

GOODHEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 4 • SUMMER 2012

STAY HEALTHY

at Any Age

Reach New Heights

WHAT'S FOR BREAKFAST?

Healthy Eating

WEIGHT LOSS DRUGS

The Holy Grail

NEW TO MEDICARE?

You're Not Alone

AIDING THOSE in Need

Juaquin's Story





Message from the CEO

I am pleased to announce that the California Association of Physician Groups (CAPG) has released the results of their Standards of Excellence Survey and Sansum Clinic achieved the highly coveted “Elite” status, earning 4 out of 4 stars. The survey is an annual assessment and public report of key features and capabilities of coordinated, accountable healthcare organizations. Our knowledgeable, highly qualified physicians and staff have an unwavering commitment to your care, and it is gratifying that we have been recognized in this way.

After a comprehensive, nationwide search that yielded a number of exceptional candidates, I am very pleased to welcome **Vince Jensen** as Sansum Clinic’s new President and Chief Operating Officer (see page 20). We have a number of major initiatives underway, including our communitywide partnership with the Cancer Center of Santa Barbara (see page 1), and I know that Vince’s leadership experience will be invaluable in shaping the future of Sansum Clinic. He will oversee daily operations of our clinical and administrative facilities as he has done successfully for years at City of Hope.

It is an exciting time at Sansum Clinic and I hope as you read this issue of *Good Health* you will come away with a strong sense of our commitment to our patients and our entire community.

To your good health!

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

Heart Walk 2012: Join Team Sansum Clinic

On Saturday, September 29, the American Heart Association (AHA) will host the 21st Annual Santa Barbara Heart Walk at the beautiful Fess Parker’s DoubleTree Resort in Santa Barbara. I’d like to thank Alyson Lamothe Sorenson and Kristin Wise, two of our Physical Therapists, for helping to lead the AHA Heart Walk committee.

Last year Team Sansum Clinic had 99 walkers and we are hoping to grow that number this year. To join our team, please visit the Sansum Clinic Heart Walk webpage at www.SBHeartWalk.Kintera.org/SansumClinic. Walkers will receive a Sansum Clinic t-shirt and admission to the event, which includes a survivor tribute area, prize drawings, kids’ zone, lunch, risk factor screenings, heart-health info and more!

Sincerely,

Dr. Joe Aragon
Sansum Clinic Cardiologist & President of the AHA/Central Coast Division



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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 and Chief Medical Officer

Vince Jensen
President and Chief Operating Officer

Jill R. Fonte
Director of Marketing

Dru A. Hartley
Director of Philanthropy

24-Hour Clinic Operator
(805) 681-7500

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

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Better Together:

SANSUM CLINIC AND CANCER CENTER OF SANTA BARBARA TO JOIN FORCES



In the coming months, Sansum Clinic and Cancer Center of Santa Barbara will officially join forces to enhance cancer care on the Central Coast through better coordination of our doctors, nurses and the entire patient care team.

Both Sansum Clinic and Cancer Center are longtime providers of high quality healthcare in our community, and together, we will bring new, specialized services and treatment options that have not been available to patients in our community before.

Cancer care at Sansum Clinic will become part of the joint organization, which will be called Cancer Center of Santa Barbara, or "Cancer Center" for short. The tag line "*with Sansum Clinic*" will be added to the name whenever the new entity's logo is displayed, both on signage and on all printed materials.



This new affiliation will enhance our ability to deliver the highest quality and most compassionate care today, tomorrow and in the future. Our physicians will be able to provide patients with a more

comprehensive approach to cancer care — access to new resources, new equipment, and most importantly, close collaboration with an expanded team of caring specialists.

If you have questions about this new partnership, we encourage you to visit www.SansumClinic.org for more information.

GOODHEALTH

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Making a Difference

On the cover: Dr. Randall Howard follows in his son's footsteps. See his story on page 4.



Camp Wheez 2012



Camp Wheez is a weeklong day camp each August for children with chronic asthma, providing them with a camp experience designed for their special needs. It is free of charge and open to all elementary school children in the community with chronic asthma. Campers learn about asthma while they participate in recreation and arts and crafts. Parents are invited to participate in a workshop on asthma care where they can have their questions answered by an asthma specialist and watch the children perform a play.

Camp Wheez takes place August 6-10, 2012, at the First Baptist Church in Santa Barbara. For more information or to download an application, visit our website at www.SansumClinic.org/camp-wheez.

Or contact:

Wendy Raffetto, AE-C

Camp Wheez Director

Phone: (805) 681-7897

Email: wraffett@sansumclinic.org

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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.

More than 17,000 patients are experiencing the benefits of MyChart – their online personal health record

**SEAN JOHNSON, RN
DIRECTOR OF ELECTRONIC HEALTH RECORDS**



We are nearing completion of our conversion to the Wave, our fully electronic health record. 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.

As of this publication more than 17,000 patients have activated their MyChart account and another 13,000 have requested access codes so that they too can log on and view their medical information, send non-urgent messages to their doctor's office, request appointments or prescription refills and explore vast health education resources.

"MyChart is absolutely great! My doctor gets me my results very quickly and I am able to get all the information I need to understand those results with the click of a mouse. If I have any further questions I am able to email my doctor directly. I love having the ability to schedule my appointments online and receive important reminders and appointment notes right in my inbox." — Joan P.

"MyChart has improved my communication with my doctor. Not only can I see my records, prescriptions and even view my lab results as soon as my physician has reviewed them, but I can also see his personal notes and explanations along with those results. The ability to send an email and get a personal response from my doctor gives me a sense of personal attention that was missing before I had access to MyChart." — Jan D.

How to Sign Up for MyChart

You can sign up and login to MyChart now. 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.SanumClinic.org/register-for-mychart
3. Stop in any of our Clinic locations in person and request an activation code

Once we've verified your identity and you've received your activation code, you can 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 located in many of our Clinics. Representatives are available to assist you with your registration. ☀

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

Prescription Pharmacy at Sansum Clinic — your *community* pharmacy

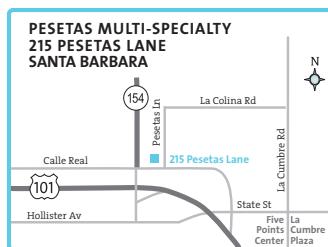
STEPHANIE DAUGHTERS, DIRECTOR OF PHARMACY



The Prescription Pharmacy at Sansum Clinic offers patients the convenience of taking care of all their pharmacy needs within their healthcare setting and offers the same personalized service that we deliver to our patients every day.

We place a strong emphasis on the personal service and the community commitment of a small pharmacy. Our pharmacists make a special effort to get to know the doctors and patients who utilize our pharmacy.

Prescription Pharmacy has TWO convenient locations:



215 Pesetas Lane
Santa Barbara, CA 93110
Phone (805) 964-4831
Fax (805) 964-1562
Hours:
Monday-Thursday 8:30am-6:00pm,
Friday 8:30-1:00pm



51 Hitchcock Way
Santa Barbara, CA 93105
Phone (805) 563-6133
Fax (805) 563-6163
Hours:
Monday-Friday 8:30am-5:30pm

By having all your prescriptions filled with us, we can help keep an accurate medication history which will aid in catching potentially harmful drug interactions, and we can make sure you are getting the most out of your medication therapy. Because we are a department of Sansum Clinic, we are able to access your physician or health provider to help ensure all your health and medication needs are being met all the time.

PRESCRIPTION OPTIONS:

We receive most new prescription orders directly from your doctor's office into our secure computer system. Your prescriptions may arrive before you leave your appointment, which can eliminate the need to drop off the original prescription and wait.

We offer a one-stop shop for patients who need to fill a prescription before they go home. Have your provider select Prescription Pharmacy as your *preferred pharmacy* and your order will go directly to our pharmacy for prompt processing.

If there are questions about your prescription order or necessary changes, our pharmacists have direct access to your doctor.

PERSONAL SERVICE:

- Local Delivery — within the Santa Barbara city limits for just \$5.00.
- We coordinate shingles vaccinations and assist with insurance benefit coordination to make sure you have utilized the best coverage personally available to you.
- We honor most major prescription insurance plans, worker's compensation, and major credit card privileges. ☀

Modernizing Sansum Clinic's Facilities: OB/GYN Upgrade



Jack & Julie Nadel

There are wonderful things happening within the Obstetrics and Gynecology Department at 515 W. Pueblo. Julie and Jack Nadel have made a generous gift of \$300,000 to remodel and beautify the interior spaces of the building in honor of Dr. David Raphael. Construction began a few weeks ago and is expected to be completed in mid-July. The

physicians and staff are very grateful to the Nadels for their generous support of Sansum Clinic.

Your gift of support to the "Facility Improvement Program" can help modernize our facilities, enhance our patients' experience and support our ongoing efforts to attract the highest caliber physicians from around the United States. Simply complete the enclosed remittance envelope located in this magazine. ☀

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

A Father Follows in his Son's Footsteps



As Dr. Randall Howard was preparing to attend his son Ben's graduation from medical school he felt the usual sense of fatherly pride and a feeling of being on top of the world. So much so, that he declared that he would like to actually climb to the top of Mount Whitney while he was "still young enough to do so." The very next day, Dr. Howard got an email from Ben, an avid and technical mountain climber, showing a route and offering a timeframe for their father and son hike. The challenge was now laid and Ben needed to do the climb in the next year, before beginning his surgical residency.

At 14,497 feet, California's Mount Whitney rises higher than any piece of land in the United States outside of Alaska. Being an adventurous type, Dr. Howard never liked the idea of taking the easier trail route, but instead he was drawn to the forbidding steep face of the mountain.

Dr. Howard knew the endeavor would take some preparation, including losing 10 pounds, gaining strength and learning proper rope techniques. The Howards planned to "free climb" using only their bodies to ascend the mountain, but they used ropes for safety and to protect in the event of falls.

Ben completed medical school just a few days before they were to set out on their trek. At his graduation party, one of the new young Dr. Howard's uncles pulled him aside and said, "Ben, you are in charge now. You have to be prepared to make the tough call to pull out if conditions are bad." Ben took his role seriously and took control of the expedition from start to finish. The final day before they departed, Ben showed his father an instructional video on using an ice axe not only for walking on snow and ice, but also to for arresting falls. Dr. Howard found this a bit unnerving.

Dr. Howard Sr. recalls the actual traverse of the East Face was the easier part of the trip. Getting there was the challenge. He and Ben hiked four miles over a 4,000 foot incline just to get to the start of the climb. At mile one, they had to put on crampons and use those ice axes to improve their traction on the snow and ice, but after several hours the Howards reached their frozen campsite and found a dry patch to pitch their tent.

Seen from below, Mount Whitney's East Face appears as a sheer wall of granite erupting 2,000 feet above Iceberg Lake. People travel from all over the world to traverse these impressive ridges and stand atop this famous peak. The only other people they encountered were coincidentally, a pair of hikers from Stanford Medical Center. The father and son team completed 11 "pitches," each using 200 feet of rope, over seven hours. Dr. Howard Sr. said when he reached the summit with his son, he once again felt like he was on top of the world. After taking in the majestic views for some time, the two hiked down a 900 foot gully which is part of the mountaineer's route used by John Muir, camped overnight, and then headed home.

Dr. Howard Sr. said working as a team with his son to complete this expedition was the greatest accomplishment of his life. He particularly enjoyed that Ben took charge and played the "dad" role while he followed his son's instruction. Ben says that in order to excel at climbing, as in medicine, one must have skilled hands and the ability to focus only on what is happening at that moment. The Howards both share that level of skill and focus in their daily lives. Two days after their memorable climb, Ben started his surgical residency at the University of California San Francisco and Dr. Howard Sr. happily returned to Goleta Family Medicine, where he has cared for Sansum Clinic patients since 1985. ☀

*Dr. Randall Howard can be reached at
Goleta Family Medicine, Suite 131, (805) 681-1777.*



Men: Stay Healthy at Any Age

MARGARET WEISS, MPH

Take a look in most doctors' waiting rooms. You will probably see more women than men. Dr. David Dodson, Internal Medicine, says that it is a "big problem getting men to the doctor". One reason to have a relationship with a doctor and see him/her on a regular basis is to take advantage of screening tests. Screening tests look for diseases before you have symptoms. These tests are reliable for most people and allow you to identify and treat or manage a disease at an early stage.

You and your doctor will select the screenings that are most important for you based on your health and your history. You know your body better than anyone else. Tell your doctor or nurse about any changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about. If you are wondering about diseases such as prostate cancer, skin cancer or HIV, for example, ask about them. After a screening test, you and your doctor will discuss the results and decide together if any action is needed.

In addition to health screenings, Dr. Dodson emphasizes the importance of taking basic steps to good health. He calls exercise "the fountain of youth" and recommends a daily 30 minute walk to live longer and better. Other steps include making healthy food choices, being tobacco free, limiting alcohol and keeping immunizations up to date.

For more information or a copy of the Stay Healthy at Any Age Guideline, please visit the Health Resource Center at 215 Pesetas Lane in Santa Barbara or call (805) 681-7672.

Recommended Screenings for Most Men:

Abdominal Aortic Aneurysm:

If you are between the ages of 65 and 75 and have ever been a smoker, talk to your doctor or nurse about being screened for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, the largest artery in your body. An AAA may burst, which can cause dangerous bleeding and death.

Colorectal Cancer:

Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

Depression:

Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression especially if during the last 2 weeks you have felt sad or hopeless or have felt little pleasure in doing things.

Diabetes:

Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

High Blood Pressure:

Starting at age 18, have your blood pressure checked at least every two years, annually after age 50. High blood pressure is 140/90 or higher. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

High Cholesterol:

Adults should have cholesterol checked regularly as it is a common contributor to heart disease. This is particularly important if you have risk factors such as tobacco use, obesity, diabetes, high blood pressure, history of heart disease or blocked arteries. It is also important if you have a family member who had an early heart attack, before age 50 for a man or age 60 for a woman.

Overweight and Obesity:

The best way to learn if you are a healthy weight is to determine your body mass index (BMI) from your height and weight. If you need to lose weight, talk to your doctor about getting help to change your behaviors to lose weight. Being overweight or obese can lead to diabetes and cardiovascular disease. *

What's for Breakfast?

BY GERRI FRENCH, RD, CDE

If you eat cold cereal, read on for tips to a better breakfast. Breakfast is important and can help you with weight control, improved emotional health and being able to concentrate. Although cereal is popular, it can be high in carbohydrates (carbs). Three quarters ($\frac{3}{4}$) cup of cereal can contain as many as 15 gm of carbohydrate. Add 8 oz milk (12 gm carbs) and a small banana (30 gm carbs) and the result is 57 gm of carbohydrate, which is equivalent to almost four slices of bread. For comparison, a two-inch brownie contains 45 gm and a small donut contains 30 gm of carbohydrate.

Cereal is a convenient breakfast, but there are a variety of alternative choices that may improve your health.

Why change your breakfast?

Have you ever experienced increased sleepiness, mood changes and/or decreased ability to concentrate midmorning? If so, you might want to evaluate your carbohydrate load in the morning. Your pancreas makes insulin to maintain a healthy level of glucose in your blood and cells. Carbohydrates convert to glucose – the more you eat, the more insulin you need. Without diabetes, your body will handle the higher carbohydrate intake with insulin but the abrupt change in blood glucose from higher to lower can cause feelings of shakiness, dizziness, anxiety and at times, extreme hunger.

Are you noticing some extra weight around your midsection?

Insulin's other function is to store fat which tends to appear around the midsection. According to Sansum Clinic Pediatrician Saida Hamdani, MD, "A high protein breakfast can prevent the roller coaster effect of alternate carbohydrate craving (reactive low blood sugar caused by the high insulin) and fat storing (caused by the insulin) which happens several times a day throughout the day. It sets the tone for a more stable blood sugar without wild fluctuations."

How does exercise help?

Physical activity increases glucose uptake from your blood into your cells – more muscle activity means more glucose uptake. After the age of 30, we all begin to lose muscle at a more rapid rate. Routine exercise maintains and builds muscle.

Exercise has a healthy effect, similar to insulin, enabling glucose to enter our cells. So enjoy the "breakfast of champions" on mornings when you will be active instead of working at a computer or sitting in a classroom.

Why is the morning especially problematic?

Your liver is especially active in the morning producing glucose for your brain and muscles. Overeating carbohydrates adds to an already higher blood glucose level. In addition, the

hormones that wake us up in the morning make our bodies more resistant to insulin doing its job and add to the glucose challenge. Stress, caffeine and lack of quality sleep can exacerbate this condition.

What about a liquid breakfast?

Many people believe smoothies are a healthy quick breakfast. However, a 24 oz blended drink can contain 100+ grams of carbohydrate.

For weight control, it is better to eat whole fruit. Mechanically pulverizing the fiber in the fruit initiates the digestion process and stimulates an intense and more rapid insulin response.

Drinking fruit smoothies and juice in the morning is healthier before or after exercise.

What about fiber?

You might be wondering if your high fiber cereal is acceptable. Check the sugar content. High fiber cereals often contain added sweetener to make that "cardboard" tolerable. Each 4 gm of sugar or honey is equivalent to 1 teaspoon of sugar.

High fiber content does not 'wash out' the carbohydrate content as some food manufacturers suggest. The daily fiber recommendation is 25 gm of fiber from a variety of plant foods including whole grains, beans, fruits and vegetables.

So, what should you eat in the morning?

The answer to this question is best answered individually. It depends on variables such as your activity level, when you are most active, your fasting glucose level, your muscle mass, stress levels, how long your days are or your sleep cycles.

How can I enjoy the taste and benefits of cereal?

On mornings when you have time to be active, enjoy a higher carbohydrate cereal breakfast. Consider muesli or granola. Try seasonal local fruit such as berries. When choosing hot cereal, look for whole grain and multi-grain cereals such as quinoa, brown rice, oats, barley, amaranth, wheat or rye. The fiber amount on the label should be greater than 2 gm per serving.

Leftover quinoa, brown rice or other whole grain prepared with organic almond milk, cinnamon and nuts is a delicious, quick and healthy breakfast. Whole oats or steel cut oats are the best sources of fiber. Quicker cooking oats have been cut smaller and/or pre-cooked, which will spike your glucose or insulin levels and can cause more fat to be stored. Convenience usually comes with a cost to your health. ☀

To learn more, visit the Health Resource Center at 215 Pesetas Lane in Santa Barbara or call (805) 681-7672.

Healthy breakfast alternatives include a balance of carbohydrates, lean protein and fat and fresh vegetables.

Balanced Breakfast Alternatives	Carbohydrates (30 gm)	Lean Protein & Fat	Vegetables
Quesadilla	2 corn tortillas or multigrain tortilla	Cheese	Shredded zucchini, salsa
Wrap	Multigrain wrap	Sliced turkey/tofu/tuna-salmon salad	Tomatoes, spinach
Egg sandwich/veggie omelet	2 slices multigrain bread	1-2 eggs or egg whites 1/3 avocado	Variety of vegetables
Vegetable quiche	Crust	Cheese	Variety of vegetables
Salmon/chicken/tofu salad	Whole grain crackers or chips	Salmon, chicken or tofu Mayonnaise	Celery, onions, carrot, pepper, cucumbers
Sausage sandwich	English muffin	Turkey or soy sausage	Sliced tomatoes and onion
Simple breakfast	1 cup fruit	Cottage cheese	
Peanut butter sandwich	2 slices multigrain bread/fruit spread	Peanut butter	
Chicken soup	½ cup potatoes, 6 grain crackers	Chopped chicken	Variety of vegetables
Lentil or bean soup	2/3 cup beans or lentils	Turkey sausage or tofu	Carrots, spinach

Doctors' Weight Management Program

The Sansum Clinic *Doctors' Weight Management Program* celebrates 25 years of improving the health of thousands of individuals and is recognized as a Gold Standard HMR program. HMR is the leading provider of medically based weight management programs in clinics, hospitals, and major medical centers throughout the country.

But the real demonstration of our program's effectiveness is in the individuals who have reached their personal weight loss goals or other healthy lifestyle benchmarks through participation in the *Doctors' Weight Management Program*. *

For more information or to schedule a free orientation call the Doctors' Weight Management Program: (805) 563-6190

Q&A with Grateful Patient John Demboski



Before



After

WHAT LED YOU TO THE DECISION TO CHANGE YOUR LIFESTYLE AND LOSE WEIGHT?

I'd tried to make healthy choices with food and exercise for about a decade. I'd been going on and off

WHAT WERE SOME OF THE CHALLENGES YOU ENCOUNTERED ON YOUR JOURNEY?

Old habits are hard to break. One of the unique aspects of the program is that it requires you to abandon all of your old eating habits and create new ones.

WHAT INFORMATION ABOUT THE PROGRAM WOULD YOU LIKE TO SHARE WITH OTHERS WHO STRUGGLE WITH THEIR WEIGHT?

Like it or not, my choices will impact those who I love. It's my responsibility to take care of myself and not be a burden.

NOW THAT YOU'VE REACHED YOUR GOAL, ARE YOU STILL INVOLVED IN THE PROGRAM?

Absolutely. One of the success variables of the program is the ongoing maintenance program. Engraining the new habits takes time. You'll lose weight and become healthier fast, but eradicating the old unhealthy you will take some time.

IS THERE ANYTHING ELSE YOU'D LIKE READERS TO KNOW ABOUT YOUR JOURNEY, OR WHY THEY SHOULD START THEIR OWN?

Do it today. You'll never regret becoming a better, healthier, fitter version of yourself. Nothing could be, or ever will be more important. Period. *

Resources at Sansum Clinic:

Doctors' Weight Management Program: (805) 563-6190

multiple "diet" programs, and starting and restarting exercise plans. None of them worked for me for various reasons. When I came to the orientation for the Doctors' Weight Management Program, the concept of a turnkey, decision-free "diet" was very appealing.

HOW HAS YOUR LIFE CHANGED AS A RESULT OF THE PROGRAM?

Everything in my life is better. My ability to successfully juggle all of the roles that I play within the community has been vastly improved. Becoming a fit healthy person has given me more energy for every area of my life. I could never go back to the old me.

CAN YOU SHARE SOME OF THE SMALL SUCCESSES THAT HAVE HELPED YOU STAY ON TRACK?

Because the program has such great tasting food, and was so clear, I could easily focus my discipline on just staying on the program and eating the food that is provided. The results created their own synergy – like a ball rolling down a hill picking up momentum. As I became fitter, I gained more energy, and as I gained more energy I became more disciplined.

Juaquin's Angels



It was approximately six o'clock in the evening when we arrived at home and our two year old son, who was being cared for, had just fallen off the chair and landed on his chin, severely lacerating the inside of his lip.

We searched the Internet and found Sansum Clinic Urgent Care. We immediately took him there and after ringing the doorbell outside the clinic I looked at the Internet search on my phone and found we arrived after business hours. To our luck, Dr. Thomas G. Anderson was just walking out of the clinic for the night to go out to dinner with his wife, Mary, and asked if we needed assistance. I told him I was sorry to bother him on his way out but my two year old boy's lip was injured pretty bad and I wasn't sure if he needed stitches or just ice. Dr. Anderson looked at it and immediately knew that Juaquin needed stitches.

At this point his wife arrived and I thought that he may direct us to a nearby hospital or clinic that was open since the clinic was closed. Dr. Anderson instead went and talked with his wife in the car, then they both came over to offer their assistance and opened the clinic just to help us out!

I have never had a doctor be so caring and go so far above and beyond the call of duty. We felt very blessed running into Dr. Anderson and Mary and will never be able to repay them with the kindness they showed us that night. They were Juaquin's Angels and we will be paying their generosity forward with every chance that we get for the time, kindness and love that they showed us! ☺

— Grateful Parents, Aaron & Teresa Ochs

Juaquin's story was submitted to the "Share Your Story" feature on our website. Read more stories from our patients and their families at www.SansumClinic.org/patient-stories.

Aiding Those in Need Across the Globe

In March 2012, Dr. Thomas G. Anderson made his fourteenth trip to Haiti to provide much-needed volunteer medical care to a community in the heart of Port-au-Prince, the country's largest city. He works with an organization called Child Hope that provides volunteers, goods and services to this impoverished neighborhood that has still not fully recovered from the devastating earthquake of 2010.

On this trip, Dr. Anderson was joined by two members of the Sansum Clinic Urgent Care team, Jane Dugan, RN and Kirsten Ventura, RN. The three donated their time, money and services to spend an entire week operating a temporary medical clinic where they treated more than a hundred adults and children. For many this clinic is their only access to medical care of any kind.

The entire staff at Hitchcock Urgent Care and Pediatrics and other Sansum Clinic physicians generously donated funds to Dr. Anderson to purchase medications and medical supplies that this community relies upon. Other supplies are generously provided by Direct Relief International. Through these donations Dr. Anderson is able to provide care to those with injuries and to supply months' worth of essential drugs to patients with chronic conditions like high blood pressure and diabetes.



Two members of the Sansum Clinic Urgent Care team, Jane Dugan, RN and Kirsten Ventura, RN, in Haiti for volunteer work.

The care this team offers extends well beyond their medical expertise. "The people are certainly grateful for the medical care that we provide, but despite their difficult situation, I am so impressed by the outpouring of warmth and joy that we experienced during our time there," recalls Jane Dugan, RN. "I really look forward to going back, and the most difficult part of the trip was saying goodbye to all the people who had become like family in just one short week." Jane recalls a particularly moving visit to the home of 11 year old Wilby to help celebrate his sister's birthday. Wilby and his family live in a

tent with a dirt floor without running water or electricity. Despite the unbelievable poverty and daily struggles, Wilby's big resilient smile always shined above it all. Jane developed a special bond with Wilby after she noticed him and his friends playing soccer with an empty plastic soda bottle. She purchased three soccer balls and gave them to Wilby to share with his school. "It is amazing what an impact a simple soccer ball can have. These children were so joyful just having a ball to kick around," she said.



Dr. Anderson with Jane Dugan, RN, in Port-au-Prince, Haiti, assisting Child Hope with volunteer medical care.

For Dr. Anderson, the visits give him a chance to offer more than just life-saving medicine and care. Thanks to the money raised by the Hitchcock team he was able to purchase more than a hundred flashlights with whistles attached for the women in the community. "Threats to personal safety are real concerns for the residents in this neighborhood that many might call a tent city," says Dr. Anderson. "The dangers of living here are very real, especially for women. We try to do everything we can to give people a better life. And we get so much back in return."

Dr. Anderson has been making regular trips to the community for the past six years and returns at least three times a year to check up on his regular patients there. One such patient is Pastor Ephraim, of the local congregation. Early last year, the 54 year old pastor suffered a heart attack and needed the specialized care of an interventional cardiologist; but there was no qualified specialist in the city. Dr. Anderson promptly flew to Port-au-Prince and returned with the Pastor to Santa Barbara, where he could receive the world class care of Sansum Clinic cardiologist, Dr. Joseph Aragon. Dr. Aragon selflessly donated his time and services to perform the tests and procedures that would save Pastor Ephraim's life. From his home more than 3,000 miles away he writes, "My community is so grateful for Dr. Anderson and all the volunteers from Sansum Clinic in Santa Barbara. It means so much to us to know that people so far away not only care about us, but are willing to go so far out of their way to help." ☀

Dr. Thomas G. Anderson has been a physician at Sansum Clinic since 1983 and worked in the Urgent Care center at 51 Hitchcock Way since it opened in 1989.

Community Angel of the Year



Deanna Power, RN, CNRN

Deanna Power, RN, CNRN in the Neurology Department at our multi-specialty clinic on Pueblo Street was selected by the regional office of the National Multiple Sclerosis Society as the Community

Angel of the Year. Deanna was honored at the organization's annual meeting. The first ever Community Angel Award was created specifically to recognize Deanna's volunteer work and her dedication to her patients and to those who are served by the MS Society. Jeannette Chian, director of the chapter says, "Deanna goes above and beyond in everything she does. She is always seeking to increase her knowledge and professional skills. Working with her is like a ray of sunshine." ☀

Community Partners in Excellence



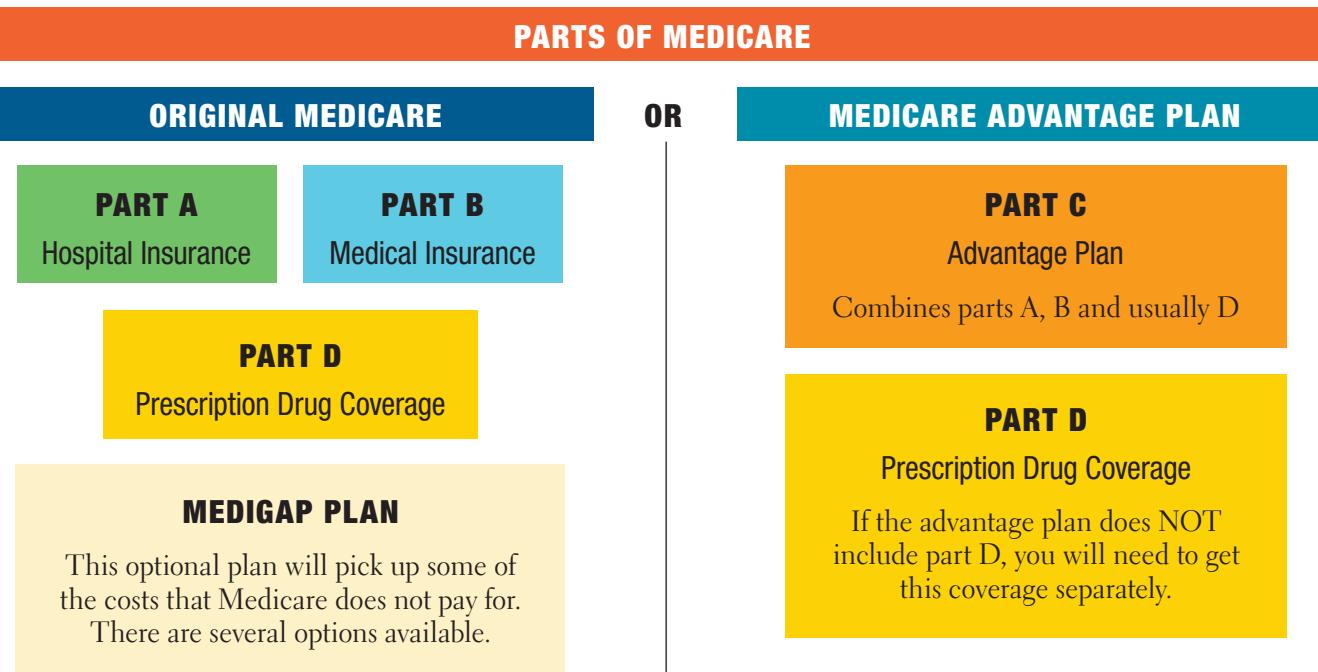
The Internal Medicine Department at Pesetas Lane was recently honored by Santa Barbara's Visiting Nurse & Hospice Care (VNHC) at their annual meeting. VNHC recognized the entire

department of physicians and clinical and administrative staff for delivering the highest quality of care to their patients and for the positive impact they have on the health of our community. Dr. Richard Ponce accepted the Community Partners in Excellence award on behalf of Sansum Clinic and many members of the Internal Medicine Department were there to share in the honor. ☀

New to Medicare?

You are not alone. In the United States, 10,000 people turn 65 every day. Here are some tips to help:

- **Start with the basics.** It is easy to feel overwhelmed when you begin navigating Medicare. Begin with the basics and you will increase your sense of control. Build on what you already know for a greater understanding of your Medicare options. This can help you to make the best decisions for your health. Use the chart at the bottom to get to know the parts of Medicare.



- **Understand terminology.** Medicare terms can be confusing. Use the resources below to become familiar with their meaning.
- **Know the enrollment periods.** Medicare Parts B, C, and D all have strict enrollment periods that depend on your age, work status, or spouses' work status. If you do not sign up for benefits during the designated enrollment period, you may be penalized. Make sure that you understand the enrollment periods so you do not receive a penalty.
- **Take advantage of resources.** There are many resources to help you and they are free of charge. We recommend the following:
 - Sansum Clinic Health Resource Center at (805) 681-7672 or 1-800-281-4425 x7672
 - Medicare and You (booklet)
 - Medicare, www.Medicare.gov or 1-800-Medicare
 - HICAP, Health Insurance Counseling and Advocacy Program at www.CentralCoastSeniors.org or 1-800-434-0222
 - California Health Advocates at www.CAHealthAdvocates.org
- **If you are interested in a Medicare Advantage Plan** contact UnitedHealthcare (Secure Horizons) at www.AARPMedicareComplete.com or call Luz Matzen, Local Representative at (805) 816-8940.

Hear This

**When Someone in the Family has Hearing Loss,
the Entire Family has a Hearing Problem**

**MARK M. TOSCHER, PH.D.
DEPARTMENT OF OTOLARYNGOLOGY**

How often has your spouse, a friend or one of your children said, "You're not listening to me"? How often do you miss out on conversations around the dinner table, in a restaurant or in a class? Have you ever said, "I hear fine, I just don't understand"?

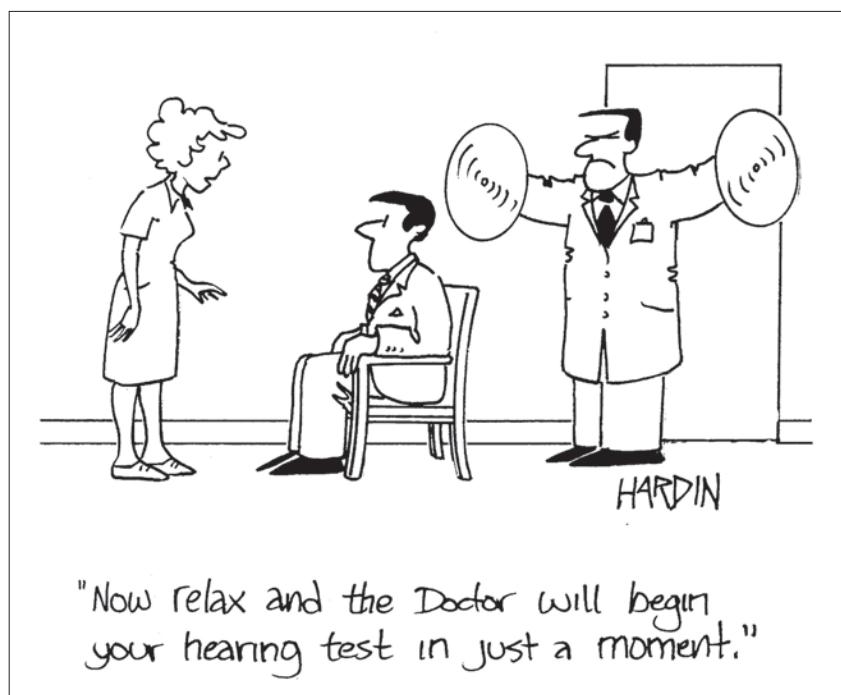
If these situations ring a bell, you may be one of more than 40 million people in the U.S. with significant hearing loss. Hearing loss can affect your quality of life and is not limited to seniors. As a matter of fact, only 30% of those with hearing loss are over the age of 65.

DO YOU FIND YOURSELF THINKING:

- I often ask people to repeat themselves.
- I tell myself people mumble.
- I turn up the TV louder than the family likes.
- I miss conversations in restaurants, classes or church.

If you find yourself using the above phrases, the first step is admitting that there may be a problem. The second is to see an Audiologist. He or she can determine if there is hearing loss, the degree of loss and what can be done to improve your quality of life. ☺

*Dr. Mark Toscher practices in our Audiology Department at
215 Pesetas Lane, (805) 681-7636.*

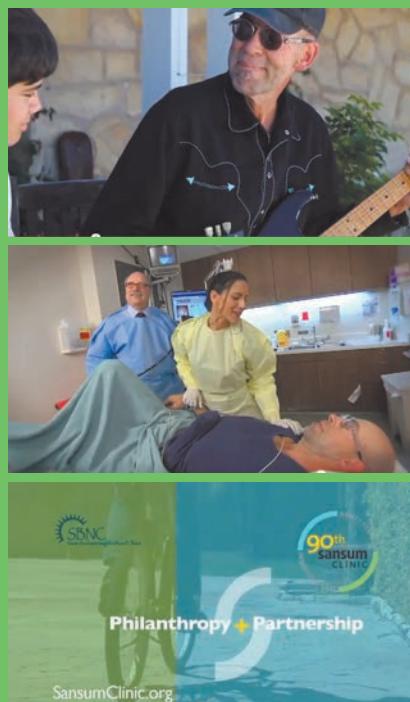


Double Honors

**Award Winning TV Commercial Highlights
Record Breaking Philanthropy Partnership**

Longtime rocker Rick Reeves doesn't have to sing the blues. He got a clean bill of health from his free colonoscopy. "You won't find a more grateful person," said Mr. Reeves, 56, who didn't have insurance or the money to pay for a colonoscopy. The Santa Barbara musician and others, including two patients whose cancer was caught, have benefited from a program that has broken the U.S. record for free colonoscopies. The program, which started in 2008 in partnership with the Santa Barbara Neighborhood Clinics had reached 301 colonoscopies by the end of March and is made possible by a generous donation from Dr. Virgil Elings.

Rick is featured in our "Philanthropy + Partnership" television ad which won a Telly Award, the premier award honoring outstanding local, regional, and cable TV commercials and programs, the finest video and film productions, and online commercials, video and films. ☺



The award winning spot can be seen on our YouTube Channel at www.YouTube.com/SanumClinic or on demand on the Sanum Clinic Channel #2636 on Cox Digital service.

Operation Education

Many thanks to our contributors for making it possible to bring to Santa Barbara our first Visiting Professor of Surgery, John L. Cameron, MD, professor of surgery at The Johns Hopkins University School of Medicine.

For one week Dr. Cameron interacted with and mentored practicing community surgeons and taught the general surgery residents in training at Santa Barbara Cottage Hospital.

During his stay, Dr. Cameron gave a public lecture on "William Stewart Halsted, MD: Father of American Surgery". An alumnus of Stanford and retired physician commented that "Dr. Cameron instilled the spirit of medicine the way a good teacher inspires excellence. The evening was perfect – one of the best lectures I have heard since medical school and probably one of the ten best of all my years."

The surgical residents at Cottage Hospital enthusiastically appreciated the individual time he spent with them providing optimistic counsel about careers in surgery. Cottage Health System, a major sponsor this year, has confirmed their sponsorship for 2013.

The Visiting Professor of Surgery Endowment Fund, established in December 2010, provides monies generated from its investments to underwrite the expenses to host outstanding national and international icons such as Dr. Cameron for one week each year.

We encourage those who have not yet donated to this educational program to consider making a contribution and join us in sustaining Santa Barbara's high level of surgical expertise. Gifts of \$500 or more will be recognized on the donor wall in the Department of Surgery. Gifts at all levels are greatly appreciated. You can send your gift of support in the remittance envelope in this magazine. ☀

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



Doctors Greg Greaney, John Cameron, James Dunn and Ron Latimer (emeritus) at the reception following the lecture at Sansum Clinic.



Dr. Jeff Gauvin, Director of Surgical Education at Santa Barbara Cottage Hospital, and Dr. John Cameron.



Sansum Clinic's Chair of the Board of Trustees Vicki Hazard and her husband Bob Hazard.



Doctors David Raphael and Andrew Mester of Sansum Clinic at the reception following Dr. Cameron's lecture on William Stewart Halsted, MD.

Sansum Clinic Supports Mobile Medicine for Those in Need

JOHN G. ELDER, MD

NEPHROLOGY AND INTERNAL MEDICINE

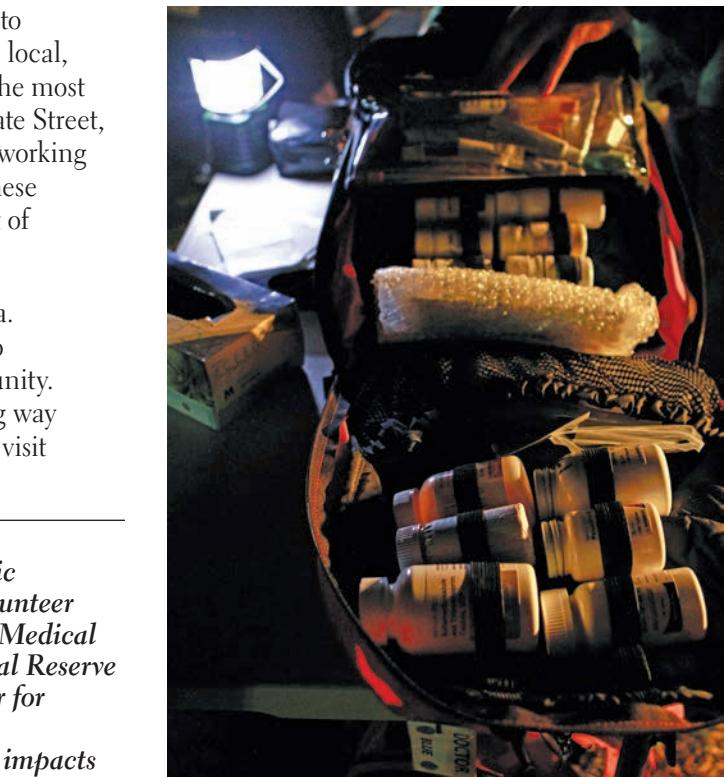
Sansum Clinic recently donated much-needed medications and supplies to Doctors Without Walls-Santa Barbara Street Medicine (DWW-SBSM), a local, humanitarian non-profit organization that provides free medical care to the most vulnerable people in our community. Whether in parks, up and down State Street, or along the beach, DWW-SBSM delivers care directly to those in need, working out of trademark bright orange backpacks. Medications and supplies in these “backpack-based clinics” are made possible through the generous support of community members and organizations like Sansum Clinic.

I have been a volunteer at DWW for more than a year serving Isla Vista. As a graduate of UCSB and former resident, it is extremely gratifying to provide medical services to those in need right here in my own community. The medications and supplies donated by Sansum Clinic will go a long way in caring for these people. To find out more about DWW-SBSM, please visit www.SantaBarbaraStreetMedicine.org. ☀



John G. Elder, MD

Dr. John Elder is one of several Sansum Clinic physicians and medical professionals who volunteer their time to DWW-SBSM. Dr. Elder is also Medical Director of the Santa Barbara County Medical Reserve Core where healthcare professionals volunteer for public service in the event of a public health emergency. He has experienced firsthand the impacts that volunteers and medical supplies have on providing medical services to those in need.



Are You Having Hip or Knee Replacement Surgery?

If so, this class is for you!

Our Physical Therapist will help you learn:

- How to prepare before surgery for the best result
- 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

This program is free of charge and open to the public. ☀

For more information or to register online visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909.



Kristen Wise, PT practices physical therapy at 27 E. Canon Perdido, (805) 681-1711.

Knee Replacement

**BRYAN EMMERSON, MD
ORTHOPEDIC SURGEON**

Arthritis of the knee can be a progressively debilitating ailment. It may begin with pain during such simple activities as walking or climbing stairs. As it progresses, walking tolerance can decrease and even putting on shoes and socks can become increasingly difficult.

Treatment typically begins with non-operative therapies such as weight loss, oral anti-inflammatory medications, walking aids or joint injections.

If these prove ineffective at controlling pain and restoring mobility, joint replacement surgery may be an option. When indicated, knee replacement can relieve pain, help you to resume prior activities, and correct leg deformities.

Over time, improvements in surgical materials and techniques have greatly increased the effectiveness and longevity of implants. According to the Agency for Healthcare Research and Quality, more than 500,000 knee replacements will be performed this year in the United States.

The most common indication for knee replacement is osteoarthritis. Other indications can include rheumatoid arthritis or post-traumatic arthritis. In most cases, a total knee replacement is performed. In select patients, however, a partial knee replacement may be indicated for isolated disease.

Initially the orthopedic surgeon will obtain a detailed medical history, physical examination, and x-rays to determine if knee replacement is indicated. Preoperative lab tests are then performed to maximize patient safety during the procedure.

After joint replacement, physical therapy will increase range of motion and improve mobility. Each patient is provided with pain medication, as well as medications and techniques to help prevent blood clots.

The goals of joint replacement are to relieve pain, improve function, and restore quality of life. Although surgery is not without risk, knee replacement can be a safe and effective procedure that can greatly benefit patients with knee arthritis. ☀



Dr. Bryan Emmerson is a fellowship-trained orthopedic surgeon at Sansum Clinic who specializes in total and partial knee replacement and hip replacement. Dr. Emmerson practices in our Orthopedics Department at 215 Pesetas Lane, (805) 681-7584.

Bryan Emmerson, MD

Weight-Loss Drugs: The Holy Grail

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



Obesity has reached epidemic proportions worldwide in all segments of the population. According to the Centers for Disease Control and Prevention, more than one-third of U.S. adults are obese (35.7%) and 17% of children and adolescents aged 2-19 years are obese. Obesity raises the risks of diabetes, heart attacks, and stroke and costs the U.S. economy an estimated \$147 billion per year in healthcare and lost productivity.

These statistics are well known to the pharmaceutical industry: in the past few decades, there have been dozens of medications for weight loss that have come and gone either due to harmful side effects or poor effectiveness.

Beginning in the 1950s, amphetamines were prescribed to raise metabolism and decrease appetite to help individuals lose weight. The weight lost was modest and often temporary. Due to their dangerous side effects including high potential for addiction, elevated blood pressure and rapid heart rate, they are rarely prescribed today.

In the 1990s, the combination of appetite suppressants Phentermine and Fenfluramine ("PhenFen") was heavily marketed as a weight-loss drug. Soon after Food and Drug Administration (FDA) approval, reports began surfacing about life-threatening complications including pulmonary hypertension and valvular heart disease. These were found to be linked to the Fenfluramine portion. The drug was eventually withdrawn from the market.

Since then, the FDA has been very cautious about approving other weight-loss drugs. The last medication to be approved, Orlistat (Alli), was approved in 1999 and remains the only FDA-approved drug for weight loss. Orlistat acts by blocking a digestive enzyme that breaks down fat. It has a very good safety profile since it is not absorbed in the bloodstream. Patients can expect to lose between 5-10% of their excess weight. The problem with Alli relates to the fat which is not absorbed; side effects include gas with oily spotting, diarrhea, and more frequent bowel movements.

A diet pill that actually helps people lose weight without exposing them to harmful side effects is like the Holy Grail to drug manufacturers. Sales of this drug could mean billions for these companies and their investors and provide yet another glimmer of hope to a customer base hungry for a quick fix. ☀

Dr. Marc Zerey is a board certified surgeon specializing in bariatric weight loss and laparoscopic surgical techniques at 317 W. Pueblo St., (805) 898-3472.

Weight Management Tips for Success

Members of the National Weight Control Registry have lost 30–300 pounds and maintained their weight loss for one year or more. What are their strategies?

- 78% eat breakfast every day
- 75% weigh themselves at least once a week
- 62% watch less than 10 hours of TV per week
- 90% exercise, on average, one hour per day

IT IS ALSO HELPFUL TO:

- Decrease portion size. Try using a small plate for your meals.
- Increase vegetables and fruit. They help you to feel full and are healthy choices.
- Choose lean protein and whole grains.
- Drink beverages with no sugar. Water is best!

Is it worth it? Members of the Registry who have lost weight and kept it off report that they have improved physical health and also experience a higher level of energy, more physical mobility, improved mood and more self-confidence.

RESOURCES AT SANSUM CLINIC:

Weight Management Strategies Class

(866) 829-0909

Individual Appointments with a Registered Dietitian

(866) 829-0909

Doctors' Weight Management Program

(805) 563-6190

Bariatric Surgery Free Orientation Seminars

(805) 898-3472

The Sansum Clinic Auxiliary Delivers a Cheerful Greeting and a Generous Assist to Our Next Generation of Health Care Providers

The Sansum Clinic Auxiliary is a volunteer organization that was formed in May of 1985 with 26 charter members, one of whom is still living. The main focus of the Auxiliary is for members to meet, greet and direct patients as they enter the two multi-specialty clinics at **215 Pesetas Lane** and at **317 W. Pueblo Street**. Knowing how much our presence means to the patients is what keeps us going.

The Auxiliary began its Nursing Scholarship awards in 1988. Awards are funded by donations, memorials, and our fabulous and famous December Bake-Boutique Sale. We recently included a scholarship to a Radiology student funded by the generosity of Sansum Clinic Orthopedist Dr. John Gainor. To date we have awarded more than \$100,000 in scholarships to local students.

Scholarship candidates are selected and screened by the Director of Nursing at Sansum Clinic, the staff at Santa Barbara City College Nursing Program and our Radiology Department. They make recommendations to the Auxiliary based on skills exhibited by the candidates as well as very high achievement in their program. The recipients must have completed at least one year in the program to be eligible.

The Scholarship Award meeting is our favorite meeting of the year because the recipients are always exceptional students and so grateful for the scholarships. Believe me, we are always busy but we all love what we do.

— Bettye Fue, President, Sansum Clinic Auxiliary

Auxiliary Office
Sansum Clinic
P.O. Box 1200, Santa Barbara, CA 93102-1200
(805) 966-7731



On May 17, 2012 the Auxiliary awarded scholarships to: (left to right) Megan Raya, Karen Moore, Spencer Pardee (Radiology), Heather Johnson, Greg Cooper, Nicolas Santibanez and Mollie Simmons.



The Auxiliary volunteers including officers are: (left to right) Linda Coen, Secretary, Bettye Fue, President, Gloria Autry, Glenda Renn, Treasurer, Bev Pelton, Office Manager, Pat Merrill, Jean Wright, Pat Haden and Marilynn Sullivan, Newsletter Editor.



Notary Public

Laura Gutierrez is Sansum Clinic's Notary Public. She is a supervisor for the Release of Information Department at **317 W. Pueblo Street**.

She provides this service to patients for a fee of \$10.00 per signature. Laura is available Monday through Friday by appointment and she can be contacted at (805) 898-3189. Her office is in the lower level.

Balance & Fall Prevention:

Aging and Falls Do Not Have to Go Hand in Hand!

SHERYL KING, PHYSICAL THERAPIST

There are many factors that can contribute to falls in older adults. Many falls are preventable. Poor lighting, poorly maintained sidewalks, varying curb heights and throw rugs are a few examples of environmental issues in the home and in the community that pose risks for falling.

The presence of certain medical conditions has been shown to increase risk of falls. Diabetes, stroke, Parkinson's Disease, to name a few, can affect an individual's balance, strength and mobility.

Changes in the body can affect balance and mobility. Changes in vision, decreased muscle strength — especially in the legs and hips — and less flexibility can result in falls.

There are things you can do to decrease your risk of falling!

- Exercise on a regular basis can increase muscle strength and flexibility.
- High blood pressure and heart problems can cause dizziness that may cause falls. Remember to get up from bed slowly if you have heart problems.
- Prescription medications and over-the-counter medications can cause side effects such as drowsiness and dizziness. Talk to your doctor, nurse or pharmacist about the possible side effects one might expect from certain medications.

Know that you can make a change and decrease your risk for falling. ☀



Sheryl King,
Physical Therapist

Sheryl King, PT teaches Balance & Mobility where participants practice simple exercises to improve strength, flexibility and endurance. She is a physical therapist at 41 Hitchcock Way in Santa Barbara. We also have three other physical therapy locations in downtown Santa Barbara, Goleta and Lompoc. Visit www.SanumClinic.org/physical-therapy for more information.

Health Education Programs

Join us to become an active participant in your good health!

Our 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
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Cholesterol Management
- Coumadin & Warfarin: What you need to know
- Diabetes Basics
- Diabetes Blood Sugar Control
- Hip or Knee Replacement Seminar
- HIV Support Group
- Insulin Users Peer Group
- Lymphedema Education
- Medicare
- Neck & Posture Wellness
- Nutrition Navigator
- Pre-Diabetes
- Stress Management
- Walk & Train with a Physical Therapist
- Weight Management Strategies

For more information or to register online visit www.SanumClinic.org/Classes or call toll-free (866) 829-0909.



Scan QR Code with a mobile reader
to register online

Sansum Clinic Legacy Society

The Legacy Society is comprised of donors who have provided for a gift to Sansum Clinic in their estate plans. Members represent all ages, come from all walks of life and are dedicated to helping us bring together the best physicians, the latest technologies and the most comprehensive healthcare to meet the specialized needs of our community. The size of the gift is entirely the donors' choice and there is no minimum amount required to join the Legacy Society. One of the simplest ways of providing a lasting legacy is a bequest. A bequest allows you to make a contribution without diminishing the assets available to you during your lifetime.

Your support can help ensure that Sansum Clinic continues its commitment to comprehensive healthcare through teamwork, community collaboration, research and education. ☀

The future of healthcare is everyone's concern. For information please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansomclinic.org.

In the National Spotlight



David T. Fisk, MD

David Fisk, MD, Infectious Disease specialist at Sansum Clinic, was a co-author of a selected report in *Chest*, the official publication of the American College of Chest Physicians

(ACCP). The article entitled *Chylothorax Caused by Paragonimus Westermani in a Native Californian* reported a case of Paragonimiasis, a parasitic infection endemic in Asia but uncommon in the United States. ☀

Catch of the Day

Fishing Adventure Assists Community Service Programs

Lesa Caputo was the winning bidder of the Fly Fishing auction package at Sansum Clinic's 90th anniversary Eat Well & Stay Well luncheon, which helped to raise funds for our Community Service Programs.

The first part of the package included fly fishing lessons with Dr. Kurt Ransohoff, our CEO and Chief Medical Officer, on the Rusack Estate pond followed by a catered lunch courtesy of Rincon Events. This was a prelude to "the reel deal." Dr. Ransohoff enlisted the professional services of Jason Grupp, Fishing Guide/Owner of Break Water Tours, and accompanied Lesa and her husband Randy on a Lake Cachuma fly fishing adventure.

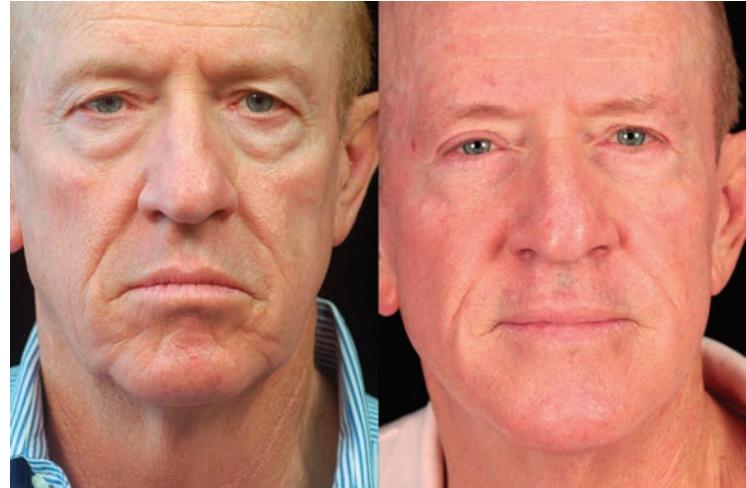
Lesa said, "The expertise surrounding us made for a great experience and the opportunity to have the thrill of catching some serious fish...even if I was too chicken the first few times to stick my thumb in their mouths to pose for the pictures." ☀



Lesa had the biggest catch of the day, a 4.5 pound largemouth bass. All fish caught were released unharmed.

Conversations About Facial Plastic Surgery

TWO OF OUR GRATEFUL PATIENTS RECENTLY SAT DOWN WITH GOOD HEALTH MAGAZINE
TO TALK ABOUT THE REASONS THEY CHOSE SANSUM CLINIC



Beverly Johnson

Q: WHAT MADE YOU CONSIDER A FACELIFT?

A. The reason I wanted a facelift was because I started noticing my neck. And then I started noticing the droopiness around the lower part of my cheek and the jaw line and I thought, "Oh my gosh!" I started realizing that I didn't like the way I was looking so I thought, "Maybe its time to do something about that."

Q: WHAT WAS THE INITIAL CONSULTATION LIKE?

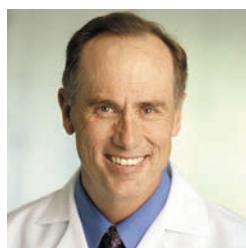
A. I wanted my husband to go along with me to the consultation because this procedure is important to both of us. Dr. LaPatka reassured us and he reassured me that I was going to look natural. Dr. LaPatka has a wonderful staff and that, too, gave me a lot of confidence.

Q: WHY DID YOU CHOOSE SANSUM CLINIC?

A. I wanted a Sansum Clinic doctor due to the reputation that they have through the years and the fact that, as a comprehensive medical facility, they have everything at their fingertips. That was a big plus.

Q: WHAT HAS CHANGED FOR YOU?

A. Now I've got so much confidence! I love to wear make up. I love my jewelry and my dresses. And just knowing that I feel good, just looking in the mirror and going "Ahhh" I don't have to look at that wrinkled neck or those ugly jowls. I think I look the way I did when I was 40, and I'm just very happy.



Dr. David F. LaPatka, FACS is a board certified Facial Plastic Surgeon and has performed thousands of surgical and non-surgical corrections. The Facial Plastic Surgery and Aesthetics private suite is located at 215 Pesetas Lane. For information call (805) 681-7844.

Dennis Peterson

Q: WHAT ENCOURAGED YOU TO SEE DR. LAPATKA?

A. In my mid sixties a couple of years ago, I was having a major droop, you know the jowls, the sags, and quite frankly I didn't think it looked too appealing. So I made an appointment to see Dr. LaPatka and I said, "I don't want to be a Hollywood starlet, but I'd like to be a little fresher."

Q: WHAT ACTIVITIES DO YOU ENJOY?

A. I have an active lifestyle and I feel pretty good. I work hard at it. I've been doing long distance bike riding for about five years and it's escalated from short ride, to really long rides and steep climbs. It's a real challenge to climb the hills behind Santa Barbara on an afternoon. If you've ever driven up there you know how steep that is. It's a real challenge.

Q: WHAT ELSE KEEPS YOU FEELING FIT AND HEALTHY?

A. My wife and I walk frequently on the off days when I'm not in the gym lifting weights, which is three days a week. One of the little tests my trainer likes to have me do is trying to flip a large industrial truck tire that weighs about 170 pounds. The test is how many times you can flip it in 60 seconds. I believe I hold the record at 12 flips in 60 seconds.

Q: SO, WHY CONSIDER FACIAL PLASTIC SURGERY?

A. Despite my strength, it became apparent to me that the appearance of my face didn't match how I felt and I was losing the battle with gravity and gaining a lot of droop. So I went to see Dr. LaPatka and he said, "We'll need to do a brow lift which lifts the eyes." There are two tiny little scars that are hidden. And, he did a little tuck of the "turkey waddle" so voila, it's all gone. I look much fresher, much better and I'm real happy. It's always been my motto that "if you look good, you feel good, you do good." ☀

Sharing Our Mission

WELCOME TO OUR TWO NEWEST MEMBERS OF THE BOARD OF TRUSTEES

These dedicated individuals are fully committed to the mission of Sansum Clinic and help to guide and carry out the work of the organization.



George Rusznak

Mr. George Rusznak's industry experience encompasses management and consulting with senior managers and boards of major corporations. His entrepreneurial experience includes founding a computer services company, a computer network provider and several professional services providers. Mr. Rusznak is a mentor and member of the South Coast Business

Forum Board of Directors and secretary of the Jewish Federation of Greater Santa Barbara. He is also a member and immediate past chairman of the local chapter of SCORE, a resource arm of the Small Business Administration.



Joseph Tumbler

Mr. Joseph Tumbler's professional experience includes serving as Vice Chairman of SunAmerica, Inc., President and CEO of Providian Capital Management (a subsidiary of Providian Corporation), and Senior Vice President of CIGNA Corporation. Mr. Tumbler has been an active member of a number of nonprofit organizations in Santa Barbara,

including the United Way of Santa Barbara County, the Center for Entrepreneurship and Engineering Management at the UCSB College of Engineering, the Music Academy of the West and Social Venture Partners of Santa Barbara.

In Your Community



Ben Diener, MD

Ben Diener, MD, of our Internal Medicine Department at Pesetas Lane, has joined the CALM Board of Trustees. Diener is a Santa Barbara native and graduated from Cate School. CALM continues to be the only non-profit agency in Santa Barbara County focusing solely on preventing, assessing and treating child abuse and family violence through comprehensive,

cutting-edge programs. "Through my work at Sansum Clinic, I'm able to care for the patients that come to me. And now through CALM, I hope to reach out further into the community and help those who need it the most," Diener said.

WELCOME VINCE JENSEN, PRESIDENT AND CHIEF OPERATING OFFICER



Vince Jensen

Mr. Vince Jensen brings with him more than 20 years of healthcare leadership experience in large multi-specialty group, hospital and IPA settings. In addition to his executive skills, Mr. Jensen has particular expertise in strategic and business development, managed care negotiations and revenue cycle management.

Mr. Jensen comes to Sansum Clinic from City of Hope Medical Group where he served for 12 years as Chief Operating Officer overseeing its clinical and business operations. He is credited with helping to make City of Hope's physician enterprise one of the State's largest academic practice plans.

Mr. Jensen is a well recognized leader in the healthcare community. He is a member of the American College of Healthcare Executives, Healthcare Finance Management Association (HFMA) and the Medical Group Management Association (MGMA). He earned his undergraduate and master's degrees in Business Administration and Executive Management from the University of LaVerne, Los Angeles. ☀



Chad Hine, CFO



Jill R. Fonte, Director of Marketing

Chad Hine, Chief Financial Officer, recently joined the board of directors of the Santa Barbara chapter of The Mental Wellness Center (formerly Mental Health Association), a resource where individuals, families, businesses and our community find support, hope, information and practical services that address their mental wellness needs.

Jill R. Fonte, Director of Marketing, recently joined the board of directors of the American Heart Association's (AHA) Central Coast Division. The mission of the AHA is to build healthier lives, free of cardiovascular diseases and stroke. Fonte holds an MBA from Pepperdine University and a Bachelor of Arts degree from Boston University. ☀

Welcome New Providers

PAIN MANAGEMENT, 317 W. PUEBLO ST., SANTA BARBARA

We recently expanded our Pain Management Department to offer the services of these physicians:

JEOFFREY P. BENSON, MD

Dr. Benson specializes in Pain Management and Anesthesiology and is certified by the American Board of Anesthesiology in both Anesthesiology and Pain Medicine. He earned his medical degree from the University of California, San Francisco where he also completed an internship in Internal Medicine and a residency and fellowship in Pain Management and Anesthesia. Dr. Benson is also a diplomat of the American Academy of Medical Acupuncture.

ROBERT M. HULLANDER, MD

Dr. Hullander is board certified in both Pain Management and Anesthesiology by the American Society of Anesthesiologists. After completing his undergraduate degree at Duke University in 1981, Dr. Hullander received his medical degree from the Uniformed Services University School of Medicine at the Naval Regional Medical Center in Bethesda. He then served as a Diving Medical Officer in the US Navy before completing his residency in Anesthesiology and Pain Medicine at the Naval Hospital in San Diego. Since completing his specialty training, he has been active in both clinical and research activities.

RALPH D. MOZINGO, DO

Dr. Mozingo is a diplomat of both the American Board of Anesthesiology and the American Academy of Pain Management. He has more than ten years of experience in the field of Interventional Pain Medicine. After completing his undergraduate education at UCLA, Dr. Mozingo received his medical degree from Southern University of Health Sciences in Florida. He then completed an internship at the Los Angeles County/USC Medical Center and went on to serve three years as an Emergency Room physician and Air Evacuation Officer for the US Army in Germany. He completed his residency in Anesthesiology and Pain Medicine at Walter Reed Army Medical Center in Washington, D.C. and the Naval Medical Center in San Diego.

JONATHAN BERKOWITZ, MD, PhD

SANSUM ONCOLOGY & SPECIALTY CARE, SOLVANG

We are very pleased to announce that Dr. Jonathan Berkowitz has joined the Hematology Oncology department at Sansum Oncology and Specialty Care in Solvang. Dr. Berkowitz earned his medical and doctorate degree from State University of New York at Buffalo School of Medicine. He completed his internship and residency at Mount Sinai School of Medicine in New York City and completed his Medical Oncology and Hematology fellowship at the National Cancer Institute in Maryland. ☀



Jeoffrey P. Benson, MD
Pain Management



Jonathan Berkowitz, MD, PhD
Oncology and Specialty Care



Robert M. Hullander, MD
Pain Management



Ralph D. Mozingo, DO
Pain Management

Thank You Drs. Rhodes, Jacoby and McGinn

Sansum Clinic physicians recently held a reception to honor three colleagues who retired after many years of service to Sansum Clinic. Physician group president, Dr. James Egan presented honors for their service to Dr. Edward McGinn for 39 years in our Rheumatology Department, Dr. Donald Rhodes for 38 years in our Urology Department, and Dr. Robert Jacoby for 41 years in our Ophthalmology Department. More than 125 guests attended the reception at La Cumbre Country Club in Hope Ranch. ☀

Pictured L to R: Doctors James Egan, Donald Rhodes, Robert Jacoby and Edward McGinn.





Philanthropy + Partnership

"Nothing is more important than my family's health. Over the years, Sansum Clinic has helped us, like many others, with our medical needs and we are so fortunate to have this level of care right here in our own community."

— Leatrice Luria, Philanthropist

"Sansum Clinic is grateful to be among the many organizations that benefit from the support of the Luria family. Their generosity allows us to continue our commitment to the 150,000 patients who trust Sansum Clinic with their medical care each year."

— Dr. Kurt Ransohoff, CEO and Chief Medical Officer



470 South Patterson Ave.
Santa Barbara, CA 93111