

GOODHEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 9 • SPRING 2014



HOLLYE JACOBS
SILVER LININGS

NEW SURGICAL CENTER
NEARING COMPLETION

COLON CANCER
IS PREVENTABLE

EXTRAORDINARY
CARDIAC CARE



Message from the CEO



The world of healthcare is facing quite a bit of uncertainty at this time, but two things are clear. Sansum Clinic's commitment to our community and our model of multi-specialty care make us uniquely positioned to respond to the changes we face. And, even in an era of rapid change, the doctor-patient relationship remains at the center of all we do.

In many ways providing patient care is the same as it has always been. Working together with patients to figure out what's wrong and how we can help them has always been the focus of our work. But in many other respects healthcare has evolved. Technology is advancing every day. Our electronic health record and our patient portal, MyChart, enable healthcare professionals

to communicate with each other and with patients from anywhere at any time. I have corresponded with a patient through MyChart from an airplane, and I have colleagues who have sent X-rays across the country for review by multiple doctors at the same time. Still, administrative burdens and changes in healthcare financing can be a distraction from patient care, so Sansum Clinic is committed to giving our doctors and other patient care providers the support they need to focus on you and your care.

It is an honor for me to stand beside this month's cover model, Hollye Jacobs, who has had an extraordinary journey from medical provider to patient, to counselor and inspiration to countless others. (see page 3). Her new book, *The Silver Lining: A Supportive & Insightful Guide to Breast Cancer*, is Hollye's memoir and a practical, supportive resource for anyone whose life has been touched by breast cancer.

We also recently welcomed world renowned surgeon, Julie Ann Freischlag, MD to Santa Barbara as the third internationally recognized surgeon chosen as our Visiting Professor of Surgery (see page 11). We were fortunate to host her public lecture on "Leading Through Times of Change: Principals of Leadership" – which is indeed a timely subject!

As we look to the future, we continue our commitment to recruiting the best doctors, providing excellent customer service, and treating each patient with dignity and respect. We've been doing that for more than 90 years and look forward to doing it for 100 more.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

Your 24-hour Connection

1 (800) 4 SANSUM

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to dial our Clinic Operator

GOODHEALTH™

A FREE PUBLICATION FROM
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ISSUE 9 • SPRING 2014

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

Sansum Clinic is accredited by the
Institute for Medical Quality

Kurt N. Ransohoff, MD
*Chief Executive Officer and
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Vince Jensen
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Jill R. Fonte
Director of Marketing

Dru A. Hartley
Director of Philanthropy

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

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Contributing Writers

Jill Fonte, Jennie Jacobs,
Dru Hartley, Margaret Weiss
and Christopher Williams

Contributing Photographers
Blue Caleel (cover), Rob Dunton
and Christopher Williams

i^e Design by Idea Engineering

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Caring for a Special Patient with a Big Heart

Sansum Clinic Cardiologist Jason Boyatt, MD, FACC, was more than happy to donate his services last fall when he was asked to perform a specialized diagnostic procedure on a very unique 24 year-old patient.

Cardiologists typically use a standard echocardiogram to view the structures and function of patients' hearts with sensors applied to the outside of their chest. In unusual cases, or for larger patients who have particularly thick chest walls, a trained cardiac surgeon must perform a transesophageal echocardiogram, or TEE in which a specialized ultrasound

probe is passed into the patient's esophagus. This procedure positions the sensor closer to the patient's heart revealing a clearer image using Doppler technology.

At 440 pounds, this fairly well known celebrity in Santa Barbara would require the TEE procedure. Further complicating matters, it would need to be performed at the patients' residence under general anesthesia. So, under the cloak of dawn, Dr. Boyatt along with an anesthesiologist and team of medical technicians packed up their equipment and set out to meet their patient for the first time.

Continued on page 12



MyChart is your online personal health record giving you access to your healthcare information quickly and securely. MyChart is full of great features!

Communicate with your doctor's office, request prescription refills,

track immunizations, view your After Visit Summary and so much more. If you haven't signed up for MyChart yet we recommend that you take the time to watch our quick video showcasing some of MyChart's most used and most popular features. Visit www.YouTube.com/SansumClinic to watch today! 🌟



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.



Hollye enjoys the “Art Heals” patient art installation at the Cancer Center with her Sansum Clinic internist, Dr. Kurt Ransohoff (right) and her medical oncologist, Dr. Fred Kass (center).

Photo by Blue Caleel

HOLLYE JACOBS, RN, MS, MSW

Finding *The Silver Linings*

Three and a half years ago, Santa Barbara resident Hollye Jacobs could not have imagined her life as it is today. The active mother has 55,000 Twitter followers and provides insights and inspiration to tens of thousands of readers of her award winning blog: TheSilverPen.com. Her quest to uncover the silver linings in her own life has led her on a journey that includes the March 2014 release of *The Silver Lining: A Supportive and Insightful Guide to Breast Cancer* by the Atria division of publisher Simon and Schuster.

Last spring, Hollye shared her story with a large group of local supporters at the Cancer Center of Santa Barbara with Sansum Clinic Gala. She used these words to describe how her journey began.

As a healthy, happy, vegan-eating, marathon running, 39 year-old mother...with no family history of breast cancer, being diagnosed with the disease in 2010 ROCKED MY WORLD. In an instant, as a nurse and social worker, I now found myself on the other side of the bed.

At the time of my diagnosis we were new to Santa Barbara, having moved here from Chicago only three months prior. Now, I was thrilled to be living in Santa Barbara, but after having worked at multiple academic healthcare institutions I wondered whether it was possible to get the same world-class care that I knew was readily available in Chicago. So, as a discerning clinician myself, I went into my medical network to get additional opinions and explore other treatment options. My search led me right back home to the Cancer Center of Santa Barbara.

The care at the Cancer Center is delivered cohesively and

effectively by every member of the team, including physicians, nurses, social workers, dietitians and complementary therapists with the ultimate goal of meeting the needs of patients and their families.

Becoming a patient gave me a whole new and unexpected consciousness and sensitivity to the physical and emotional turbulence that patients endure. I realized that I had two choices about how I was going to handle my diagnosis: from a place of fear or a place of optimism.

I chose – and it was indeed a very active choice for me – optimism in the form of finding Silver Linings.

In her blog Hollye expertly balances the requisite wit and humor of a mother and wife with the insight of a social worker and medical clinician as she chronicles her diagnosis at Sansum Clinic and her care at the Cancer Center of Santa Barbara. Her writing is peppered with pet names and precious family moments as she colors her world with life's silver linings which often include forays into style and photos of the sun rising over Butterfly Beach or the sweeping vistas that inspire her as she hikes along San Ysidro Trail.

My #1 coping mechanism was being able to find Silver Linings throughout my cancer experience. When you have cancer, Silver Linings come in small and in big packages, from watching a hummingbird outside my window (because I was too sick to stand) to being cancer-free after enduring the longest and most difficult year of my life. Even though Silver Linings don't take away the pain, nausea and even constipation that can come with cancer treatment, Silver Linings provide the balance and perspective to help get you through the darkest days.

Continued on page 4

Continued from page 3

As for what inspired her to write a book, Hollye says:

The Silver Lining is the book that I wish that I had and that my family and friends had when I was going through my treatment and recovery. I wanted a book that was practical, relatable, honest, and credible. The Silver Lining is that book. It is an informative, therapeutic and supportive resource that demystifies the experience of breast cancer through words and photography. This book, written with my dear friend and award-winning photographer Elizabeth Messina is a lifeline, guide and source of hope for all impacted by breast cancer.

Much of her work is focused on helping families cope with a cancer diagnosis. Hollye volunteers at the Cancer Center in a program called “Helping Children Cope when a Parent has Cancer”. She describes the importance of these programs:

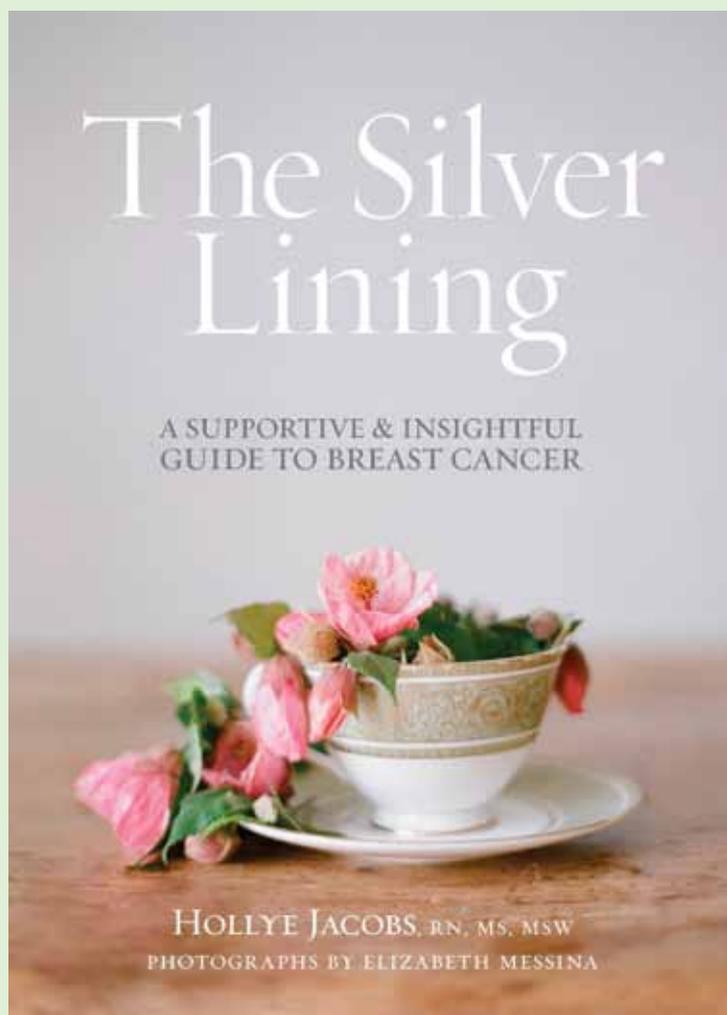
Including children in the diagnosis and treatment of cancer is imperative. Children deserve to know what is happening in a family. Silence is not golden. Honesty is the best and only

way to establish and maintain a bond of trust. Discussing illness candidly and openly, in developmentally appropriate ways, will teach children that parents are trustworthy and that honesty is a family priority.

What children need most in this life is to know what is true and the wisdom and guidance to help make sense of their circumstances. When children are excluded, their imagination has the capacity to create things that are far worse than the reality.

The Silver Lining is that children and families are not alone. The family programs at the Cancer Center provide parents with the tools to be able to talk with and help their children cope with a cancer diagnosis in a family.

Most importantly, Hollye provides encouragement to others to seek out the silver linings in their own life. Grateful readers respond with comments like, “I wish that she had been around when I needed some guidance.” For Hollye, these sentiments are the most meaningful and unexpected silver lining of all. ☀



The Silver Lining: A Supportive & Insightful Guide To Breast Cancer

BY HOLLYE JACOBS, RN, MS, MSW
PHOTOGRAPHS BY ELIZABETH MESSINA

Published by Simon & Schuster, March 2014

Available in hardcover in local bookstores and Kindle format on Amazon.com.

Exquisitely illustrated with full-color photographs by Hollye’s close friend, award-winning photographer Elizabeth Messina, *The Silver Lining* is both Hollye’s memoir and a practical, supportive resource for anyone whose life has been touched by breast cancer. ☀

A Special Thank You

Through a generous arrangement with several of the book’s distributors, Hollye has arranged to have copies of *The Silver Lining* donated to the Cancer Center of Santa Barbara to be provided free to patients in need who are undergoing cancer treatment at the Center. ☀

We will be hosting a book signing for Hollye on May 5, 2014. If you are interested in attending, please contact Juli Askew (805) 681-7762 or jaskew@sansumclinic.org.

New SPECT/CT in Nuclear Medicine

Thanks to a \$300,000 leadership grant from the Elaine F. Stepanek Foundation, the Nuclear Medicine department is in its final stages of bringing the newest piece of hardware on-line. The Philip's XCT-Brightview is a state-of-the-art SPECT/CT scanner combining single photon imaging capabilities with computed tomography. The integrated image output provides precise fusion of physiologic and anatomic information. The result is a highly-precise, 3-dimensional image of a patient's bodily structures. The new addition ushers in a new era in diagnostic nuclear medicine at the Cancer Center of Santa Barbara with Sansum Clinic. This hybrid technology will not only enhance the sensitivity and accuracy of current procedures, it will also enable the department to offer previously unavailable new protocols. The impact of the Brightview will be felt immediately by providing speed and flexibility for our technical staff, new imaging options for our referring physicians and comfort for our patients.



The Cancer Center is grateful to the Stepanek Foundation, Art and Carolyn Merovick, the Farish Fund, Dr. William Pace and the Cancer Foundation of Santa Barbara for their support in bringing this exciting new technology to Santa Barbara! 🌟

Think Pink Recap

The Women's Council of Sansum Clinic recently hosted "Think Pink", a town hall meeting on breast cancer, with topics ranging from breast cancer prevention to genetic testing, breast cancer diagnosis, treatment and reconstruction.

The power-packed panel of experts included:

- Kathy Pojunas, MD – Radiology
- Rosa Choi, MD – General Surgery
- Tammy Stockero, RN, BSN, OCN – Breast Care Navigator
- Danielle Sharaga, MS, LCGC – Genetic Counselor
- Warren Suh, MD – Radiation Oncology
- Fred Kass, MD – Medical Oncology
- Wesley Schooler, MD, MAFCS – Reconstructive Surgery

This educational forum highlighted the partnership between Sansum Clinic and the Cancer Center of Santa Barbara, and the comprehensive programs and services available in our community.

Special thanks to our event co-chairs Julie Nadel and Bobbie Rosenblatt, and event sponsor Mentor Worldwide LLC! 🌟



If you missed the event, a full-length video is available to watch online at www.YouTube.com/SansumClinic.

Cancer Up the Wazoo

ALI JAVANBAKHT, MD, FAMILY MEDICINE

There are many milestones in the human life: the first time we speak, walk, go to school, fall in love, and get our hearts broken by finding out that Santa's not real and our own parents had been lying to our faces all these years!

To this list of magical, wondrous milestones, we add colorectal cancer screening. Once the average individual turns 50, it is time to have the conversation with their doctor which consists of, "You're 50 now. You need a colonoscopy," followed by a phone number for the patient to call. It's like giving a dog the phone number for the vet to set up its own neutering appointment!

Given that a colorectal cancer screening is neck in neck with vinegar facials for popularity, some people have come up with various, elaborate excuses not to partake in this right of passage.

LET'S LOOK AT A FEW EXAMPLES.

"But I feel fine." Excellent! Then you should have colorectal cancer screening! Since it is a screening test, it is designed to be carried out on people who "feel fine." Here's why: colon cancer is common enough over the age of 50 to make it worthwhile to screen everybody. Second, if we catch colon cancer early, the treatment is infinitely easier. Typically, it's as simple as removing a polyp. Third, by the time someone has symptoms of colon cancer, the disease is very advanced and treatment is much more difficult and sometimes not even successful.

"It doesn't run in my family." That is more excellent news! In that case, you should get screened for colorectal cancer. Family history is just one part of someone's risk for colon cancer. Most people with colon cancer have no family history at all!

"What if they find something bad?" This is the quintessential dilemma of modern medicine. We have great screening tests to catch dangerous diseases early, but it does involve finding out that one has a dangerous disease. The prospect of being told that they have colon cancer is so daunting that some people would simply rather not know. Most people who feel this way realize that it is not logical, but the emotional response is so great that it overwhelms logic.

For this group of people, my advice is to do whatever it takes. *Have a Saving Private Ryan, Schindler's List, and Misery* marathon to put things in perspective. Pretend you are a secret

agent about to do the most intense undercover work that no other agent would dare take on. For added effect, during the colonoscopy, you can yell, "Is that all you got!!?" Pretend that the intestinal cleanse is also ridding you of spiritual impurities. Then present for the procedure dressed as a monk with a shaved head handing out flowers.

The bottom line is (no pun intended) to get the screening done. It is one of the most important things anyone can do for their health. It won't be the most pleasant 24 hours you'll ever have, but it likely won't be the worst. After all, I bet even Santa has had his colorectal cancer screening. If he hasn't, I'll know just what to leave out for him on Christmas Eve. 🌟



Dr. Ali Javanbakht specializes in Family Medicine at our Clinic in Carpinteria. He is board certified in Family Practice and joined Sansum Clinic upon receiving his medical degree from the Medical College of Wisconsin in 2001. Dr. Javanbakht is a member of the American Academy of Family Physicians and also speaks Farsi, Spanish and French.

Colon Cancer is Preventable!

Many people who fear cancer don't realize that some types of cancer are preventable. Colon cancer is one of these. Colon cancer is the second leading cause of cancer deaths in the United States, but as many as 80% of these deaths could be prevented through regular screening in those age 50 or older.

To help raise awareness about colon cancer and screening for the disease, the Cancer Center of Santa Barbara with Sansum Clinic has worked since 2000 to raise widespread awareness of colon cancer prevention and the importance of early detection. These community-based cancer risk reduction activities include screening events (using a take-home colon cancer screening kit), informational community lectures and 'ask the doc' opportunities.

If you are 50 or older, we strongly encourage you to get screened. Talk with your doctor about which screening option is best for you. Early detection is the best defense! 🌟

Always Have to Go?

Help for Women with Urinary Incontinence

ALEXANDRA ROGERS, MD, UROLOGY

Pads? Thicker pads? Depends? Rubber pants? Surely there must be better, more civilized options for urinary leakage! If you've ever had this thought, then keep reading. If not, then consider yourself one of the lucky ladies and go enjoy another cup of coffee, tea or other bladder irritant of your choice.

Urinary incontinence is estimated to affect as many as 50% of middle-aged and elderly women. Incontinence is defined as the involuntary loss of any amount of urine. Incontinence is generally described as either stress incontinence, urge incontinence or mixed incontinence. Stress urinary incontinence (SUI) is the symptom of involuntary urine leakage that occurs with exertion. For some women, SUI may occur with something as common as standing up from a sitting position; for others it may occur with laughing, coughing, jumping or exercising. Urge urinary incontinence (UUI) is the symptom of urine leakage that is immediately preceded by a sudden, compelling desire to urinate that is difficult to postpone and results in leakage. UUI may occur when a woman arrives home and puts the key in the front door and realizes she needs to urinate, when she runs her hands under running water or without any inciting event at all. Mixed urinary incontinence (MUI) is the combination of SUI and UUI.

The causes of SUI can include pregnancy, childbirth, obesity, smoking, muscle damage, trauma and aging. A cause of urinary urgency and frequency is often not identified, but can include consumption of bladder irritants and behaviors, neurologic diseases such as multiple sclerosis, history of a stroke or spinal cord injury or Parkinson's disease.

Meet Dr. Rogers at our FREE PATIENT EDUCATION SEMINAR

New Treatment Options for Female Incontinence —
Solutions for your leaky bladder.

Thursday, May 22, 2014
6:00 pm – 7:00 pm
Sansum Clinic - 215 Pesetas Lane, Santa Barbara
3rd Floor Conference Room

Space is limited. Please RSVP by Friday, May 16, 2014.
Call (805) 681-1756 to reserve your space.

There are many treatment options for incontinence. The best treatment for each woman depends on factors such as the type and severity of incontinence, her medical co-morbidities and her expectations.

Conservative first-line treatment option for stress urinary incontinence is pelvic floor exercises such as Kegel exercises (isolated pelvic floor muscle contractions). The most common procedures for the treatment of SUI are a mesh sling that is surgically placed under the urethra for support (typically an outpatient procedure) or an injection of a bulking agent into the urethra which can often be performed in a doctor's office.

Treatment for urinary urgency, frequency and/or urge incontinence first and foremost includes behavior modification – limiting bladder irritants, limiting excessive fluid intake, timed voiding (making sure to void regularly and not 'holding it too long'). Behavior modification may be combined with prescription medication and pelvic floor physical strengthening. If these treatment options fail or a woman cannot tolerate the side effects of the medication, sacral neuromodulation (Interstim) or intravesical botulinum toxin A (Botox) may be an appropriate third-line choice. Both are FDA-approved for patients with refractory urinary urgency/frequency symptoms.

If you are dealing with any type of incontinence, consider talking to your doctor about available options. ☀

Dr. Alexandra Rogers specializes in Adult Urology, including: Female Incontinence, Male Voiding Dysfunction, Pelvic



Organ Prolapse, Post-Prostatectomy Incontinence, Sacral Nerve Stimulation, General Voiding Dysfunction, Pelvic Floor Rehabilitation and Complex Urodynamics. Dr. Rogers attended Wake Forest University Medical School and completed her urology residency at the Mayo Clinic in Jacksonville

Florida. Dr. Rogers has recently completed a female urology fellowship at the Tower Urology Institute for Continence at Cedars Sinai in Los Angeles.

Lisa Thonack

As Luck Would Have It



“About three steps down, I lost my footing and while trying to recover my balance and reduce my speed, I lurched out my right foot as a sort of kickstand and leaned back to stop the fall.” Lisa landed four steps down the staircase in a seated position with her son in her lap. She was shaken up and in pain. “I didn’t want to scare Adriano, so I did what any mother would do – I laughed and made silly faces.” Once she saw he was laughing, unaware of the alarm of the incident, she looked at her ankle and knew instantly that it required immediate attention. Quickly she called her mother and sister for help.

Within the hour, Lisa’s mother was looking after Adriano and her sister, Lennaya Smith, RN, rushed her to Sansum Clinic. Lisa was promptly sent to Radiology where Donna Avila, radiology technician was caring and efficient with the imaging process. Lisa then consulted with Ken Hyman, a physician assistant in Lompoc’s Urgent Care. “He was incredibly knowledgeable and kind.” Ken told Lisa her ankle was fractured and she would possibly need surgery. He referred Lisa to Sansum Clinic Podiatrist Dr. Justin Meyer at the Pesetas multi-specialty clinic, who confirmed her ankle required surgery. “Dr. Meyer and his team were very comforting and I knew I was in great hands.”

Lisa was impressed with the overall level of service she experienced at both the Lompoc Urgent Care and the Pesetas clinic. “The good natured staff at Sansum Clinic handled my needs with compassion, kindness, humor and an impressive level of team work.” Lisa is thrilled to be back to her daily routine, and she approaches her staircase with less distraction and a bit more grace and agility. 🌻

Lisa Thonack’s day started out like any other day – running errands, doing chores and keeping up with her 19 month old son, Adriano. One afternoon, as she was going through her normal daily routine, Lisa experienced a sudden turn in events – one that had her rushed to Sansum Clinic’s Urgent Care in Lompoc.

As Lisa was preparing her mental checklist for the afternoon, her son decided he was ready for lunch...right then! With Adriano firmly held in one arm and her other hand grasped tightly on the banister Lisa made her way down the stairs to the kitchen. Singing to Adriano on the descent and running through thoughts of her to-do list, Lisa was distracted. In the blink of an eye she found herself tumbling down the stairs.

URGENT CARE

51 Hitchcock Way, Santa Barbara
Monday-Friday 8:00 am-7:00 pm
Saturday 9:00 am-5:00 pm
Sunday 9:00 am-3:00 pm
Phone: (805) 563-6110

URGENT CARE

1225 North H Street, Lompoc
Monday-Friday 8:00 am-6:00 pm
Saturday 9:00 am-5:00 pm
Sunday 9:00 am-2:00 pm
Phone: (805) 737-8786





What

Camp Wheez is a day camp for children with chronic asthma where they can enjoy a camp experience designed for their special needs. Campers learn how to manage their asthma while they participate in games and recreation, arts and crafts, skits and old-fashioned camp fun. Parents are invited to attend an asthma update and have their questions answered by the doctor followed by a performance by the children. Camp Wheez is staffed by local medical providers and volunteers. It is free of charge and open to the community.

Who

Children in grades 1 through 6.

When

Monday – Friday, August 4–8, 2014
8:30 am – 12:30 pm

An extended day is offered at the Downtown Boys & Girls Club at 632 East Canon Perdido with transportation provided by EasyLift.

Where

First Baptist Church
949 Veronica Springs Road
Santa Barbara, CA 93105

Camp Medical Director:

Myron Liebhaber, MD

Camp Director and contact person:

Margaret Weiss, mweiss@sansumclinic.org or (805) 737-8754

*For more information and applications visit
www.SansumClinic.org/Camp-Wheez ☀*

On behalf of Sansum Clinic and our 'littlest campers' we would like to acknowledge the support of foundations and individuals who partner with us to make Camp Wheez possible. This program is offered free of charge to any child with Asthma whether or not they are a patient of Sansum Clinic. The Clinic relies on private support so that we may continue our commitment to the healthcare needs of our community for programs such as Camp Wheez.

For information about donating to Sansum Clinic to support programs like Camp Wheez, please contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org.



Forever Posh

Sansum Clinic gratefully acknowledges the generous support of Cherise Osha. Cherise has held a few benefits at Forever Posh in Santa Ynez with proceeds directed to the Solvang Oncology Department. “I’m pleased to support the Oncology Department. My family and I think very highly of the staff and the excellent medical care they provide to Valley residents.” 🌟



Photo (left to right): Cherise Osha, owner of Forever Posh in Santa Ynez with Solvang Oncology staff members, Tammy Rayas, MA, Mary Fox, Manager, Victoria Mandujano, RN, Nurse Manager, and Pam Challis, Director of Operations, Sansum Clinic.

Santa Barbara County Quarter Horse Association

Ron Newark (with plaque) and members of the SB County Quarter Horse Association contributed \$25,000 to the Solvang Oncology Department to expand the infusion area, add offices and nurses stations in the treatment area, and enhance the patient waiting room in an effort to assist Sansum Clinic in providing an excellent healthcare experience for patients. The gift was made in memory of Ann Newark for the benefit of oncology patients in the Valley. Present at the reception with Mr. Newark were Gary and Jeanette Skippon, Shawna Shaver and Jaqi and Landon Hart. 🌟



ExxonMobil

Gives to Flu Shot Program

Dr. Kurt Ransohoff, CEO, and Vicki Hazard, Chair of the Board of Trustees, with Bill Alston and Kyle MacIntosh of Exxon Mobil. Bill and Kyle presented a \$7,000 gift in support of Sansum Clinic’s Flu Shot Program at a recent meeting of the Board of Trustees. ExxonMobil has been a proud sponsor of the program since 2010 to give the “gift of good health” to those unable to pay for their flu shot. 🌟



Visiting Professor of Surgery

Julie Ann Freischlag, MD recently visited Santa Barbara as Sansum Clinic's Visiting Professor of Surgery for 2014. Dr. Freischlag is the new Vice Chancellor, Human Health Sciences and the Dean of the UC Davis School of Medicine, UC Davis Health System. For the past eleven years she was The William Stewart Halsted Professor, Chair of the Department of Surgery and Surgeon-in-Chief at The Johns Hopkins Hospital in Baltimore, Maryland.

"We are honored that Dr. Freischlag accepted our invitation to join us for Surgical Academic Week," said Dr. Ron Latimer, who established the Visiting Professor of Surgery education program in 2010.

Dr. Freischlag is the third internationally recognized surgeon chosen as Visiting Professor. In 2012 we welcomed our first Visiting Professor Dr. John L. Cameron, also of Johns Hopkins, and Dr. Hiram C. Polk, Jr. joined us in 2013 from the University of Louisville. Dr. Freischlag is the President of the Society for Vascular Surgery and Chair of the Board of Regents of the American College of Surgeons. She is recognized as an expert in the diagnosis and treatment of thoracic outlet syndrome.

During her week in residence she provided direct interactive teaching to the surgical residents in training at Santa Barbara Cottage Hospital and gave educational lectures about the diagnosis and treatment of vascular diseases to both the medical and surgical staffs. On March 6 Dr. Freischlag delivered a public lecture on "Leading Through Times of Change: Principals of Leadership."

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



Dr. Julie Ann Freischlag and Dr. Ronald Latimer (center) with Sansum Clinic surgeons (left to right) Drs. Greg Greaney, Marc Zerey, Rosa Choi, Paul Cisek and James Dunn.

If you would like to support the Visiting Professor of Surgery program please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansumclinic.org. You can send your gift in the remittance envelope in this magazine.

Your support is a commitment to sustaining Santa Barbara's high level of surgical expertise and the community's good health. ☀

How You Can Help Sansum Clinic

We see a strong future for our continued delivery of innovative and caring healthcare solutions.

In order to continue to provide this value to the community, we need to continue to invest in new technology, facility improvements, medical research and the recruitment of the best physicians from around the U.S., and funding for our outreach programs to improve the overall health and well being of our community.

We are here for you.

Please support our efforts by making a gift today using the enclosed remittance envelope.

Working together, Sansum Clinic can continue to make a difference.

Thank you and here's to your good health! ☀

Big Heart Continued from page 1

By 6:00 am, everything was prepped and ready to go and Dr. Boyatt finally came face to face with his rather special patient. His name is Kivu and together with Goma he makes up the bachelor troop of silverback western lowland gorillas at the Santa Barbara Zoo. Gorillas have very large chests and the images obtained by using a TEE probe provide more information than images obtained by external probes, however the use of TEE probes requires general anesthesia.

Dr. Boyatt and his surgical team were invited by the veterinary team at the Zoo to perform the TEE procedure as part of Kivu's routine medical exam. The Zoo regularly performs cardiac evaluation on the gorillas during preventative medicine exams which are generally conducted every two years. Results of the cardiac exams are submitted to the international database of the Great Ape Heart Project where the information is being collated to develop a better understanding of cardiac disease in great apes.

Cardiovascular disease is a leading cause of mortality among great apes in captivity and a range of cardiac diseases have been diagnosed. Studies show that some gorillas in zoos develop a heart condition called fibrosing cardiomyopathy, a condition that also occurs in humans in which the pumping chambers of the heart become enlarged and weakened. Undiagnosed and untreated cardiomyopathy can lead to cardiac failure and arrest in gorillas, just as in humans.

Dr. Boyatt performs many TEE procedures, but this was his first on a gorilla. "The heart is only a bit larger in gorillas and in a slightly different position because of their stooped posture. The equipment and procedure is the same and the images produced are very similar compared with humans," he says.

Dr. Julie Barnes, Veterinarian at the Santa Barbara Zoo says, "It is wonderful that we can enlist the expertise of human cardiologists, anesthesiologists and many other human medical specialists and technicians when evaluating our animals at the zoo. This enables us to provide the best medical care to our patients, particularly when we have animals with complicated medical conditions." She adds, "We truly appreciate the support and enthusiasm from the medical professionals at Sansum Clinic when we request their help."

Earlier last year, Dr. Boyatt had been part of a surgical team that performed a similar procedure on Goma led by Barbara J. Natterson-Horowitz, MD, a cardiologist at UCLA who is also a cardiac consultant for the Los Angeles Zoo and a member of the Zoo's Medical Advisory Board. Dr. Natterson-Horowitz is also the author of *Zoobiquity – The Astonishing Connection Between Humans and Animal Health*, which presents a

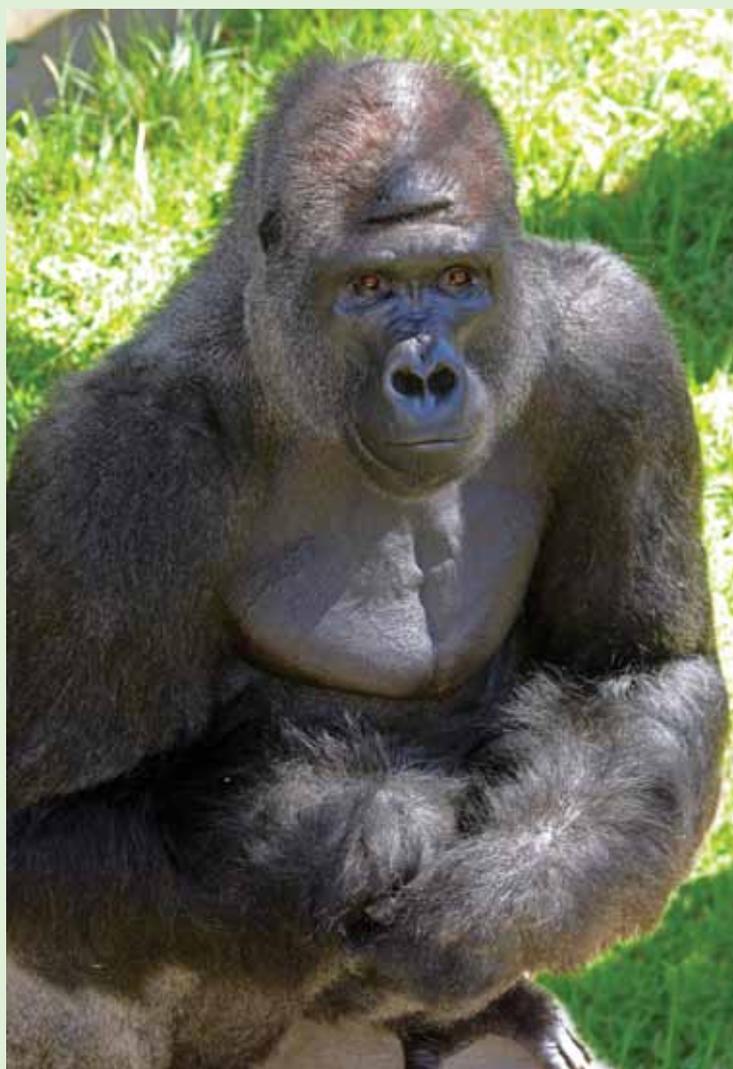


Photo by Sheri Horiszny/Santa Barbara Zoo

"We truly appreciate the support and enthusiasm from the medical professionals at Sansum Clinic when we request their help."

**– Dr. Julie Barnes,
Veterinarian at the Santa Barbara Zoo**

"revelatory understanding of what animals can teach us about the human body and mind." The book explores how animal and human commonality can be used to diagnose, treat, and heal patients of all species.

"Medical science continues to advance our knowledge, not only of the diagnosis and treatment of medical conditions, but of the normal conditions that keep us healthy," Dr. Boyatt explains. "Advanced tools like the TEE not only guide our treatments,

but they help us to collect and analyze data that will provide better treatments and the tools to potentially avoid disease in all of our patients.”

Dr. Boyatt is happy to add that besides just having a big heart, no significant cardiac disease was identified in Kivu. He recovered quickly from the procedure and rejoined Goma in “The Forests Edge” at the Santa Barbara Zoo. 🌻



Dr. Jason Boyatt is board certified in Cardiovascular Diseases, Internal Medicine and Nuclear Cardiology. He received his medical degree from Loma Linda University Medical School in Loma Linda, California and did his fellowship in Cardiovascular Diseases at Kaiser Permanente Los Angeles Medical Center. Dr. Boyatt has been

with Sansum Clinic since 2005 and was recognized by Castle Connolly as among the nation’s Top Doctor’s in 2013.



Sansum Clinic cardiologist Dr. Jason Boyatt (center) performs a heart procedure on Kivu at the Santa Barbara Zoo

Sansum Clinic – A Legacy of Medical Innovation

Sansum Clinic partnered with the Santa Barbara Historical Museum to publish the latest issue of *Noticias*, “Sansum Clinic - A Legacy of Medical Innovation”, written by Sansum Clinic physician Dr. Erno Daniel and historian Erin Graffy. *Noticias* is the Historical Museum’s journal devoted to the study of the history of Santa Barbara.

Julie Nadel and Bobbie Rosenblatt of The Women’s Council of Sansum Clinic and the museum hosted a cocktail reception and book signing in conjunction with a lecture by Dr. Daniel and Ms. Graffy at the museum on Thursday, February 27.

Also during the lecture, George, Bill and Bob Burtness unveiled a bust they commissioned of Dr. William David Sansum, a founder of Sansum Clinic. The bust is a gift to Sansum Clinic from the Burtness Family in memory of Dr. Sansum and their father Hildahl I. Burtness, MD. Dr. Burtness was a physician at Sansum Clinic for 53 years and worked with Dr. Sansum from 1930 to 1948. The bust is on permanent display at Sansum

Clinic’s multi-specialty site at 317 W. Pueblo Street. The bust was sculpted by local artist Sue DiCicco.

Dr. Erno S. Daniel is an internal medicine specialist at Sansum Clinic and one of the first physicians in Santa Barbara certified in geriatric medicine. He has been with Sansum Clinic for 36 years. He is a 1964 graduate and 2013 Wall of Fame Award recipient at Santa Barbara High School. Dr. Daniel became involved in preserving the Clinic’s history in 1983, Santa Barbara’s 200th anniversary. Manuscripts he edited which relate to Clinic histories are preserved in the library of the Santa Barbara Historical Museum.

Erin Graffy is a noted author and her work has appeared in the *Southern California Quarterly* and *Santa Barbara Magazine*. She has authored several books most recently, *The Santa Barbara Yacht Club: A Waterfront History*. She has written a number of pieces for *Noticias*. 🌻



Erin Graffy



Dr. Erno Daniel



George, Bill and Bob Burtness with the bust of Dr. William David Sansum

Advanced Surgery Center

Artist rendering of the completed Medical and Surgical Center



We are looking forward to the opening later this year of our advanced ambulatory surgery center in Santa Barbara. This new facility, developed by the Towbes Group, will accommodate the growing needs of the community and enable us to respond to the greater demand for outpatient procedures.

The project is located at 4151 Foothill Road just east of the overpass of Route 154. The two buildings will total approximately 60,000 square feet of medical office space and exam rooms in an outpatient surgical setting. The four acre site will offer convenient access and parking for patients, bicycle parking and a full-service café.

Medical and Surgical Center under construction in February 2014



The larger Ambulatory Surgery Center (ASC) will include four operating rooms and a procedure room and also house the surgical specialties Orthopedics, Podiatry, Urology, ENT/Otolaryngology and Audiology, as well as Radiology and Physical Therapy. This will enable us to strategically align departments with similar needs under one roof with modern facilities, equipment and technology.

The second building will house the Sansum Clinic Eye Center, the only multi-specialty ophthalmology center in the area. The Eye Center will offer a state-of-the-art surgery and procedure room and will provide general ophthalmology, pediatric ophthalmology, cataracts and glaucoma specialties. 🌻

Health Education Programs

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 cost and are open to the community.

The Eye Center gets finishing touches to the exterior



This new outpatient medical and surgical center embodies what Sansum Clinic is all about: multiple specialties working together to better serve our patients and the community.



Programs include:

- Advance Directives
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Dementia Caregivers Support
- Diabetes Basics (in English & Spanish)
- Diabetes Blood Sugar Control
- Fibromyalgia Support Group
- Healthier Living with Ongoing Health Conditions
- Heart Health
- Hip or Knee Replacement Seminar
- Lymphedema Education
- Medicare
- Neck & Posture Wellness
- Nutrition Navigator
- Pre-Diabetes
- Stress Management
- Walking Groups
- Weight Management Strategies
- WomenHeart Support Group

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

Sansum Clinic to Enroll Patients in ABSORB III Trial Studying “Disappearing” Heart Device



Dr. Joseph Aragon



Dr. Michael Shenoda

Sansum Clinic cardiologists Dr. Joseph Aragon (Principal Investigator) and Dr. Michael Shenoda (Sub-Investigator) are among the first cardiologists in the central coast region enrolling patients into the ABSORB III clinical trial. ABSORB III is the first U.S. clinical trial to evaluate the potential benefits of the Absorb Bioresorbable Vascular Scaffold (BVS) in comparison to a medicated metallic heart stent, also called a drug eluting stent, in patients with coronary artery disease, the most common form of heart disease. The trial is being conducted at Santa Barbara Cottage Hospital.

The Absorb BVS, made by global healthcare company Abbott, is a small mesh tube that is designed to open a blocked heart vessel, restore blood flow to the heart and then dissolve into the blood vessel over time. The scaffold dissolves except for two pairs of tiny metallic markers, which help guide placement and remain in the artery to enable a physician to see where the device was placed.

Coronary artery disease is a leading cause of death for men and women in the United States. Patients with this disease can experience symptoms such as chest pain and shortness of breath when the demand for blood to the heart is more than the heart's ability to supply blood due to blockages in the vessels. These blockages are caused by the build-up of fat and cholesterol inside the vessel.

Since the 1970s, physicians have treated coronary artery disease patients with balloon angioplasty and drug eluting metallic stents, allowing many patients to avoid open heart surgery.

Unlike a metallic stent that remains permanently in the body, Absorb is referred to as a scaffold to indicate that it is a temporary structure. This Absorb BVS is made of polylactide, a naturally dissolvable material that is commonly used in medical implants such as dissolving sutures.

The ABSORB III clinical trial will enroll approximately 2,250 patients, the majority in the United States. The primary endpoint of the trial is target lesion failure, a combined measure of safety and efficacy, at one year compared to standard treatment. In addition, a subset of patients within the trial will be evaluated for novel endpoints such as vasomotion, a measure of how much natural motion returns to the vessel as Absorb dissolves into the arterial tissue.

Each year, about 785,000 Americans have their first heart attack. Another 470,000 who have already experienced one or more heart attacks will have another. Heart disease accounts for one of every six deaths that take place in the United States. 🌟

Award of Appreciation

The Western States Affiliate of the American Heart Association presented Dr. Kurt Ransohoff an Award of Appreciation to Sansum Clinic at the Go Red for Women luncheon at The Fess Parker in Santa Barbara on February 14.

“We recognize Sansum Clinic with the Award of Appreciation for outstanding achievement in support of the American Heart Association’s efforts in cardiovascular science, education and community programs. Thank you from the bottom of our

hearts for all you do to help us move our mission forward in the fight against heart disease and stroke,” said Lisa Dosch, Executive Director of the AHA.” 🌟



A Couple of Good Reasons to Consider Weight-Loss Surgery



Busy professionals Jon and Barbara Allcock decided they needed to make important changes in their life. Jon was diagnosed with Type 2 diabetes, high blood pressure and high cholesterol. The added diagnosis of sleep apnea was “a real wake up call.”

Jon consulted with his doctor and chose to undergo bariatric surgery with Dr. Marc Zerey at the Sansum Clinic Bariatric Surgery Center, a certified Center of Excellence. While both had always struggled with their weight, initially Barbara didn't think she was a candidate because she had no particular health issues and considered herself to be “healthy obese.”

Since Jon did so well after his surgery, Barbara consulted with her family doctor and Dr. Zerey and both felt it was the perfect time to do the surgery as she was still healthy and the surgery would definitely help to keep her that way.

We asked Jon and Barbara to talk about some of their experiences.

JON: My surgery was about two years before Barb's, but she was really great about helping me stay on the straight and narrow. Once she had her surgery, I was able to coach her along her journey. I think she has done great!

BARBARA: Because Jon's journey to wellness and weight-loss began before mine, I was fortunate to have him beside me to walk me through all the changes I was going through. Jon was the model patient. He followed the rules and strictly followed the program to lose 190 lbs in the first year. For someone who was a real foodie throughout his life, he really surprised me with how well he stuck to the food regimen after surgery. It really does help to have someone who understands what you're going through and can be supportive, especially in those early weeks.

JON: I've changed my eating habits and now I exercise, and I like it! We both now have more energy. Being able to get on the floor and play with our grandkids, and run after them, makes this all so worth it. We're more active, we've even started to ride our bikes more.

BARBARA: Besides the obvious weight loss, I have more energy, feel better about the way I look and actually enjoy shopping for clothes again. This past summer Jon and I took a three month Crossfit Class. It was hard, and something I don't think I would have even considered before surgery.

JON: It really is a lifestyle change. If you follow the program, you'll succeed.

BARBARA: This isn't the easiest road you'll be on, and it takes some getting used to, but the end result is awesome. Imagine feeling fit, liking what you see in the mirror, and mostly, knowing that you've done something to add years to your life so that you can be around for all those family milestones! 🌟

Bariatric Surgery Orientation New Options for Weight-Loss Surgery

Santa Barbara
Sansum Clinic, 317 West Pueblo Street
April 14, May 12, June 9, July 14
6:00 pm to 8:00 pm

Lompoc
Sansum Clinic, 1225 N. H Street, Lompoc
March 19, May 21, July 16
6:00 pm to 8:00 pm 🌟

The Bariatric Surgery Center works closely with each patient and their physician to assure their weight-loss success. Orientation programs introduce patients to the types of bariatric procedures that include the Roux-en-Y gastric bypass procedure, lap band surgery and the gastric sleeve procedure. Most procedures can be performed laproscopically or using minimally invasive surgical techniques that help speed recovery times and reduce surgical complications. Dr. Zerey consults with each individual and discusses goals and lifestyles to determine the best surgical options for each patient.

Patients consult with Sansum Clinic's Registered Dietitian before and after their procedure to monitor food intake and weight loss progress. Sansum Clinic also offers a support group to help patients adjust to their new lifestyles and to encourage their success.

Call 898-3472 to schedule a free consultation or to attend one of our patient education seminars to meet Dr. Zerey and learn about your surgical weight loss options. 🌟

Honoring Nurse Practitioners

HANGAMA ABASSI, NP, OCN, MEDICAL ONCOLOGY

I would like to inform our community about the value of nurse practitioners in the context of healthcare reform and how their roles are vital in the health and care of the public. The demand for nurse practitioners (NPs) dates back to the 1960s when state governments were forced to create new ways to meet the ever growing demands for healthcare services due to shortages of doctors and increasing healthcare demands of the public. Here we are 40 years later and the demands remain the same if not greater. With the current implementation of the Patient Protection and Affordable Care Act an additional 32 million patients will require access to primary care. The primary care physician workforce is expected to continue to shrink as fewer medical residents choose internal medicine specialties. By 2020, the United States will face a shortage of more than 45,000 primary care physicians. The scarce supply of primary care physicians requires a robust NP workforce to absorb increasing demands of primary care.

Nurse practitioners are highly qualified individuals who are certified to deliver safe and cost effective care to their patients. Nurse practitioners utilize a holistic approach in their care and see their patients as individuals with unique needs and thus formulate their care plans accordingly. Research has shown that with NPs' expert knowledge and excellent bedside manners, they deliver the same quality of care as physicians if not better. NPs are dedicated to bridging the gaps in healthcare to meet the needs of patients in California. NPs, working in collaboration with physicians, diagnose and manage acute and chronic conditions, prescribe medications, educate and counsel patients on healthcare issues and provide hands-on care to patients. There are over 16,000 NPs in California. Nationally, there are about 140,000 practicing NPs. Nearly 9,000 new NPs are trained each year at over 325 colleges and universities. NPs work under standardized procedures which are developed in collaboration with the physicians, nurses and facilities they work with. These standardized procedures are tailored to meet the needs of the unique setting and patient population in order to allow the NP to maximize his or her education and training.

NPs play a critical role in meeting California's healthcare needs. Working hand-in-hand with other licensed medical professionals, NPs improve the responsiveness and efficiency of our healthcare system. Because of their focus on primary care, disease prevention, and counseling, NPs serve as healthcare first responders for many families. NPs provide healthcare to people

of all ages and in diverse healthcare settings, such as private office practices, hospitals, long-term care facilities, schools, state and local health departments, and community clinics. NPs also improve the healthcare system's ability to reach underserved populations. Primary healthcare is desperately needed in many urban and central city communities. NPs serve in these areas where there is a high demand for healthcare and a shortage of physicians.

NPs specialize in many areas at Sansum Clinic, including Obstetrics & Gynecology, Family Practice, Pediatrics, Cardiology, Hematology/Oncology, Orthopedics and Urgent Care. The scope of services our NPs provide, includes:

- Diagnosing, treating, evaluating and managing acute and chronic illness and disease (e.g. diabetes, high blood pressure)
- Obtaining medical histories and conducting physical examinations
- Ordering, performing, and interpreting diagnostic studies (e.g., routine lab tests, bone x-rays, EKGs)
- Prescribing physical therapy and other rehabilitation treatments
- Furnishing drugs for acute and chronic illness
- Providing prenatal care and family planning services
- Providing well-child care, including screening and immunizations
- Providing primary and specialty care services, health maintenance care for adults, including annual physicals
- Providing care for patients in acute and critical care settings
- Performing or assisting in minor surgeries and procedures (e.g. dermatological biopsies, suturing, casting)
- Counseling and educating patients on health behaviors, self-care skills, and treatment options. ☀



Hangama Abassi, NP, OCN, has joined our Medical Oncology and Hematology Department at 317 W. Pueblo Street. Ms. Abassi received her degree from UCLA's School of Nursing. She is certified with the American Nurses Credentialing Center.

The Natural Cheek & Neck Lift combined with an Eyelid Lift

HEATHER GRIECO, RN

The Natural Cheek and Neck Lift combined with an Eyelid Lift are types of cosmetic surgeries that are performed to give a more youthful appearance to the face and eyelids. As we age, our skin loses its elasticity and begins to sag. This process can leave your face and eyelids looking tired and worn, with deep wrinkles, hollow cheeks, jowls and loose skin in the lower face and neck. Dr. LaPatka tailors each surgery to address the specific facial aging concerns of each patient. He specializes in advanced surgical techniques that are used to tighten the underlying tissues and remove the excess facial and eyelid skin. His results provide a natural and more youthful appearance.

Dr. LaPatka tailored Anna's surgery to address not only her concerns of facial aging to her mid-face region but to her upper and lower eyelids as well. He frequently combines the cheek and neck lift procedure with upper and lower eyelid surgery. Eyelid surgery is also known as blepharoplasty surgery which improves the appearance of the upper and lower eyelids by removing excess skin, puffiness and droopiness to the eyelids.

The combination of these surgical procedures provided Anna with a more youthful appearance to her face and eyes, making her look more rested and alert. 🌸

"I felt so much younger than I looked, so when my husband asked me what I wanted for Christmas I gave him a long list of outrageous things including a facelift."

Before



After



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



Dr. David F. LaPatka is a board-certified facial plastic surgeon. He has performed thousands of surgical and non-surgical corrections of the skin, forehead, brow, eyelids, nose, cheeks, chin, and neck. You can reach the Facial Plastic Surgery and Aesthetics Department at (805) 681-7844.

Visiting from Out of Town?

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, Courtyard by Marriott, Days Inn, Fess Parker's DoubleTree Resort, Extended Stay America, Four Seasons Biltmore Resort, Franciscan Inn, Hyatt Santa Barbara, Inn by the Harbor, Lavender Inn by the Sea, Motel 6, Quality Inn, Ramada Limited, West Beach Inn.

Visit our website under Patient and Visitor Services for more information. 🌸



Bacara Resort & Spa



TIPS TO HELP YOU STAY HEALTHY

You know your body better than anyone. Tell your doctor or nurse about any changes in your health and ask about any concerns you may have. Follow these simple steps for your good health.

Get the Health Screenings You Need

Screenings are tests that look for diseases before you have symptoms. Here are some conditions you should consider screening for based upon your age, gender and other potential risk factors:

- High Blood Pressure
- High Cholesterol
- Type 1 and Type 2 Diabetes
- Overweight and Obesity
- Depression
- Breast Cancer
- Cervical Cancer
- Osteoporosis (Bone Thinning)
- Colorectal Cancer
- HIV, Syphilis, Chlamydia, Hepatitis C & Other Sexually Transmitted Diseases
- Glaucoma
- Skin Cancer
- Abdominal Aortic Aneurysm

Take Preventive Steps

Immunizations. Get a flu shot every year. If you are 65 or older, get a pneumonia shot. Depending on your health problems, you may need immunizations to prevent diseases like whooping cough or shingles. Talk with your doctor or nurse about what's right for you.

Aspirin. If you are 45 or older, ask your doctor if you should take aspirin to help prevent heart disease.

Breast Cancer Prevention Drugs for Women. If your mother, sister or daughter has had breast cancer, talk to your doctor about whether it would be appropriate for you to take medicines to prevent breast cancer.

Fall Prevention. Increase your bone and muscle strength by engaging in weight bearing physical activity and consider vitamin D supplementation.

Take These Steps to Your Good Health

Be physically active.

Make healthy food choices.

Get to a healthy weight and stay there.

Be tobacco free.

Limit alcoholic drinks to two per day.

Sharing + Educating

Learn about our wellness programs at
www.sansumclinic.org/health-and-wellness
 or call 1 (800) 4-SANSUM

Welcome New Providers



Hangama Abassi, NP, OCN
Nurse Practitioner



Karen Jorgensen, RN, BSN
Breast Care Navigator



Emily Luxford, MS, RD
Nutritionist & Dietician

HANGAMA ABASSI, NP, OCN
Medical Oncology and Hematology
Cancer Center of Santa Barbara with Sansum Clinic
317 W. Pueblo Street, Santa Barbara

Hangama Abassi, NP, OCN, joined our Medical Oncology and Hematology Department at 317 W. Pueblo Street. Ms. Abassi received her degree from UCLA's School of Nursing. She is certified with the American Nurses Credentialing Center.

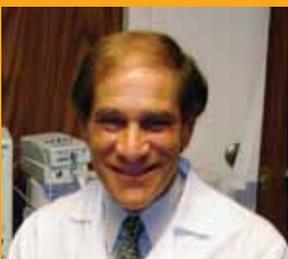
KAREN JORGENSEN, RN, BSN
Breast Care Navigator
Cancer Center of Santa Barbara with Sansum Clinic
540 W. Pueblo Street, Santa Barbara

Karen is a dedicated and compassionate Registered Nurse with more than 15 years of experience working in women's health, both inpatient and ambulatory. She has extensive women's health experience as a Triage Nurse and Sexual Health Educator. Prior to joining Sansum Clinic, Karen served as Nurse Coordinator for a breast oncology surgical practice at Beth Israel Deaconess Medical Center, a major Harvard affiliated teaching hospital in Boston, MA.

EMILY LUXFORD, MS, RD
Nutritionist and Dietitian
Pueblo Multi-Specialty Clinic, 317 W. Pueblo Street, Santa Barbara
and Lompoc Multi-Specialty Clinic, 1225 N. H. Street, Lompoc

Emily Luxford is a Registered Dietitian with a master's degree in nutritional science. She has experience as a credentialed elementary school teacher and currently serves on the faculty at CSULB. Emily's focus is individualized medical nutrition therapy. Her practice includes evidence based nutrition intervention for cardiovascular disease, diabetes, renal disease, gastrointestinal disorders, bariatric surgery nutrition support and disease prevention. 🌻

Remembering Dr. Mark Toscher, Audiologist



Mark Mitchell Toscher, 62, died peacefully surrounded by family in his home Saturday July 6th, 2013 after battling lung cancer. Mark called Santa Barbara his home for the last 35 years and was a leader in his profession as the head of Audiology at Sansum Clinic. Whether he was playing tennis or the stock market, spending time with his family, or telling a bad joke, Mark always had a passion for life. His energy and his optimism will be missed. 🌻

Stay in Touch

with Sansum Clinic

Clinic Operator:
1 800 4 SANSUM (472-6786)
for all services and departments.

After hours physician on call for
urgent medical needs.



Directory of Locations & Departments
sansomclinic.org/phone-directory



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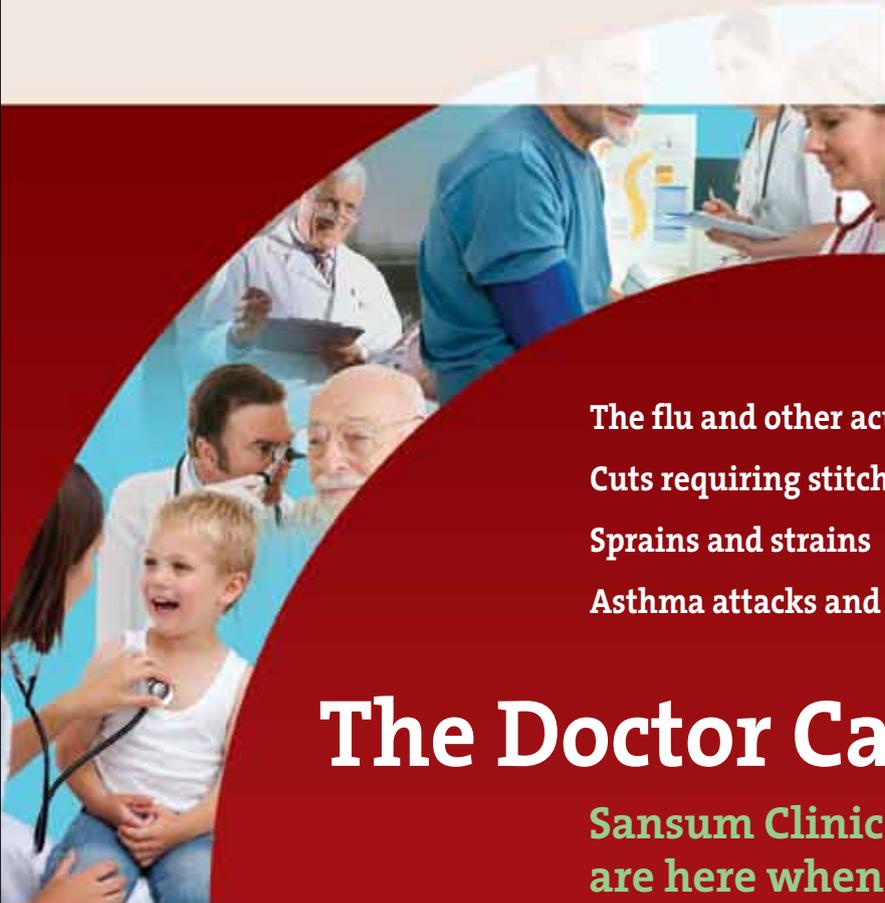


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Sansum Clinic TV on Cox
Channel 2636



The flu and other acute illnesses
Cuts requiring stitches
Sprains and strains
Asthma attacks and other urgent concerns

The Doctor Can See You **NOW**

Sansum Clinic's Urgent Care Centers
are here when you need us most



Our Urgent Care providers treat minor emergencies, acute problems, and urgent medical needs when an unscheduled visit is necessary. We are staffed by a full medical team, with board-certified physicians during all hours of operation.

Services are available without an appointment and during extended evening and weekend hours for conditions that need prompt attention, but are not life threatening.

See page 8 for Urgent Care
Locations and Hours



470 South Patterson Avenue, Santa Barbara, CA 93111