foods (meat and dairy as nature makes them) and fats/oils do not contain fiber. Fiber releases sugar into our system more slowly which is helpful to sustain energy. Brown rice contains 15 grams of carbohydrate of which 3 grams will be fiber; white rice contains less than 1 gram of fiber. The daily fiber recommendation fiber for adults is at least 25 grams.
- 2) Corn tortilla or whole grain flour tortilla with avocado or cheese.
- 3) Sit down dinners typically are "balanced" with some type of meat, poultry or fish; rice, potato or pasta; and a vegetable or salad.
- 4) Eggs with potatoes and/or beans and/or tortillas and/or bread along with salsa, vegetables and avocado is a wonderful beginning to the day. The amount of potatoes, beans and tortillas depends to a large extent upon your weight and how active you are.
- 5) The typical SAD (Standard American Diet) breakfast of cold cereal, nonfat milk and banana is very concentrated in carbohydrate as are bagels, scones and muffins. They need some additional protein and fat and usually reduced portion, unless combined with physical activity.

What about soda and fruit juice? Yes, these drinks will increase your blood sugar and provide very quick energy, however it is

# Welcome New Providers

very short lived and can, as discussed previously, lead to fat storage and ultimately make you feel tired. The “lift” from soda is usually from caffeine. A large amount of caffeine, especially found in energy drinks, is not recommended for three main reasons. 1. It can over stimulate your heart. 2. It usually disrupts sleep cycles especially in older adults. 3. Caffeine can increase our stress response and shorten our fuse which can have undesirable effects. Excess caffeine does not provide consistent energy but rather bursts of energy which might be helpful in the short term but ultimately can deplete your energy. ☀

*A Registered Dietitian Nutritionist (RDN) can help you understand more about food and how your food choices affect you.*

(GRAMS)	CARBOHYDRATE	FIBER	PROTEIN	FAT
<b>GRAINS, 1/2 CUP OR 1 SLICE</b>	15	1-4	2-4	0-2
<b>BEANS, CUP</b>	20	4-8	7	0
<b>VEG, CUP</b>	5	2-4	2	0
<b>FRUIT, CUP</b>	15	2-4	0	0
<b>FAT, 1 TSP</b>	0	0	0	5
<b>MILK, 1 CUP</b>	12	0	8-9	1-8
<b>MEAT, 1 OZ</b>	0	0	7	2-8



*Gerri French, MS, is a Registered Dietitian Nutritionist (RDN) and Certified Diabetes Educator (CDE) for Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. She is also a mother and enjoys sharing practical information and recipes with her patients and their families.*



Benton Ashlock, MD, MS



Vicky Diaz, FNP



Ashley McGrogan, PA-C

**BENTON ASHLOCK, MD, MS**  
Pulmonary & Critical Care Medicine  
301 West Pueblo Street, Santa Barbara

Dr. Ashlock, board-certified in Pulmonary Medicine, Critical Care Medicine and Internal Medicine, received his medical degree from Saba University School of Medicine. He completed his Internal Medicine residency at Scripps Clinic Green Hospital in La Jolla, CA and his fellowship training in Pulmonary and Critical Care Medicine at the University of California, San Diego. Prior to joining Sansum Clinic, Dr. Ashlock worked in a Critical Care position at Sharp Grossmont Hospital.

**VICKY DIAZ, FNP**  
Rehabilitation and Extended Care  
51 Hitchcock Way, Santa Barbara

Ms. Diaz recently joined our Rehabilitation and Extended Care department at 51 Hitchcock Way. She received her Master of Science in Nursing from UCLA. Prior to joining Sansum Clinic, Ms. Diaz worked at DASH (Doctors Assisting Seniors at Home).

**ASHLEY MCGROGAN, PA-C**  
Family Medicine  
Sansum Country Clinic  
2027 Village Lane, Suite 102,  
Urgent Care  
51 Hitchcock Way, Santa Barbara

Ms. McGrogan recently joined Sansum Country Clinic and Hitchcock Urgent Care. She received her Master of Science in Physician Assistant Studies from Western University of Health Sciences in Pomona, CA. ☀

# Here then. Here now. Here for YOU.

23 locations, 200 providers, 30 specialties, one integrated system



The Brunassos — a Sansum Clinic family for generations

Sansum Clinic is celebrating our 95th anniversary.

Sansum was founded by doctors in 1921 and is still, today, a multi-specialty medical group providing the full-spectrum of high-quality care to our patients — like the Brunasso family — throughout all stages of life.

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

**1 (800) 4 SANSUM**  
**sansumclinic.org**