

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 3 • WINTER 2012

10 STEPS to a HEALTHIER HEART

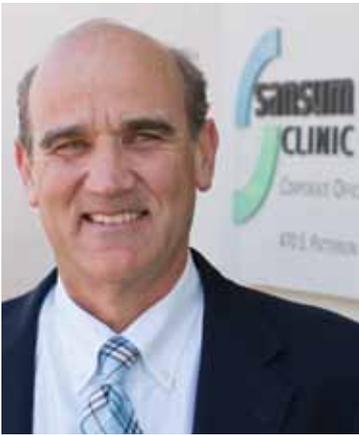
**EAT WELL
& STAY WELL**
Culinary Medicine

WALKING THE WALK
in Our Community

**CONNECTING YOU
to Your Health**
MyChart



sansumSM
CLINIC
for your good health



Sansum Clinic has been improving the overall health of our community with the latest equipment, technology, procedures and treatments for more than 90 years. We are in the midst of launching our new electronic health record system and now you can access your own healthcare information with our new patient connection called MyChart (see page 4 for more information). Also, we have selected our first Visiting Professor of Surgery, John L. Cameron, MD, Professor of Surgery at The Johns Hopkins Hospital and world famous pancreatic cancer surgeon, who will be coming to Santa Barbara in February to share new and innovative surgical procedures with Santa Barbara's community of practicing surgeons (see page 1 for more information).

With the passing of Jon Lovelace, Sansum Clinic has lost a loyal friend, a longtime patient, a former Trustee and Honorary Trustee, and an exceptionally generous donor. It is through the visionary financial support of Jon and his wife Lillian that Sansum Clinic was able to establish the innovative Physician Housing Program, which has been instrumental in recruiting a number of outstanding new physicians to Santa Barbara over the past few years. And it is another of their gifts that made it possible for the Clinic to launch our highly successful Breast Care Navigator Program.

Jon's contributions to the world around him extended far beyond what he brought to Sansum Clinic. In an act of continuing generosity and support, the Lovelace family has asked friends and colleagues who wish to make gifts in Jon's memory to direct their contributions to Sansum Clinic. We feel humbled by this recognition. We are receiving gifts from all over the United States.

As the leader of The Capital Group Companies Inc. one of the largest investment management firms in the nation, Jon played a very active role in shaping the mutual fund industry as it is today. Yet Jon's colleagues say their strongest memories of him are his humanity, his desire to contribute to the community and his willingness to share his time to mentor younger associates. Jon was not well known by the public because he shunned the spotlight. He is survived by his wife Lillian, whom he married in 1950, his daughter Carey, sons Jim, Jeffrey, and Rob, and six grandchildren.

So many of our own patients' lives have been touched by Jon's generosity and his legacy will live on through the programs he helped create at Sansum Clinic.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Medical Director

STATE STREET FLAG PROGRAM

Last year we began a tradition of bringing in the New Year by participating in the State Street Flag Program. Once again from January 9-16, 2012, we displayed 125 flags throughout historic downtown Santa Barbara in celebration of the innovative healthcare we bring to our 150,000 patients.



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Sansum Clinic's mission is to provide excellence in comprehensive healthcare through teamwork, community collaboration, research and education.

Sansum Clinic is accredited by the
Institute for Medical Quality

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

Jill R. Fonte
Director of Marketing

Dru A. Hartley
Director of Philanthropy

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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.

Visiting Professor of Surgery Program



Sansum Clinic's first Visiting Professor of Surgery, John L. Cameron, MD, The Alfred Blalock Distinguished Service Professor of Surgery at The Johns Hopkins University School of Medicine will be in Santa Barbara for an Academic Week February 27–March 3. He will interact, teach and mentor the practicing surgeons in our community and will be directly involved with teaching the surgical residents in training at Santa Barbara Cottage Hospital.

Dr. Cameron has a long-standing interest in alimentary tract diseases, and specifically in pancreatic cancer. He has operated on more patients with pancreatic cancer and performed more Whipple operations than any other surgeon in the world.

The Visiting Professor of Surgery Endowment Fund was established in December 2010 by Ronald G. Latimer, MD (Emeritus) and Sansum Clinic to advance educational opportunities and to demonstrate Sansum Clinic's commitment to quality surgical care in Santa Barbara. The fund allows a prominent national or international surgeon to be in residence in Santa Barbara for one Academic Week each year.

If you would like to support this outstanding educational endowment fund, gifts of \$500 or more will be recognized on the donor wall in the Department of Surgery. Gifts at all levels will be greatly appreciated. You can send your gift of support in the remit envelope in this magazine. ☀



The Four Seasons Biltmore Resort will be the home of our Visiting Professor during Academic Week. Throughout the year, all patients and friends of Sansum Clinic are eligible for special pricing at this world-class resort — just mention Sansum Clinic when you make your reservation.

JOIN US TO LEARN ABOUT
THE FATHER OF AMERICAN SURGERY



Dr. Cameron will speak on William Stewart Halsted, MD: Father of American Surgery at 5:30 pm on March 1 at Cottage Hospital's Burtness Auditorium. The lecture is open to the public.

Dr. Halsted (1852–1922) was an American surgeon who was an early champion for the use of local anesthetics. He introduced the use of rubber gloves and he developed many new and ingenious operations including the radical mastectomy for breast cancer. Other achievements included advances in thyroid, biliary tract, hernia, intestinal and arterial aneurismal surgery. Oddly during his career, he was addicted to cocaine and later to morphine.

Dr. Halsted was one of the “Big Four” founding professors at The Johns Hopkins Hospital. He was the first chief of the Department of Surgery at The Johns Hopkins Hospital when it opened in May 1889. He is credited for starting the first formal surgical residency training program in the United States. He was considered a superb teacher and the young men who were trained in his operating room were among the great pioneers of American surgery today. ☀

Seating for the lecture is limited and reservations are required. You may RSVP by February 21 to Amanda Jones (805) 681-1756 or rsvp@sansumclinic.org.

GOODHEALTH

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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.

Sansum Clinic Celebrates 90 Years

With Eat Well & Stay Well

Sansum Clinic celebrated 90 years of innovative healthcare with Eat Well & Stay Well, an afternoon of elegant cuisine prepared by renowned local chefs and personal interaction with some of Santa Barbara's finest physicians.

Event co-chairs Julie Nadel and Bobbie Rosenblatt and 30 Ambassadors joined the Board of Trustees and physicians of Sansum Clinic to host this unique affair at Isla Mar, the private and historic estate of Geoffrey Claflin Rusack and Alison Wrigley Rusack in Hope Ranch.

At each course of the luncheon, guests had an opportunity to speak with a variety of Sansum Clinic healthcare professionals who discussed the latest advancements in their own specialties. Wine Cask Executive Chef Brandon Hughes prepared the first course. Jamie West, executive chef at San Ysidro Ranch, prepared the entrée. Alberto Morello, chef/owner of Olio e Limone Ristorante, prepared dessert. All courses were paired with fine wine from Rusack Vineyards.

A boutique live auction of just a few distinctive items included sideline tickets to Super Bowl XLVI and the "Ultimate Dinner Party" with Wolfgang Puck cooking dinner for 24 guests in the winning bidder's home. Guests had the opportunity to Fund A Need, including the community flu shot program, Camp Wheez for kids with asthma, and diagnostic testing for those without the means to pay. This entertaining and high-energy auction raised more than \$300,000 new dollars for important Clinic programs.

"Sansum Clinic is so fortunate to have the energy and enthusiasm of Julie Nadel and Bobbie Rosenblatt to create an event like Eat Well & Stay Well. I haven't heard of another occasion that brings together our local celebrity chefs and some of our community's leading physicians – at one of the most picturesque estates in California – to inform guests about the latest advancements in medical care," said Dr. Kurt Ransohoff, CEO and Medical Director.

Special thanks to Montecito Bank & Trust, title sponsor of the event. 🌻



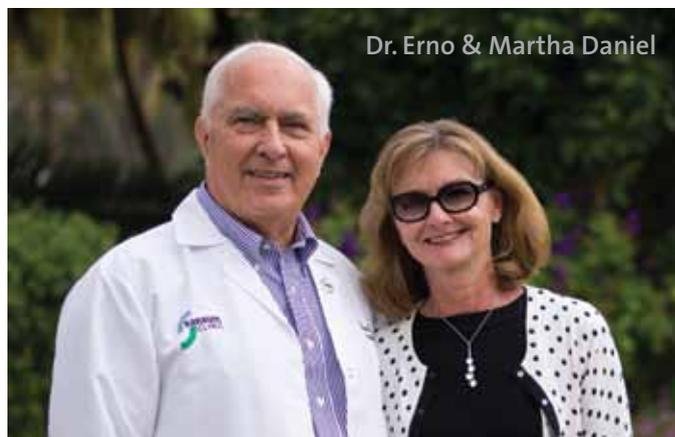
Jack & Julie Nadel



Bobbie & Eddie Rosenblatt



Leatrice Luria & Dr. Kurt Ransohoff



Dr. Erno & Martha Daniel



Drs. Marjorie & Gregg Newman

Speaking of Eating Well & Staying Well...

CULINARY MEDICINE

BY GERRI FRENCH, MS, RD, CDE

Interested in a healthy 2012? What you eat can have a dramatic effect on your health and wellness; it's called Culinary Medicine... and it tastes good!

If you are interested in natural forms of healing, think Culinary Medicine. Plant foods (fruits, vegetables, whole grains, legumes, nuts and seeds) contain substances called phytonutrients that some think have the ability to decrease the chronic inflammation in the body which is one cause of many modern day diseases. The word "phyto" means plants in the Greek language, and phytonutrients are nutrients produced by plants.

Many phytonutrients, which are responsible for the bright colors in plants, are made to guard plants against harsh weather, viral attack, and the insults of handling, and to provide defenses against unstable forms of oxygen. Humans

may benefit from eating plants that contain these disease fighting substances.

Some phytonutrients contain antioxidants which many believe delay the aging process and protect or slow the formation of carcinogens (cancer causing agents) and the oxidation of fats, which initiates the heart disease process. Other phytonutrients inhibit the action of chemicals that stimulate cell growth and tumor development.

One reason health professionals are so excited about phytonutrients is their possible ability to interact with every step in the cancer process, slowing, stopping or reversing it by affecting enzymes that convert healthy cells to cancerous cells.

In addition, some phytonutrients may lower cholesterol, reduce arterial plaque, and counter osteoporosis. Each phytonutrient plays a different role. A tomato or orange contains hundreds and possibly thousands of phytonutrients.

See the following chart for specific sources and potential functions of phytonutrients. For more information, the American Institute for Cancer Research is a wealth of information; visit their website at www.aicr.org. ☀

Gerri French, MS, is a registered dietitian (RD) 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.



Phytonutrient	Food Sources	Potential Health Benefit
Anthocyanins	Concord grapes, radishes, berries, red cabbage	Powerful antioxidant that may have heart health benefits and help protect vision
Allyl sulfides	Garlic, onion, leeks, chives	May stimulate anti-cancer enzymes and inhibit colon/stomach cancer
Carotenoids	Carrots, sweet potatoes, yams, apricots, cantaloupe, dark green leafy vegetables	Antioxidants that may protect against lung and breast cancer
Curcumins	Turmeric, ginger. Most curry powders contain turmeric, yellow mustard	May reduce inflammation and stimulate enzymes that inhibit cancer
Indoles	Cruciferous vegetables: broccoli, cabbage, kale, brussels sprouts, cauliflower	May help protect against estrogen promoted cancers
Luteins	Broccoli, spinach, carrots, corn, tomatoes, greens	May protect against cataracts and macular degeneration
Lycopenes	Tomatoes (especially cooked), red grapefruit, watermelon	Antioxidant; may reduce risk of prostate, stomach and esophageal cancer; may help protect against vision loss
Quercetin	Grapes, apples, cherries, red onions, kale, broccoli	Antioxidant may be helpful in protecting against respiratory allergies and asthma

MyChart

Electronic Health Record



Sansum Clinic's new and innovative electronic health record system — the Wave — is improving the exceptional care

you've come to expect from us. The Wave provides the tools necessary for the electronic management and recording of the care you receive here.

One of the most exciting features of the Wave is our secure patient connection - MyChart - which provides you with direct online access to key parts of your medical record. MyChart allows you to view your health information, such as lab results, appointment information, medications, immunization records and details about your doctor visits.

Whether you are at work, on the road or at home, you can view test results, messages from your doctor, and your key medical information. You can even access your family's records and request your next appointment online.

With MyChart You Can:

- **Send a message 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 some test results online — and save time waiting for a phone call or letter. You can also chart and graph your results over time.
- **Request your appointments online anytime**
Request your next appointment online, or view details of your past and upcoming appointments.
- **View your medical information**
Review your medications, immunizations, allergies and medical history. And review health education topics or discharge instructions provided by your physician.
- **Explore health education resources**
Access information about tests, medications, procedures and lifestyle choices at your fingertips with our online health education resources.
- **Access your family's records**
Link your children's and elderly relative's accounts to yours for convenient access to appointments, immunization records, growth charts and more.

How to Sign Up for MyChart

If the Sansum Clinic location where you receive your primary care is online, you can sign up and login to MyChart. Protecting your privacy and healthcare information is our primary concern, so signing up for MyChart requires an activation code.

Your unique MyChart activation code can be generated in three ways:

1. Call the MyChart Response Team at (805) 898-3188
2. Register online at:
www.sansumclinic.org/register-for-mychart
3. **Stop in any of our Clinic locations in-person and request an activation code**

Ask for a MyChart activation code on your next visit to Sansum Clinic. This will allow our staff to verify your identity and to present you with a personalized letter containing an access code that will permit you to register for MyChart and set up your own secure username and password.

Login from any computer to complete your registration or use one of our convenient **MyChart Registration Kiosks**. Representatives are available to assist you with your registration.

MYCHART REGISTRATION KIOSKS:

Pueblo Multi-Specialty Clinic
317 West Pueblo Street, Santa Barbara

Pesetas Multi-Specialty Clinic
215 Pesetas Lane, Santa Barbara

Goleta Family Medicine
122 S. Patterson Avenue, Santa Barbara

Lompoc Multi-Specialty Clinic
1225 N. H Street, Lompoc

Sansum County Clinic
2027 Village Lane, Solvang

MyChart is being implemented within all of our locations throughout 2012. Visit our website for a detailed site-by-site and by department rollout schedule.



Scan QR code with a mobile reader
to visit MyChart Rollout Schedule

Sansum Clinic Physician Cuts Ribbon on New Hospital



Dr. James McNamara was selected to represent all Santa Barbara physicians in the ribbon-cutting ceremony for the new Cottage Hospital, an important event and well deserved honor for our colleague.

Dr. McNamara has been with Sansum Clinic for more than 40 years and in that time he has made countless contributions to local, regional and state

healthcare. He has served as President of the Clinic, Chair of the Internal Medicine department, and was honored as Physician of the Year by the Santa Barbara County Medical Society in 2004, where he also served as President. He has served as Chairman of the Board of the Rehabilitation Institute of Santa Barbara, as well as Chief of Staff and Vice Chair of the Board of Directors at Cottage Hospital. At the state level he has served on the Board of Trustees and various committees for the California Medical Association, and he served in the United States Army Medical Corps for nine years.

The ribbon-cutting ceremony is not the first event of historical significance in local healthcare from a McNamara. Dr. McNamara's parents, Dr. Delbert McNamara and Dr. Doris Erkenbeck McNamara, were among the first physicians hired by Dr. William Sansum when he sought to build his own Clinic in the 1920s. The onset of World War II had a significant effect on the medical staff of the Clinic, and Dr. Delbert McNamara was the first to leave to engage in the effort. He went on to serve as Commander of the Medical Supply Office of the Third Marine Division and was awarded a Purple Heart, Silver Star, and a Presidential Citation. Dr. Doris McNamara had to work double time to make up for the absent male physicians at the Clinic.

When Dr. Sansum died and the Clinic was reorganized, the McNamaras were among the six doctors who formed a partnership, and Dr. Delbert McNamara served as chairman for the next 10 years. As Sansum Clinic expanded in the 50s and 60s by word of mouth, the superior reputation of the Clinic spread through the Central Valley and to Las Vegas and Mexico. By that time two-thirds of the patients seeking care at Sansum Clinic were from out of town. During this time it was common practice to admit patients to the hospital for checkups. It was then that Dr. Jim McNamara began his practice by doing the intake examinations for patients here for their extended checkups. Though the practice of several-day checkups decreased in the early 1970s when insurance no longer covered hospitalization for such extensive examinations, many patients from far away still choose to see Dr. McNamara for a comprehensive evaluation.

Dr. McNamara was also instrumental in the discussions that led to the merging of the Santa Barbara Medical Foundation Clinic with Sansum Medical Clinic, which led to what is Sansum Clinic today. I hope you will join me in congratulating Dr. McNamara on this next great honor in his remarkable career.

— Kurt N. Ransohoff, MD, CEO and Medical Director

Premier Physical Program

The Sansum Clinic Premier Physical Program offers a comprehensive and proactive approach to health screening and preventive medicine designed to keep you in good health.

Our thorough evaluations establish a clear picture of your overall health — including a review of your family history, an assessment of your current lifestyle, and a complete set of diagnostic tests—all within the Sansum Clinic network. One of our board certified internists assigned specifically to your care will address any risk factors and determine a strategic healthcare plan to encourage your lifelong wellness.

Convenient back-to-back appointments save you time out of the home or office or give you more time to enjoy all that Santa Barbara has to offer.



People who recognize the irreplaceable value of good health travel from across the state and across the world to our multi-specialty Clinic in beautiful and historic Santa Barbara. To enhance your experience with the Premier Physical Program we have established a partnership with the Canary Hotel, including a discounted room rate, complimentary personal shopping services at Saks Fifth Avenue, complimentary access to the Spectrum Athletic Club, and special pricing at the hotel's spa partner. Just mention Sansum Clinic when you make your reservation.

The Premier Physical Program is an efficient and cost-effective way to maximize your health and reduce the chance of long-term illness or health concerns. Please contact our program coordinator, Antonio Sanchez, at (805) 898-3238 or visit Premier.SansumClinic.org to schedule a Premier Physical. We can also assist in scheduling additional tests and services that you may wish to combine with your visit. ●

Before Deciding You Want to Lose Weight, Read This First!

MARC ZEREY, MD, CM, MSC, FRCSC, FACS



As a new year begins, so does our commitment towards improving our health. The first few weeks in January are famous for being the busiest in gyms as people attempt to follow their New Year's resolution.

The combination of a new year, the weight gained over the holidays and timely promotions from fitness centers and weight loss programs are strong incentives to start the "New You". This is a cycle that repeats itself annually (and often twice annually as summer approaches). An entire industry has been built around this pattern of behavior.

THE ISSUE IS NOT ABOUT LOSING THE WEIGHT.

There are several ways of doing that. Understanding the balance between CALORIC INTAKE – CALORIC EXPENDITURE = ENERGY BALANCE is the basis for all diets. If your energy balance is positive, you will gain weight. If your energy balance is negative, you will lose weight. Therefore, by cutting some calories from your diet (and exercising more often) the goal is to achieve a negative energy balance to achieve weight loss.

So why do most people fail at conventional caloric-restriction diets? Expectations. Many of us set very aggressive goals when we start a weight loss plan. We have expectations both of our end-goals and the rate we expect to lose that weight. Our expectations are high because of what we watch on television or see on the cover of magazines (sometimes in the doctor's office!). Not surprisingly, we are setting ourselves up for failure.

The weight lost is short of our goal and we get discouraged and lose motivation. The pounds re-accumulate (generally faster than when we lost them) and we are back where we started, sometimes worse off.

Therefore, the next time you start a weight loss program:

1. DIRECTLY ADDRESS YOUR PRIMARY GOALS

Be honest with yourself. Why do you want to lose weight? For some, it is to improve health such as diabetes, high blood pressure or high cholesterol. For others, it is to improve their appearance and self-esteem. Both are strong motivators to lose weight but the strategies to achieve success may be different.

2. IDENTIFY & MODERATE UNREALISTIC WEIGHT GOALS

If you need to lose "40 lbs", settle for 10-15 lbs (or 20-30% of your goal) and try to maintain that weight.

3. TACKLING BODY IMAGE CONCERNS

We all have body image issues. Even some patients who have lost well over 100 lbs still feel "fat". No amount of dieting or weight loss will change that. Acceptance of yourself will go a long way toward making you feel happier about who you are.

Once you address these issues truthfully, you are ready to start working towards your goal. We have a number of comprehensive solutions that take into consideration not only your current weight, but lifestyle factors that should be addressed at the same time. *Good luck and best wishes for a healthy and happy you.* ☀

Sansum Clinic offers several options and programs for achieving a healthy lifestyle no matter what your weight loss goals. Speak to your doctor about the steps you can take toward achieving healthy weight loss — from our group classes or individualized health educators and nutritionists to our Doctors' Weight Management Program or bariatric surgery.

You can sign up for many nutrition and weight loss classes and programs online or attend a free orientation to learn more about your weight loss options. Visit www.SansumClinic.org/classes or scan this QR code with a mobile reader to visit our complete class schedule and register online.



Scan QR Code with a mobile reader to visit our complete class schedule and register online.

New Year. New You.

HEATHER GRIECO, RN AESTHETIC NURSE SPECIALIST

We are excited to introduce our new iPixel laser for fractional skin rejuvenation. The iPixel delivers greater precision while significantly reducing treatment and down time.

The iPixel laser vaporizes the skin to treat sun damage or acne scars and has great results on mild to medium wrinkling by tightening and resurfacing your skin. It works on all skin types and is safe for use all year round.

The iPixel rolls across your skin. Unlike traditional lasers which use a stamping or scanning technique, the iPixel module treats the targeted area with high speed and elegant efficiency. The laser creates an ablative thermal channel at the pixel area without disturbing the surrounding tissue. Those micro-ablated areas start the process of healing and the untreated area acts as a reservoir for rapid restoration. As collagen remodels, skin tightens and texture improves. The process is so gentle that it is used on the neck, chest, hands and face with little risk of complications.

KEY ADVANTAGES OF THE IPIXEL:

- Great results on mild to medium wrinkling
- Quick treatment time
- Little or no downtime
- Easy, in and out procedure

Please call (805) 681-7844 today to schedule your appointment at Sansum Clinic's Facial Plastic Surgery and Aesthetics department. We offer a wide range of services, from skin care products to minimally invasive soft filler injectables or complete outpatient surgeries. We honor the gifts that nature has granted, restoring and highlighting each person's unique beauty. 🌸



Heather Grieco, RN

Heather Grieco, RN is a plastic surgery and aesthetic nurse specialist. Her experience includes an extensive surgical background and Advanced Certification in Lasers. Heather brings the proficiency that is required to perform our laser treatments in a safe medical spa surrounding under the direction of David F. LaPatka, MD, FACS.

Tune in to Sansum Clinic TV on Cox Channel 2636 to learn more about our programs and services.



Recover in luxury at Bacara Resort & Spa. Patients and friends of Sansum Clinic are invited to enjoy special pricing at this resort throughout the year — just mention Sansum Clinic when making your reservations. Restrictions may apply.

Doctors Without Walls



In our last issue we encouraged our patients to participate in a sock drive, because something as simple as giving a pair of socks can open the line of communication between a doctor and someone in need of medical care. This is the first line of defense for unsheltered people against cold, wet, infected feet versus warm, clean, dry feet.

Doctors without Walls is so grateful to the community at large for all your helpful donations. And now, we are up to our ears in SOCKS!!! Doctors Without Walls/Santa Barbara Street Medicine thanks you so much!

Doctors Without Walls practices backpack-based medicine using bright orange packs to carry equipment and medications to...patients in need...and they will always need socks.

You can still help by dropping off a six-pack or two of socks in the baskets located in our Pesetas and Pueblo clinics. 🧦



Sansum Clinic's Lynn Matis, MFT and Aaron Lewis, Medical Assistant in Dermatology — both active Doctors Without Walls volunteers

February is American Heart Month

JOSEPH ARAGON, MD, FACC, FSCAI
CARDIOLOGIST

American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives. Heart disease, including stroke, is the leading cause of death for men and women right here in Santa Barbara County.

You are at higher risk of heart disease if you are:

- A woman age 55 or older.
- A man age 45 or older.
- Or a person with a family history of early heart disease.

Heart disease can be prevented. Here are 10 tips for a healthier heart:

1. **CUT DOWN ON SALT.** People tend to eat too much salt, causing water retention that can increase your blood pressure.
2. **STOP SMOKING.** Smokers are twice as likely to have a heart attack than nonsmokers. The good news is, your risk of heart attack decreases as soon as you quit smoking.
3. **BE ACTIVE.** Exercise keeps your heart strong and healthy so that it can pump blood efficiently with each heart beat. Shoot for 30 minutes of moderate physical activity a day. Staying active benefits your physical health, your mental health and your overall wellbeing.
4. **MAINTAIN A HEALTHY WEIGHT.** Carrying extra weight can increase your risk of life-threatening conditions such as coronary heart disease and diabetes.
5. **MANAGE YOUR STRESS BETTER.** If you find things are getting away from you, you are more likely to eat poorly, smoke or drink too much. Engaging in activities or hobbies you enjoy can help you manage your stress levels.
6. **KNOW YOUR FAMILY HISTORY.** If a close relative smokes, has high blood pressure or high cholesterol, is obese or physically inactive, then you could be at risk too.
7. **DRINK ALCOHOL IN MODERATION.** A small amount of alcohol has been shown to have some benefit to heart health, but drinking too much alcohol can damage the heart muscle, increasing blood pressure and leading to weight gain.
8. **GET REGULAR CHECK-UPS AND MANAGE YOUR BLOOD PRESSURE AND CHOLESTEROL LEVELS.** People with high blood pressure have a higher risk of stroke or heart attack. Having your heart health checked regularly by your doctor can help ensure that heart issues are found early and corrected before they become problematic.



9. KEEP YOUR DIET IN CHECK. A healthy diet can help reduce the risk of developing heart disease, and can increase the chance of survival after a heart attack. To establish a balanced diet, start by making small but sensible changes to your food choices (such as fewer fried foods and more plant-based proteins like beans, nuts and produce.) Avoid foods that are high in saturated fats and sugars, like cake, pastries and some dairy products.

10. LEARN TO RECOGNIZE EARLY SIGNS OF HEART DISEASE. Tightness in the chest, neck or stomach that occurs when you exert yourself but goes away with rest may be the first sign of angina, which can lead to a heart attack if untreated. If these symptoms occur at rest call 9-1-1. Do not drive yourself to the emergency room. The earlier you receive treatment the better the outcome.

Sansum Clinic Cardiologists are specialists in the prevention, diagnosis and treatment of diseases and disorders of the heart. All Sansum Clinic Cardiologists are board certified and have specialized fellowship training. The Cardiology department's commitment to patient care, research and new technology means that patients benefit from the latest diagnostic and treatment techniques in virtually every area of cardiac medicine — from research to prevention, detection and treatment. The primary areas of heart disease our Cardiologists treat are:

- Coronary artery disease (angina and chest pains)
- Abnormal heart rhythms
- Heart failure
- High blood pressure
- Congenital/structural heart disease
- Interventional cardiology
- Cardiac electrophysiology
- Nuclear cardiology



Our commitment to patient care, research and new technology means that patients benefit from the latest diagnostic and treatment techniques in nearly every area of cardiac medicine — from research to prevention, detection and treatment. 🌟



Joseph Aragon, MD, FACC, FSCAI

Dr. Joseph Aragon is a specialist in Cardiovascular Medicine and Interventional Cardiology. He attended the David Geffen School of Medicine at UCLA, and followed it up with training in Internal Medicine at the UCLA Center for Health Sciences. He is an expert in the management of patients with complex ischemic heart disease, peripheral arterial disease and structural heart disease. Dr. Aragon has an active research program and is dedicated to contributing to the practice of evidence based medicine as it relates to the treatment of heart disease. He is board certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology and is a Fellow of the American College of Cardiology and the Society of Cardiac Angiography and Intervention.

Sansum Clinic: Walking the Walk

SANSUM CLINIC IS #1 HEART WALK TEAM

Team Sansum Clinic stepped up efforts this year to make a difference in the fight against heart disease and stroke. Officially the #1 Team for the Santa Barbara Heart Walk, Team Sansum Clinic raised more than \$10,000 for American Heart Association research and education!

Thanks to the Doctors' Weight Management Program, Cardiology and Cardiac Rehab departments, Team Sansum Clinic had 99 walkers! The team was led by Dr. Joseph Aragon, Sansum Clinic cardiologist and president of the Central Coast Chapter of the American Heart Association. 🌟



Letter from a Grateful Patient

DELIVERING MORE THAN JUST HEALTHCARE TO OUR NEUROLOGY PATIENTS...



Paul Willis, MD, and Deanna Power, RN, CNRN

My dad began visits to the Neurology Department at Sansum Clinic this past September. We were referred by a relative who had seen Dr. Paul Willis years ago after a stroke. Upon my first visit with my dad, I immediately felt welcome. Dr. Willis and Deanna Power, RN, are understanding and patient, which I have learned is key for helping patients and family members who are dealing with a relative with dementia and Alzheimer's.

I have never experienced a physician's office that was so responsive and informative. It is like everyone is my friend and is there for me, which makes me feel less alone. Deanna has been there with an answer for every question. It is nice to be able to contact a healthcare professional to get information because you cannot trust everything you find online. I feel that I have been better able to help my Dad because of the information that I have received from Sansum Clinic.

I have been inspired by my experience and wanted to help others as you have helped me. I recently volunteered my time and did some fundraising for the Walk to End Alzheimer's with the Sansum Clinic team and it made me feel good to work towards a cure. It gives me a stronger sense of hope.

If I could share one thing with others in a similar situation it would be to talk about it. Being able to talk everything through has enabled me to feel less alone in what our family is going through having a family member with dementia.

Thank you to Dr. Paul Willis and Deanna Power, RN. You are amazing! 🌟

— Whitney

Sansum Clinic: Walking the Walk

NEUROLOGY DEPARTMENT JOINS THE WALK TO END ALZHEIMER'S DISEASE

The spirit of finding a cure for Alzheimer's disease was evident for the Sansum Clinic team during the Walk to End Alzheimer's at the Santa Barbara Zoo.

The team exceeded all goals with 47 team members and 30 walkers at the event. Our team raised more than \$2,500. Sansum Clinic's Neurology Department organized support as a major sponsor for this event which included an "Ask the Doctor" booth featuring our Neurologists. 🌟



Sansum Clinic neurologists; Drs. Linda Chen, Paul Gertler, Karen DaSilva, Paul Willis and Hsien Young (not pictured) staffed the Ask the Doctor booth at the Walk to End Alzheimer's.

Help AND Hope



Paul Willis, MD

Sansum Clinic Neurologist, **Paul Willis, MD**, will be speaking at **Help and Hope**, a new educational program for people in the early stages of Alzheimer's disease or related dementia and their primary caregivers. **Help and Hope** focuses on families to provide support (both by peers and the facilitators) as well as key educational topics that will help strengthen family bonds as they face Alzheimer's disease.

Help and Hope offers four modules (over a two-day program) covering important issues couples and families face as they travel the Alzheimer's journey together. Each module is delivered in a combination format of lecture, handouts, discussion and exercises. Some of the topics include the basics of diagnosis, communication strategies, music and laughter as therapy, sexuality and caring for the caregiver.

When: Friday, February 24, 10 am - 3 pm *and* Wednesday, February 29, 10 am - 3 pm

Where: 15 E. Carrillo, Santa Barbara, CA

Who: For people in the early stages of Alzheimer's disease or any form of related dementia and their primary caregivers.

Registration: Registration required. Space limited to 10-12 families. Contact Luciana Cramer at (805) 892-4259 x30 or email: Luciana.cramer@alz.org 🌻



Sansum Clinic in the Community

Paul Cisek, MD, Vascular Surgeon, was elected President of the Southern California Vascular Surgical Society, which seeks to advance excellence and innovation in vascular health through education, advocacy, research, and public awareness.

Mark Silverberg, MD, FAAP, FFAO, Ophthalmologist, was elected to the Santa Barbara County Medical Society board, joining Sansum Clinic Doctors Daniel Berger, Laura Polito, and James McNamara (ex-officio member). Doctors J. Gregory Gaitan and Richard Ponce serve on the Society's Delegation to the California Medical Association.



Paul Cisek, MD,
Vascular Surgeon



Mark Silverberg, MD, FAAP,
FAAO, Ophthalmologist



David A. Zisman, MD, MS,
FCCP, Pulmonary Specialist



Chris McNamara, Senior Vice
President of Operations

David A. Zisman, MD, MS, FCCP, Pulmonary Specialist, recently spoke at the Pulmonary Fibrosis Foundation's inaugural conference on idiopathic pulmonary fibrosis (IPF), IPF Summit 2011: From Bench to Bedside, in Chicago. The event brought together medical and scientific professionals, patients, and caregivers to learn and collaborate in a mutually beneficial environment.

Chris McNamara, Senior Vice President of Operations, was elected to the board of the Santa Barbara Visiting Nurse and Hospice Care. 🌻

ExxonMobil Supports Sansum Clinic Flu Shot Program



ExxonMobil has partnered with Sansum Clinic to provide flu shots for as many people as possible through our communitywide flu shot program. Dr. Kurt Ransohoff met with Bill Alston, Regulatory Supervisor for ExxonMobil's Santa Ynez Unit to accept a gift of \$7,000 for the Flu Shot Program. ExxonMobil also gave a \$7,000 gift last year ensuring the 'gift of good health' for those unable to pay for their flu shot. ☀

Mention Sansum Clinic to receive special pricing at Bacara Resort & Spa, Best Western Plus Encina Lodge and Suites, Best Western Plus Pepper Tree Inn, Brisas del Mar, Cabrillo Inn at the Beach, Canary Hotel, Casa Del Mar, Days Inn, Fess Parker's DoubleTree Resort, Four Seasons Biltmore Resort, Franciscan Inn, Lavender Inn by the Sea, Inn by the Harbor, Motel 6, Quality Inn, Ramada Limited, West Beach Inn. ☀



Scan QR Code with a mobile reader to visit website for more details on hotels and special pricing

A Healthier You: 4 Tips for Starting an Exercise Program

KRISTIN WISE, PT



Kristin Wise, PT

Starting an exercise program can be a challenge. Here are a few tips to institute change and be successful in your goals:

START WITH SMALL GOALS AND PROGRESS TO LARGER GOALS AS YOU SUCCEED.

If your resolution is to start exercising, your goal should be making it to the gym one day per week. The hardest part about exercising is actually walking into the gym! Once there, working out is easy. When the habit of getting to the gym is established, you can add a second and third day to your goal.

KEEP YOUR GOALS SIMPLE.

Walking 5 minutes daily is better than no exercise at all. In no time, 5 minutes becomes 10 minutes and you are well on your way to success!

INVITE A FRIEND TO HELP MAKE YOU ACCOUNTABLE IN KEEPING YOUR GOALS REALISTIC.

Everyone is more successful when they have a "partner in crime". Promise to meet a friend for a walk at lunch or after work at the gym. Keeping that promise to exercise together not only strengthens your friendship, it keeps your health and goals on track.

BREAK THE YEAR INTO QUARTERS.

Reevaluate and update your goals every three months.

Hippocrates said "walking is man's best medicine." It is never too late to begin a healthy lifestyle and the beneficial effects can be almost immediate. Be realistic in setting goals and success will follow. *Cheers to your good health!*

The Sansum Clinic Physical Therapy staff works closely with our patients to improve their function and quality of life. Our Physical Therapists develop individualized therapeutic exercise programs using manual treatments and other therapies, which are accompanied by customized home exercise regimens. We also teach our patients proper posture and body mechanics to prevent new or recurrent injuries. Our four physical therapy sites offer state of the art equipment and technology, treating conditions including comprehensive services to orthopedic and muscular skeletal, to post-op care, sports, and industrial injuries. ☀

What is an Advance Directive and Do I Need One?

An Advance Healthcare Directive is a legally recognized document that gives you a say in important medical decisions that will be made if you ever get seriously ill or injured. If you are over the age of 18 it is a good idea to have an Advance Directive. Accidents can happen, even to those who are in good health. Family and friends are put in a very difficult position if they do not know how you want to be treated.

Your Advance Directive will answer two important questions. First, it lets you state what kind of healthcare treatment you want if you become seriously ill. It includes the type of care you want and what you don't want at the end of your life. This helps your family, friends and doctor(s) because they don't have to guess about what you want. Second, it lets you choose a healthcare agent, or spokesperson, who will speak for you if you are not able to speak for yourself.

An Advance Directive can be a good communication tool. If you choose to, you can include information about how you wish to be remembered, what kind of memorial service you would like and you can authorize organ donation. One version of an Advance Directive, called Five Wishes[®], helps you to think about and provide information about your personal, emotional and spiritual wishes. An important part of a successful Advance Directive is the conversation you will have with your family, friends and your doctor. Although the Advance Directive is a legal document, you can complete it yourself. You do not need an attorney. The laws about Advance Directives vary from state to state. The form you use will tell you in which states it is appropriate. Once your form is complete, you should give copies to your healthcare agent (spokesperson), key family members, doctor, hospital or other healthcare facility. You can change your Advance Directive at any time, should your wishes change. When you make changes you will need to give new copies to the people listed above.

With the help of the Alliance for Living and Dying Well, Sansum Clinic holds regularly scheduled meetings led by an attorney and a social worker. Attend a meeting to get free copies of the Advance Directive, help filling out your form and answers to your questions.

For more information or to obtain a copy of the forms, please visit the Sansum Clinic Health Resource Center at 215 Pesetas Lane, Santa Barbara or call (805) 681-7672, or visit www.SansumClinic.org/advance-health-care-directive-assistance.

HOW TO COMPLETE YOUR ADVANCE DIRECTIVE:

1. Get an Advance Directive form, available at the Sansum Clinic Health Resource Center or at www.SansumClinic.org.
2. Read the form and decide what you want for healthcare treatment if you are seriously ill. The form will give you some ideas. You may also want to talk with your doctor.
3. Choose a healthcare agent. This should be someone you trust to follow your wishes. You can also select an alternate.
4. Complete the form and have two people witness you signing it. If you prefer, you can have the form notarized.
5. Tell your family and/or friends about your Advance Directive. Give copies to your agent, key family members, doctor, hospital or other healthcare facility. 🌻

Recognized for the Highest Standards of Healthcare

Sansum Clinic is held to the highest standards of healthcare and is proud to have garnered recognition, accreditation and awards from national and state agencies:

- Institute for Medical Quality (IMQ) accreditation for ambulatory care
- California Association of Physician Group's (CAPG) Standards of Excellence Award for Exemplary Status
- California Office of the Patient Advocate Rating: Highest Overall on the Central Coast for meeting national standards of healthcare
- Integrated Healthcare Association Certificate of Outstanding Performance for patient experience
- Echocardiography Lab accredited by Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL)
- Integrated Healthcare Association Certificate of Outstanding Performance for diabetes management
- American Diabetes Association (ADA) recognition for Diabetes Self-Management Education Program
- Bariatric Center of Excellence designation by American Society for Metabolic and Bariatric Surgery (ASMBS)
- Doctors' Weight Management Program Gold Standard Award from HMR
- American College of Radiology (ACR) Accreditation for US, Stereotactic Breast Biopsy, MRI, CT, and PET/CT
- American College of Radiology (ACR) Mammography Quality Standards Act (MQSA) – State and Federal accreditation for all mammography
- Breast Care Alliance accredited by the National Accreditation Programs for Breast Centers (NAPBC) 🌻

Health Education Programs

Join us to become active participants in your good health! Sansum Clinic offers many tools to help you have the best health possible. The health education programs are designed with you in mind. All are taught by professionals, include take home materials and are available on an ongoing basis. They are free of charge or low in cost and are open to the community. Programs include:

ADVANCE DIRECTIVES: START THE CONVERSATION

What is an advance directive? Do you need one? An advance directive gives you control over medical decisions that will be made if you ever become seriously ill or injured. It makes sense for every adult to have one. An attorney and a social worker from the *Alliance for Living and Dying Well* will help you learn how to inform your doctors and family about your wishes and how to choose someone to speak for you if you are ever unable to speak for yourself. You will receive a free copy of *5 Wishes*, a legal Advance Directive that you can complete yourself.

BACK WELLNESS

Our Physical Therapist will teach you ways to have less pain by making simple changes to your daily activities and show you what to do when you have sudden or severe back pain. You will practice simple low back exercises to improve flexibility and core strength that will help you to feel better.

BALANCE & MOBILITY

Natural aging, osteoporosis, arthritis and more can affect mobility and balance. With the guidance of our Physical Therapist you will practice simple exercises to improve:

- Strength, flexibility and endurance
- Using sensory systems for balance
- Posture and balance strategies for movement
- Patterns of walking

BARIATRIC SURGERY ORIENTATION

If you are 80 pounds or more overweight and have been unsuccessful with other weight-loss alternatives, you owe it to yourself to find out about innovative new treatments. Gastric Bypass and Lap-Band surgery have proven to be safe and effective treatments for severe obesity. Meet Dr. Marc Zerey at an informative seminar on weight-loss surgery.

CHOLESTEROL MANAGEMENT

Are you concerned with cholesterol and heart health? If yes, then this seminar is for you. Our Registered Dietitian will help you to:

- Interpret your blood test results
- Learn the facts about dietary fats, fiber, vitamins and minerals
- Understand how to choose enjoyable, heart-healthy meals
- Discover practical changes to lower cholesterol.

COUMADIN & WARFARIN: WHAT YOU NEED TO KNOW FOR BEST HEALTH RESULTS

Do you have concerns or questions about your anti-coagulation medication? If so, our anti-coagulation team has the answers! You will learn: why regular blood testing is necessary, why food intake impacts blood test results, and why it's so important to monitor over-the-counter medications.

DIABETES BLOOD SUGAR CONTROL

Attend this program to learn how blood sugar monitoring helps you manage your diabetes and improve blood sugar. You will learn how to use your meter, when to test, your blood sugar goals, and what to do when blood sugar is too high or too low.

DIABETES BASICS

This two-part program is an excellent update for all people with diabetes and a must for anyone newly diagnosed. The class discusses who is at risk, physiology of diabetes, what lab results mean, how to lower blood sugar, what happens when diabetes is out of control, benefits of exercise, how food affects blood sugar

and health, how to use food labels, carb counting, eating well away from home and guidelines for alcoholic drinks.

HIP OR KNEE REPLACEMENT SEMINAR

Are you having Hip or Knee Replacement Surgery? If so, this class is for you! Our Physical Therapist will teach you:

- How to prepare before surgery for the best results
- Exercises that will speed recovery and get you moving sooner
- What will occur on the day of surgery and in the hospital
- How to make a smooth transition back to home
- About living with and caring for your new hip or knee.

HIV SUPPORT GROUP

Infection with HIV is serious but the outlook for people with HIV/AIDS is improving. If you are infected with HIV, there are many things you can do to help ensure you have a longer, healthier life. Join this group to meet others and discuss:

- HIV basics and your body
- Medicines and current treatment
- Talking to family and friends
- Negotiating sexual encounters
- Living well with HIV

Plenty of time will be allowed for your questions. Family and friends are encouraged to attend.

INSULIN USERS PEER GROUP

Do you use insulin to manage diabetes or want to know more about it? If yes, join this monthly support group facilitated by a Certified Diabetes Educator. Various discussion topics include new technology for diabetes, exercise while using insulin, nutrition and coping strategies.

LYMPHEDEMA EDUCATION

Lymphedema is a chronic condition in which excess lymph fluid collects in the tissues and causes swelling (edema), most commonly in the arms and legs. This can happen following surgery or radiation to the lymph nodes. Learn what you can do to reduce your risk of

developing Lymphedema.

MEDICARE

New to Medicare? Preparing for open enrollment? HICAP can help! HICAP, *Health Insurance Counseling and Advocacy Program*, provides free, unbiased information about Medicare. Experts from HICAP will help you to understand Medicare and get the most benefit from it. Ample time is allowed to answer your questions.

NECK & POSTURE WELLNESS

Our Physical Therapist will teach you ways to have less pain. You will practice simple exercises to improve neck and upper back flexibility, as well as trunk/core strength. You will participate in five flexibility measurements to determine which exercises will be the most beneficial for you. Join us to learn effective ways to manage your neck pain.

NUTRITION NAVIGATOR

Our Registered Dietitians lead a monthly discussion for people interested in food, health and longevity. Join this group to:

- Discuss a variety of popular nutrition topics
- Clarify confusion about food
- Learn ways to keep blood sugar, cholesterol and weight in a healthy range
- Meet others with an interest in eating for health and vitality.

PRE-DIABETES

Do you have pre-diabetes or is your blood sugar a little high? This is your chance to prevent diabetes and also heart disease with simple lifestyle changes. Join this class to learn how you can help yourself. Our Registered Dietitian will help you discover:

- The meaning of your lab tests and healthy blood sugar goals
- How to balance your meals to decrease blood sugar
- Factors you can change to lower your risk and lose weight if necessary.

STRESS MANAGEMENT

Stress can ruin our days and shorten our lives. This entertaining and information packed program will help you to:

- Relax, change your thoughts and be more mindful
- Improve communication and manage anger and frustration
- Sleep well and find more joy in every day.

You will learn simple strategies you can use to minimize the effect of stress and open the door to feeling well.

WALK & TRAIN PHYSICAL THERAPIST

This program is for mature adults who are beginning or intermediate walkers. The Health Educator and Physical Therapist will help you with:

- Improving endurance
- Increasing neuromuscular efficiency
- Agility training
- Light toning & stretching exercises
- Learning about new health topics
- Having confidence in being active

Please bring a bottle of water, dress for activity, and be ready to meet great people!

WEIGHT MANAGEMENT STRATEGIES

Attend this program to learn choices and habits that lead to successful weight management in a supportive, small group setting. Our Registered Dietitian will help you:

- Choose healthy foods for every day eating
- Incorporate activity into your lifestyle
- Set realistic goals and separate facts from reliable nutrition information

For more information about any of our programs or for answers to you health questions, please visit or call our Health Resource Center at 215 Pesetas Lane, Santa Barbara, phone (805) 681-7672 or (800) 281-4425 x7672. ☀



Scan QR Code with a mobile reader to register online

Sansum Clinic Launches New Infectious Diseases Blog

The Department of Infectious Disease recently launched a new blog to present infectious disease issues of importance to our community, such as the current situation with influenza, the impact of drug resistant organisms, and MRSA.

Visit www.SansumClinic.org/Blogs and click on **Infectious Diseases Discussion**. We will also address other topics of general interest, such as food borne illnesses and issues of interest to travelers. There is an opportunity for comments to be posted under each entry. (We will not be attempting to diagnose or treat anyone who comments, but hope to discuss the issues and clarify information as required.)

We welcome your suggestions on topics you would like to see us cover — so please sign on and join the discussion! ☀



David T. Fisk, MD



Mary-Louise Scully, MD



Scan QR Code with a mobile reader to visit blog



Alan M. Sugar, MD

Special Thanks to Our Donors

Sansum Clinic gratefully acknowledges the generous support of our donors for their cumulative gifts of \$1,000+ in 2011. Working together, we are making a difference.

As a nonprofit organization, Sansum Clinic relies on private support so that we may continue our commitment to the healthcare needs of our patients and the community. Please take a moment and complete the enclosed remit envelope or visit us at www.sansumclinic.org to make your online gift. 🌻

For more information contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org.

The generous support of our donors enables us to provide services and programs to our patients and the community including:

- Visiting Professor of Surgery Education Program
- Scholarships for Nursing Students
- Health Education Programs
- New Medical Technology
- Flu Shot Program
- Camp Wheez for Kids with Asthma
- Facility Upgrades
- Diagnostic Testing, Mammograms and Colonoscopies for those in need through our partnership with the Santa Barbara Neighborhood Clinics

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Welcome New Providers

ELIZABETH PALKOVACS, MD **OPHTHALMOLOGY, 29 W. ANAPAMU ST., SANTA BARBARA**

Dr. Palkovacs attended the University of Cincinnati College of Medicine where she earned her medical degree and went on to complete her ophthalmology residency. Dr. Palkovacs has also completed two fellowships, one in neuro-ophthalmology at the University of Cincinnati Medical Center and the other in oculoplastics at McMaster University in Canada.

RACHEL KERNOFF, MD **FAMILY MEDICINE, 215 PESETAS LN., SANTA BARBARA**

Dr. Kernoff attended New York Medical College where she earned her medical degree and completed her family practice residency at the San Jose Medical Center, Family Practice Program. Since completing her residency, Dr. Kernoff worked in Santa Clara as a family practitioner at the Camino Medical Group and for the past four years she has worked at the Palo Alto Foundation Medical Group.

REBECCA ROSEN, MD **SKILLED NURSING FACILITY DEPT., 51 HITCHCOCK WAY, SB**

Dr. Rosen earned her medical degree from the State University of New York in Brooklyn and completed her internal medicine

residency at George Washington University Medical Center in Washington D.C. Dr. Rosen then completed a geriatric medicine fellowship at Mount Sinai Medical Center in New York City in 2007. Dr. Rosen was an Assistant Clinical Professor of Geriatric Medicine at Mount Sinai Medical Center where she had been instrumental in developing a long term care curriculum for geriatric fellows while also caring for patients at several skilled nursing home facilities.

YOONJUNG (SOFIA) JANG, DO **FAMILY MEDICINE, 1225 N. H ST., LOMPOC**

Dr. Jang earned her DO degree from the College of Osteopathic Medicine of the Pacific in Pomona, California and recently completed her family practice residency at Chino Valley Medical Center. Dr. Jang is a member of the American College of Osteopathic Family Physicians and speaks fluent Korean.

VAANI JEGAPRAGASAN, MD **RHEUMATOLOGY, 215 PESETAS LN., SANTA BARBARA**

Dr. Jegapragasan earned her medical degree from Howard University College of Medicine and completed her internal medicine residency at Brown University. She completed her Rheumatology fellowship at Scripps Clinic. 🌸



Elizabeth Palkovacs, MD
Ophthalmology



Rachel Kernoff, MD
Family Medicine



Rebecca Rosen, MD
Skilled Nursing Facility



Yoonjung (Sofia) Jang, DO
Family Medicine



Vaani Jegapragasan, MD
Rheumatology



Philanthropy + Partnership

“My colon cancer was discovered when I had a colonoscopy at age 67, which probably saved my life. I wanted to make this procedure available to others who could not otherwise afford it. My hope is that they will have the same positive outcome that I had.”

— Dr. Virgil Elings, philanthropist

“Dr. Elings’s generous gift makes it possible for 400 people in need to receive free colonoscopies through a joint effort by Sansum Clinic and the Santa Barbara Neighborhood Clinics.”

— Dr. John Petrini, gastroenterologist at Sansum Clinic



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