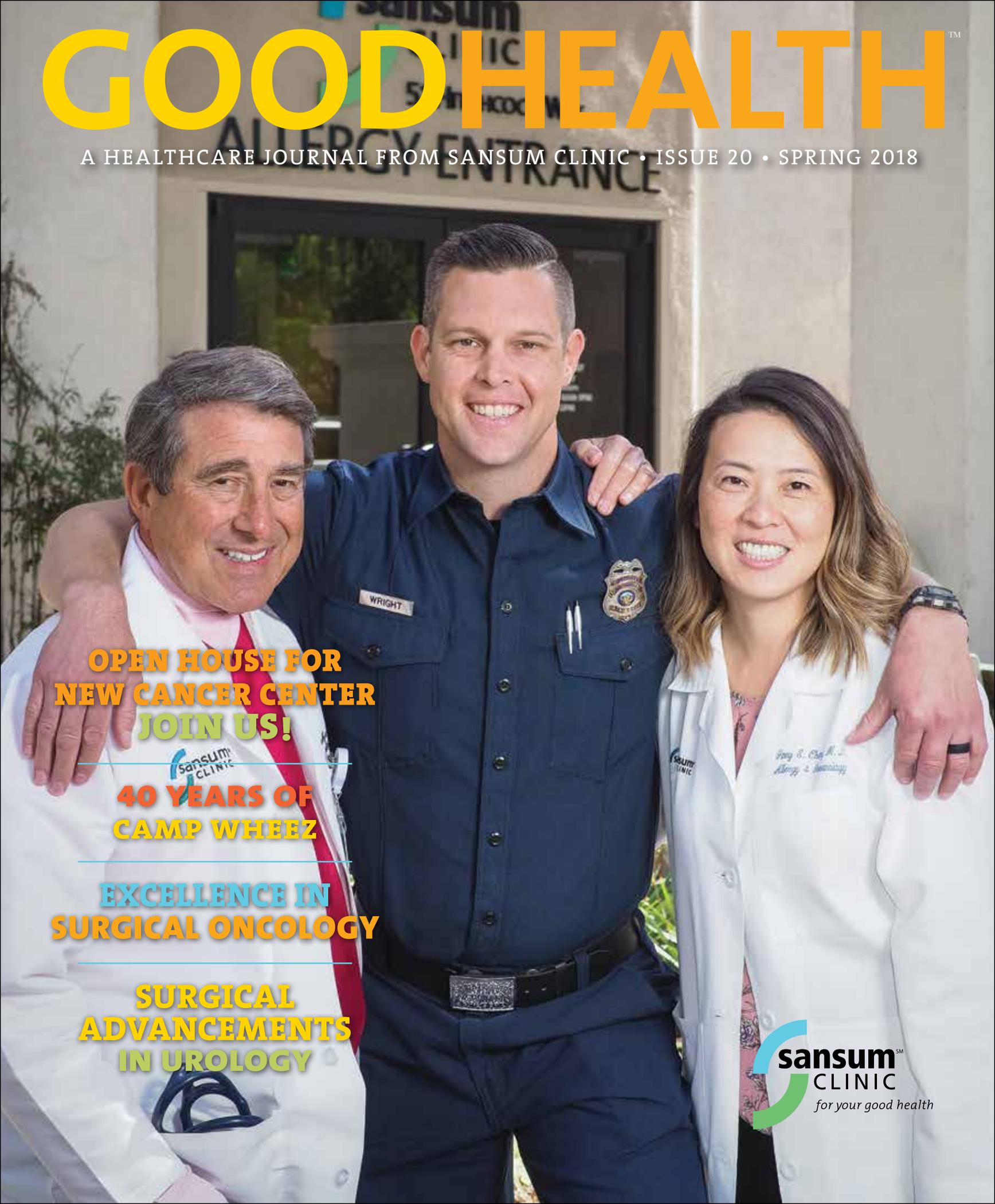


# GOOD HEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 20 • SPRING 2018



**OPEN HOUSE FOR  
NEW CANCER CENTER  
JOIN US!**

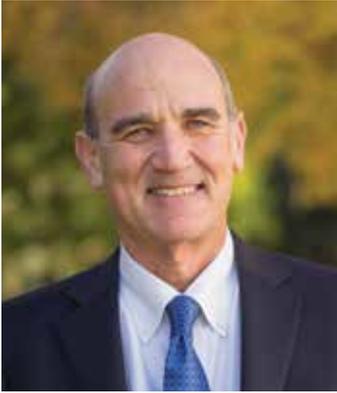
  
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CLINIC  
for your good health

## Dear Patients,



We recently received an especially meaningful gift of \$1 million from a grateful patient who wishes to remain anonymous. What is most remarkable is that gifts of this size often are earmarked for specific programs or services. But in this case, the patient wanted the gift to be used for Sansum Clinic's most pressing needs. We will likely use the funds to help bring new physicians to our community and to begin a Palliative Care Program, both of which are important efforts that are largely dependent upon philanthropy. This particular \$1 million gift was made in honor of Drs. Michael Bernstein, Daniel Curhan, Brett Davis, Christopher Donner, William Dunbar, Andrew Mester and the staff of our Radiology Department. Recognition of this diverse group of doctors is a testament to how our multispecialty team works together for the benefit of our patients.

We are humbled by the response from donors and patients in celebration of National Doctors' Day in March, which generated many notes of appreciation to physicians and medical staff.

The campus of the Ridley-Tree Cancer Center is now complete and I hope you will join me for the community open house and public unveiling of the Elings Oncology Building, Wolf Education and Training Center and the Healing Garden on Saturday, May 12, 2:00 – 4:00 pm. See page 5 for additional information.

MyChart, our innovative and secure patient portal, is one of our providers' preferred, most efficient, methods of communicating with patients outside of the clinic. MyChart gives you convenient access to key parts of your medical record from anywhere at any time, and all MyChart communication becomes a part of your personal health record so you can refer to it as needed. If you haven't already signed up for MyChart, we strongly encourage you to do so to get the most out of your experience as a patient of Sansum Clinic.

On a sad note, Honorary Trustee Bill Wayne died recently, at home, peacefully with his family there, after a long illness. We are grateful for his decades-long commitment to the good health of our community.

We know you have a choice in where you receive your healthcare, and we thank you for choosing Sansum Clinic. It is a privilege to serve you and your family.

Sincerely,

Kurt N. Ransohoff, MD, FACP  
CEO and Chief Medical Officer

## GOOD HEALTH

A free publication from  
Sansum Clinic published  
three times a year

ISSUE 20 • SPRING 2018

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, FACP  
*Chief Executive Officer and  
Chief Medical Officer*

Chad Hine, MBA  
*Chief Operating Officer*

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

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## Let's Protect Each Other

Outbreaks of measles have recently been reported across the country, including California. We can work to keep measles and other vaccine preventable diseases out of Santa Barbara County by keeping our community immunity levels at 95% or higher.

**Protection is in the numbers.** Communities with lower vaccination rates have an increased risk of disease outbreaks. Communities with a 95% vaccination rate are better protected.

**Getting vaccinated is how we protect ourselves and others who are vulnerable.**

Infants, patients receiving chemotherapy and others with weakened immune systems are at higher risk to contract infectious diseases. We can protect ourselves and our vulnerable populations by encouraging 95% or more of our neighbors to stay up-to-date on their vaccines.

**Vaccine safety is closely monitored.** Few things have been more rigorously studied than the safety of vaccines in children. The good news is that there is no link between vaccines and autism.

**Delaying vaccines or spacing them out is not beneficial.** In fact, delaying vaccines only delays a child's ability to develop immunity and increases the time that a child is susceptible. Scheduling extra appointments to space out shots creates extra stress for parents and children.

**Talk to your doctor.** Ask questions. Pursue information from credible, scientifically valid sources. Please visit [www.StriveFor95.org](http://www.StriveFor95.org) for reliable resources.

**We're all in this together.** In 2015, Sansum Clinic, Santa Barbara County Education Office, Santa Barbara County Public Health Department and Cottage Health created the **Strive for 95 Coalition** with the mission to rebuild our community's immunity to at least 95%, offering protection from vaccine preventable diseases to all community members — including healthy children and those with weakened immune systems. For more information and helpful links, please visit [www.StriveFor95.org](http://www.StriveFor95.org).

**Strive for 95** – Let's protect each other. **R**

– Daniel Brennan, MD, Sansum Clinic Pediatrics & Adolescent Medicine Dept.

## Managing Stress

MARGARET WEISS

In recent months our community has experienced fire, flood and debris flow in the worst disaster in Santa Barbara history. After such an event, it is normal to experience feelings of sadness, grief or anger. Some people may have difficulty sleeping, experience headaches or stomach problems, or have a hard time thinking clearly. To ease the stress after a disaster you can:

- Spend time with family and friends
- Talk with others about your thoughts and feelings
- Volunteer to help
- Maintain a normal daily routine as much as possible
- Be active, eat well and do something that brings you joy

You can help children deal with their feelings by being calm and reassuring and by answering their questions simply and honestly. Encourage them to express their feelings by talking, writing or drawing.

In time, the symptoms of stress lessen. If they do not go away or if they interfere with your family, friends or job, you may need to seek professional help.

*For a list of resources, please stop by the Health Resource Center at our multi-specialty clinic at 215 Pesetas Lane. **R***

## GOODHEALTH

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*Andrew Beckler, MD*



**On the cover:** Local firefighter Tim Wright keeps his asthma under control with the help of his doctors and the lessons he learned at summer camp, *page 10*.

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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.*

# World's Smallest Pacemaker Available in Santa Barbara

NICOLE YOUNG

The world's smallest pacemaker, Medtronic's Micra<sup>®</sup> Transcatheter Pacing System (TPS), is now an option for Sansum Clinic patients. **Dr. Gregory Cogert**, a cardiac electrophysiologist, was selected, trained and certified by the medical device company to implant this new technology, the only one of its kind currently on the market. "The future of cardiac pacing has arrived," proclaims Dr. Cogert. "This is the biggest advance in more than 30 years. It's definitely the leapfrog of technology. There is no going back."

Approved by the FDA in 2016, Micra is about the size of a small vitamin capsule and is fabricated from titanium. The device is moved to the heart through a catheter placed into a vein in the leg. A traditional pacemaker uses wires that connect to the heart. Micra has no wires and is placed inside the heart, avoiding any incision, scar or bump beneath the skin in the chest area. Prongs from the Micra generate lifesaving electrical impulses to regulate heart rhythm. Adjustments are made using an external programmer. After one overnight for monitoring purposes, patients can resume daily life with normal movement. "There is a Band-Aid on your leg for a week and it's as if it never happened," explains Dr. Cogert.



Dr. Gregory Cogert

The patented "leadless" design of Micra is even more important medically than the miniature size, in Dr. Cogert's opinion, because it prevents complications that sometimes occur with traditional pacemakers. There are no wires that could break or become infected over time. Micra also eliminates the small risk of damaging the lung when a needle is used to connect the wires from a standard pacemaker to the heart. Tests show the device's battery life is about 12 years, but if a patient's Micra should stop working down the road, doctors would be able to deactivate it and position a second device right alongside, according to Dr. Cogert.

The only patients who qualify to receive a Micra are those needing a pacemaker delivered to the bottom chamber of the heart, which pumps blood to the body. The ability to correct a slow heart rate problem without clogging up other veins in the body with pacemaker wires could also be helpful for dialysis or oncology patients who may have vascular access needs. Dr. Cogert predicts that eventually the traditional pacemaker, as we know it, will be gone, and ultimately a similar capsule-sized device will be developed for the heart's upper chamber. "It's only a matter of time before we completely abandon wires in the heart," he reports. "The Micra is a real win for patients here in Santa Barbara who fit the criteria and would prefer to not have an incision and wires in order to get adequate pacing. It's a huge advance."

**To contact the Cardiology Department at Sansum Clinic's multi-specialty center at 317 W. Pueblo Street, please call (805) 898-3138. R**



Cardiology physicians and staff

More than 700 participants in trials to gauge the performance and reliability of Micra leading up to its approval by the Food and Drug Administration demonstrated a nearly-perfect success rate with implantation and an extremely low rate of complications. Cardiologists working with the trial reported that Micra met its safety and effectiveness goals by wide margins. In the first month after FDA clearance, Medtronic's Post-Approval Registry showed that with a diverse, real-world patient population, the Micra still performed with a 99.6% implant success rate.

# iStent® Provides Relief for Glaucoma Patients

NICOLE YOUNG



The world's *smallest* medical implant is delivering big results for Sansum Clinic patients with mild to moderate glaucoma. The iStent® Trabecular Micro-Bypass Stent is a one millimeter-wide, titanium device so tiny it would appear like a speck on a penny. With its snorkel shape, iStent creates a new opening in the eye's natural drain, releasing

fluid build-up. Eye pressure from fluid is a common symptom associated with glaucoma that can cause discomfort and a gradual loss of vision. Implanted only during cataract surgery, iStent is too small to be placed by hand. The surgeon preloads the device onto a specially designed, single-use inserter viewed through a microscope lens to ensure accurate, micro-targeted placement. One touch of a button on the inserter and the iStent is embedded into the optic tissue where it stays in place permanently. Patients cannot see or even feel the device inside their eye.

**Dr. Toni Meyers**, a Sansum Clinic ophthalmologist who specializes in glaucoma and cataract surgeries, participated in the clinical trials for iStent and has been recommending the device for her patients since its FDA approval in 2012. "The iStent is a wonderful option to add during cataract surgery because it's done using the same incisions right at the end of the procedure," she explains. "The size of the iStent is significantly smaller than other glaucoma devices, making the implantation very straightforward." Currently, Dr. Meyers performs several hundred iStent surgeries each year. She reports most of these patients can reduce the number of eye drop medications needed, or go off them completely. Recovery time is minimal, the same as for cataract surgery. The device doesn't rule out MRI imaging or any future eye procedures. With no current cure for glaucoma, hundreds of thousands of patients around the world have received iStent since its inception and the numbers are rising in the U.S. now that Medicare and many private insurance companies cover the cost.

Dr. Meyers regularly tracks the increased variety of micro-invasive glaucoma surgeries (MIGS.) "The goal is to become

less invasive, but equally effective in terms of lowering pressure and minimizing side effects for these patients with mild to moderate glaucoma," she reports. Of the various options on the market created to reduce eye pressure, iStent was the first MIGS device approved by the FDA and therefore has a long record of published research. In a recent study published by the *Journal of Cataract and Refractive Surgery*, 79% of patients with mild to moderate glaucoma maintained lower eye pressure, 86% were able to reduce the number of medications taken and 74% were medication-free even three years after the procedure. Dr. Meyers sees similar, if not better, results in her patients. This is welcome news for those suffering with the effects of glaucoma. Two-thirds of all glaucoma patients have difficulty administering eye drops, with many struggling to put in even a single drop, according to the American Glaucoma Society. Early refill denials and high-copays are other roadblocks to obtaining the medications that bring relief. Finding a solution to eye pressure cannot be ignored. Addressing the problem using iStent can prevent future damage, vision loss or even blindness in these patients. "We are trying to treat them earlier in the spectrum of the disease," says Dr. Meyers. "This is an exciting option for many with cataracts in our community living with glaucoma."



Dr. Toni Meyers

*To contact the Ophthalmology Department at Sansum Clinic's Elings Eye Center at Foothill Medical & Surgical Center, please call (805)681-8950. R*



# Medical Excellence

## Surgical Oncology on the Central Coast

NICOLE YOUNG

**W**hen Dr. William Charles Conway arrived in Santa Barbara in the fall of 2017 as the new Director of Surgical Oncology at Ridley-Tree Cancer Center at Sansum Clinic, he became the organization's first fellowship-trained surgical oncologist. Fellowship training in oncological surgery is undertaken after completion of a residency in general surgery. This advanced training focuses on the care of patients with cancer including added experience with complex operations and, importantly, stresses a multidisciplinary approach where treatments are planned by a team of cancer physicians from different disciplines. "We try to see ourselves not only as surgeons, but also as cancer doctors," Dr. Conway emphasizes. He is focused on developing the gastrointestinal (GI) surgical oncology program at Ridley-Tree Cancer Center and its coordinated multidisciplinary programs, while also facilitating research and new clinical trials. "My goal is to gain the trust of patients and physicians in the community," he explains. "The new cancer center is ideally suited for high-quality cancer care. It makes it so much easier to collaborate. Many of these patients do need multiple types of treatment."

While Dr. Conway's career landed him at top tier institutions in big cities like Detroit, Los Angeles and New Orleans, his interest in medicine began in a much smaller place: his tiny hometown of Fremont, Michigan. Birthplace of the Gerber Baby Food Products Company, Fremont houses only about 6,000 residents within a few square miles. When Dr. Conway was growing up there, everyone knew the handful of general, jack-of-all trades physicians, admired for their ability to treat a myriad of ailments. Because of their great trust and reliance on these doctors, Fremonters would ring them up for all types of emergencies, knowing they'd get a quick response and a listening ear. Dr. Conway shadowed several of these physicians while on home rotations from Wayne State University Medical School, giving him a close-up view of the kind of small-town medicine he guessed he might pursue one day. "I always admired their skill and dedication to their patients. I thought they were amazing," notes Dr. Conway.

Following medical school and a general surgery residency at Wayne State University and the Detroit Medical Center, Dr. Conway spent a year researching colon cancer cellular adhesion, an education he believes benefits him still. "It was so valuable to have time to understand how the medical research



Dr. William Charles Conway

system works. It makes you a little better at deciphering whether or not a medical paper will be important in patient care," he points out. The last few months of his residency, Dr. Conway flew to Ghana, Africa to join a general surgery residency, one of the most inspiring experiences of his career. "You realize how lucky we are to be in America with the medical care we have. Patients there would walk around with their own medical chart in a manila folder and hand it to the doctor," he recalls. "It was amazing to see what they did with the resources they had."

Dr. Conway's next stop was the surgical oncology fellowship program at the John Wayne Cancer Institute in Santa Monica, California. This window of study included broad surgical oncology training as well as focused time learning about the treatment of gastroesophageal cancers at the University of Southern California, and liver and pancreas cancers at Cedars Sinai Medical Center.

This specialty training led to a position at Ochsner Medical Center in New Orleans. For eight years he worked as a high-volume pancreas, liver, and upper GI surgeon, performing more than 250 Whipple procedures, a complex operation in which the head of the pancreas, the duodenum, bile duct and other



nearby tissues are removed. Dr. Conway views the high-volume experience as a benefit for patients. "There are some operations where there is a definite concordance between the number of cases a surgeon does, and their outcomes. Some specialized pancreas surgeries are best done by a doctor who has had significant experience performing them," describes Dr. Conway. "We're all good at what we do often. Surgery is no different." Dr. Conway boasts a range of experience with more complicated cancer surgeries, including Louisiana's first completely robotic Whipple procedure and a special operation where chemotherapy is delivered directly to the abdomen. Optimistic about the advances in the field of pancreatic cancer, Dr. Conway thinks more attention and research money aimed at the disease is helping. "I think there are some real glimmers. Pancreatic surgery has become much safer. We are able to find patients with earlier stages of disease and even pre-cancerous lesions of the pancreas, and the chemotherapy for pancreatic cancer is more effective."

While working in Los Angeles, Dr. Conway would visit Santa Barbara on weekends and contemplate returning one day when he retired. Living now on the Central Coast with his three children and his wife, Elizabeth, a Sansum Clinic anesthesiologist, is a dream that's arrived early. While Santa Barbara is a bit larger than Fremont, Michigan, for Dr. Conway, his new work home is the perfect marriage of a small-town feel with world-class resources for cancer treatment. The chance to make a real impact with his patients energizes him. "These people are in high-stress situations. Sometimes just being able to offer a plan and an explanation of what is happening makes a huge difference," he adds. "I am proud to offer world-class surgical treatment for cancer patients, close to home, in a very patient-friendly and easy-to-navigate system."

*For more information about the Surgical Oncology Department, please visit [www.ridleytreec.org](http://www.ridleytreec.org) or call (805)898-3270. R*

## Community Open House



View from 3rd floor reception area with outdoor wrap-around balcony



View from 2nd floor reception overlooking the atrium and main entrance



Nursing station, physician offices and exam rooms located on the 3rd floor



Infusion bays and nursing station featuring floor-to-ceiling windows



Elekta Versa High Definition™ Linear Accelerator featuring Sentient lighting environment system

Join us for an open house to see our community's  
new Ridley-Tree Cancer Center  
including the Wolf Education & Training Center and Healing Garden

**Saturday, May 12, 2018**

**2:00 – 4:00 PM**

**540 W. Pueblo Street**

Casual attire, hats & flats

Please RSVP by Friday, May 10 to (805) 681-1797 or [events@ridleytreec.org](mailto:events@ridleytreec.org)

Self-parking available at:

Ridley-Tree Cancer Center – 540 W. Pueblo Street

Sansum Clinic – 317 and 515 W. Pueblo Street

Street Parking

If you are interested in making a gift to support oncology services in our community, please contact Lori Willis, Executive Director of the Cancer Foundation, at (805)898-2187.



Campaign Chair Lady Leslie Ridley-Tree and Cabinet Members Dan Gainey, Sue and Ed Birch, Maryan Schall and Peter MacDougall

## WE COULDN'T HAVE DONE IT WITHOUT YOU!

Sansum Clinic and the Cancer Foundation of Santa Barbara would like to thank Lady Leslie Ridley-Tree and the Campaign Cabinet for their leadership of the *Campaign for Our New Cancer Center* which resulted in more than \$48 million for the new Ridley-Tree Cancer Center! We are proud to welcome a new era in cancer care for patients in our community, close to home, family, friends and work.



**Ridley-Tree Cancer Center**  
at Sansum Clinic



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of SANTA BARBARA

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ridleytreec.org

# Special Thanks to Our Donors

Sansum Clinic and the Cancer Foundation of Santa Barbara would like to thank our donors for ushering us into a new era of cancer care with the opening of the Ridley-Tree Cancer Center.

**\$10,000,000+**

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Genevieve Wu • Carolyn & Phil Wyatt • Grace & Edward Yoon • Eric Zahm & Stacey Geldin • Jane Zonka • Patricia Zucherman • Neil & Karla Zuehlke <sup>R</sup>

\*Deceased

# Ridley-Tree Cancer Center Lecture Series

## Cancer Prevention: From Research to Public Benefit

Thursday, May 17, 2018  
6:00 pm – 7:00 pm

Ridley-Tree Cancer Center  
Wolf Education & Training Center

Parking: please use the main entrance at  
540 West Pueblo Street • Santa Barbara, CA 93105

Free valet parking

Please RSVP by May 14 to (805) 879-5698  
or [events@ridleytreecc.org](mailto:events@ridleytreecc.org) Reservations required

Join us to learn about the state of cancer prevention research from the perspective of Peter Greenwald, MD, DrPH, former Associate Director for Cancer Prevention at the National Cancer Institute (NCI).



**Peter Greenwald, MD, DrPH**  
Dr. Peter Greenwald is the former Associate Director for Cancer Prevention at the National Cancer Institute (NCI), National Institutes of Health (NIH) and a former Assistant Surgeon General in the U.S. Public Health Service.

Dr. Greenwald established NCI's Division of Cancer Prevention to reduce cancer incidence, morbidity and mortality through clinical and public health research.



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What does your family's cancer mean for you?

Certain genes can increase your cancer risk up to 80%.



#### GENETIC COUNSELING GIVES YOU ANSWERS.



The Ridley-Tree Cancer Center was a pioneer of genetic counseling programs in California. We offer hereditary cancer risk counseling to help patients and families with a history of cancer better understand and manage the risk of developing cancer through genetic risk assessment and genetic testing.



**Ridley-Tree Cancer Center**  
at Sansum Clinic

[geneticcounseling.ridleytreecc.org](http://geneticcounseling.ridleytreecc.org)

Call us to get started: (805) 879-5653

# Superheroes & Firefighters

CHRISTOPHER WILLIAMS

**W**hen you ask any child what they want to be when they grow up, their answers vary from being a superhero to being an athlete or doctor to a consistently popular choice: a firefighter. That is especially true here in our community where handmade signs thanking firefighters and other first responders still line our streets and overpasses.

Growing up in Santa Barbara, **Tim Wright** was one of those kids who dreamt of becoming a fireman. “Firefighting was just in his blood,” says his mother, Cathy Wright, as she recalls Tim’s reaction the first time the unmistakable sirens blared down their street to save a nearby home.

Tim remembers that morning as well. He had stayed home from school that day because he was experiencing severe symptoms of childhood asthma. Studies show that asthma is the most common chronic disease in children and kids miss more days of school and have more emergency department visits and hospitalizations due to asthma than any other chronic disease.

Despite his condition, Tim pleaded with his mother take him to the scene so that he could witness the brave men and women in action. Cathy obliged her young son because she knew that the complications of treating and managing his asthma did not dampen Tim’s spirit and determination to be active. Plus, she encouraged him to pursue his dreams as much as any child.

Since he was eighteen months old, Tim had been under the care of **Dr. Myron Liebhaber** at Sansum Clinic’s Allergy and Immunology Department and for the past five years he has been under the care of **Dr. Jinny Chang**. Dr. Liebhaber together with Dr. Chang and a specialized medical staff treat patients from childhood through adulthood for conditions including asthma, allergies, pulmonary disorders, cystic fibrosis and others.

The department recently relocated to expanded facilities at 51 Hitchcock Way in Santa Barbara. The newly renovated facility



Tim assists a canine member of the search and rescue teams during the Montecito mudslides in this photo by Mike Eliason of the Santa Barbara County Fire Department.

includes onsite X-rays, a state-of-the-art pulmonary laboratory and is conveniently adjacent to the Clinic’s Pediatrics & Adolescent Medicine Department.

At age six, Tim enrolled in Camp Wheez, a free summer day camp for kids with asthma founded in 1978 by Dr. Liebhaber together with the American Lung Association. Now celebrating its 40th year, Camp Wheez remains a free community service program of Sansum Clinic and is staffed by doctors, medical professionals and trained community volunteers. Throughout its history, the camp has seen thousands of area kids run, jump, play and breath easier through its programs and activities.

“The care I received from Drs. Liebhaber and Chang has always provided me with the best medications and helped me to develop the skills I need to manage my asthma,” says Tim. “But Camp Wheez gave me something I couldn’t get anywhere else. Not only did I see that I was not alone and that a lot of other ‘normal’ kids had asthma — just like me, but the entire focus of the camp is not on what you can’t do, but on what you can.”

Tim attended Camp Wheez for six consecutive summers where he continued to learn to better manage his asthma, build his confidence and abilities, and enjoy an active lifestyle. Tim then returned as a Camp Counselor earning community service credits while attending San Marcos High School where he was an exuberant member of the drum corps. Tim’s mother Cathy, meanwhile, spent ten years as the Volunteer Coordinator for Camp Wheez, helping other kids to develop the same kind of can-do attitude that she encouraged in her own son.



“Dr. Liebhaber has been an inspiration to me and so many other kids, thanks to his role at Camp Wheez.” says Tim, shown together at camp in 1992 and today.

While there were obstacles and those that would outright discourage Tim from becoming a firefighter because of his asthma, he would not be swayed. He attended Santa Barbara City College and then University of Colorado, Colorado Springs, before being selected by the U.S. Forest Service as an elite “hot shot” fighting wildfires in northern California. By his early 20s, it seemed, Tim had achieved his childhood aspiration.

Unfortunately, a failed lung test on non-standard equipment would interrupt Tim’s dream. Back home, he consulted with Drs. Chang and Liebhaber who referred him to Sansum Clinic’s Occupational Medicine Department. Workplace health specialist Dr. Mark Musicant would collaborate with Tim and his doctors to navigate and meet the health requirements of the Santa Barbara County Fire Department.

Once again, Tim would prove what he can do. In 2015, with the support of his doctors and full disclosure regarding his asthma, and after a highly competitive application process, he was selected to join the Santa Barbara County Fire Department where he has served on the front lines fighting fires in Santa Barbara and Ventura Counties. During the January mudslides in Montecito, Tim was part of a regional hazmat decontamination unit servicing the search and rescue teams.

“I am proud to be able to do what I do,” he says. “But nothing would prepare me for the feeling I had while responding to the urgent needs of my own community on that scale.”

Tim is not the only former camper who refuses to let asthma stand in the way of achieving his childhood dream. A slightly tattered scrapbook in Dr. Liebhaber’s office is bursting with the many photos, postcards and letters from patients and Camp Wheez’ers from across the globe who have gone on to become athletes, doctors, scientists, explorers, and in many ways...superheroes.

**To contact the Allergy and Immunology Department at 51 Hitchcock Way in Santa Barbara call (805) 681-7635. R**

## Celebrating 40 Years!



Camp Wheez is a day camp for children with asthma, providing them with a unique and fun camp experience designed for their special needs, free-of-charge. Campers in grades

1-6 participate in activities teaching them about their asthma, games and recreation, arts and crafts, old-fashioned camp fun!

**August 6–10, 2018**

**Monday–Friday 8:30 am to 12:30 pm**

*Extended hours available to 5:30 pm. Ask for details.*

**First Baptist Church, 949 Veronica Springs Road, Santa Barbara**

*Space is limited. For an application in English or Spanish, or for more information visit [www.SansumClinic.org/camp-wheez](http://www.SansumClinic.org/camp-wheez) or call (805) 681-7672.*

*We are also accepting applications for volunteers! R*

## Where are You Now? Join Our 40th Anniversary Celebration!

Are you a former Camp Wheez’er, volunteer, or a family member of a camper? We’d like to hear from you. Share your stories and pictures and join us at the close of our 40th camp for an anniversary celebration and alumni reception. We are honoring all the many success stories, big and small, that have grown from the Camp Wheez experience.

- Share your memories and photos from Camp Wheez and connect with other campers.
- Tell us about your success stories.
- RSVP to attend our celebration and alumni reception.

### Connect with Camp Wheez

Visit, post, like, follow and share on the Camp Wheez Facebook page at [www.facebook.com/campwheez](http://www.facebook.com/campwheez)

*Send your comments, photos and Camp Wheez stories to [campwheez@sansumclinic.org](mailto:campwheez@sansumclinic.org)*

### Attend our Anniversary Celebration

**Friday, August 10, 2018, 11:30 am – 1:00 pm**

**First Baptist Church, 949 Veronica Springs Road,**

**Santa Barbara. Space is limited. RSVP to**

**[campwheez@sansumclinic.org](mailto:campwheez@sansumclinic.org) or call (805) 681-7672. R**



**Kids, staff and volunteers donned red capes and masks as they celebrated the superhero in everyone during Camp Wheez 2017.**

# Welcome Andrew Beckler, MD

## Facial Plastic & Reconstructive Surgery and Ear, Nose, Throat (ENT) Departments

CHRISTOPHER WILLIAMS



Dr. Andrew Beckler

Doctors and surgeons are generally thought to be scientific, logical and practical individuals. While this may be generally true, a doctor's personality, creativity, and sense of aesthetics can be just as important qualities toward assuring successful outcomes and patient comfort and satisfaction.

**Dr. Andrew Beckler** is one of those latter examples. Since early this year, Dr. Beckler has been seeing patients at Sansum Clinic's Facial Plastic & Reconstructive Surgery Center alongside **Dr. David LaPatka** who is retiring after 34 years of service to the community. In addition, Dr. Beckler sees patients in the ENT Department where he joins **Drs. Rabindra Braganza** and **Andrew Mester** providing adult and pediatric ear, nose and throat medical and surgical care.

Both specialties require extensive knowledge of the complex anatomy of the face and neck. "There is a lot of important anatomy and function like vision, taste, smell, speech, swallowing, breathing, etc., that are impacted by the work we do and the problems we treat in both specialties," explains Dr. Beckler.

"When you add the fact that our faces are central to our identities, you have a heightened combination of form and function."

"I've always been somewhat artistic. My wife jokes that I will spend time to make even a detailed shopping list look like a piece of art," Dr. Beckler admits, and explains how that quality enhances his work. "Working in the ENT Department exercises my full training in Otolaryngology — head and neck surgery, a specialty that arguably involves the most intricate and complex anatomy and physiology of the body, while facial plastic and reconstructive surgery requires great attention to detail and a broad knowledge of the most up-to-date techniques and methods. It also allows me to exercise my creativity and artistic side while really getting to know my patients."

"Involving patients in their care is most important to me," he points out. "Today, we recognize that a patient who is engaged and active in their care and the decision-making process is more likely to experience better outcomes and satisfaction. An effective result in my mind is achieving an excellent clinical outcome with a patient who feels they have been listened to, understood, and involved in their care."

As more patients become comfortable seeking aesthetic treatments and as facial plastic surgical procedures continue to advance, Dr. Beckler stresses the importance of getting to know your surgeon. "One of the most exciting things about the field of Facial Plastic & Reconstructive Surgery is that it is constantly evolving. There are new advancements every year, which necessitate continued scholarly activity to stay up-to-date. That being said, it is very important to be careful with what we adopt and offer to our patients. We want to make sure that new techniques and products are safe, reliable, and effective."

"There is a lot of information out there, not always from reliable sources, and many new products and techniques being advertised," he adds. "Nothing can replace getting to know your surgeon and understanding all aspects of a surgery or other procedure."

Many patients are referred to Dr. Beckler after experiencing traumatic injury. He recently performed reconstructive surgery on a patient who suffered multiple facial fractures and scarring after jumping out of his burning home. "Overall, he felt like

his appearance was drastically altered and he could not put his experience behind him until he was made whole again," recalls Dr. Beckler. "We performed several procedures to reconstruct his orbit and correct his eye position and eyelid function. We also performed several scar revisions." After months of healing and through his follow up visits, Dr. Beckler could see his patient's attitude change and his confidence build. "He no longer felt like his injuries were the first thing people noticed."

Additionally, undergoing corrective or aesthetic surgery can provide both physical and emotional benefits. "I had a teenage boy who came to see me for a cosmetic rhinoplasty to change the appearance of his nose," explains Dr. Beckler. "His confidence and self-esteem were significantly improved. Overall, he was very happy with his surgery and the impact it had on his life."

"I think many patients are pleasantly surprised to interact with a physician who genuinely cares about them, listens, and is invested in working together to achieve the best outcome." While access to the latest technology, updated facilities and electronic health records have helped to improve patient care, Dr. Beckler still prefers the personal aspects of his work. "I think being honest with people and involving them in their care really resonates with people. The fundamental principles of good patient care and interpersonal skills have not changed over centuries of medical advancements."

## About the Facial Plastic & Reconstructive Surgery Center

Our highly trained and dedicated staff provide a wide array of surgical and non-surgical treatment options, personally designed to help you look and feel your very best. Our plastic surgery procedures and non-surgical treatments include facelifts, necklifts, eyelid surgery, nose recontouring, facial laser treatments, skincare products and more. We offer the latest advances in surgical and laser technology and many of our new options are less invasive and diminish longer recovery times.

Our dedicated Outpatient Surgery Suite is a state-of-the-art facility conveniently located at Sansum Clinic, 215 Pesetas Lane in Santa Barbara. Sansum Clinic is an IMQ-accredited multi-specialty healthcare clinic. There are onsite laboratory and pharmacy services and consulting physicians are readily available among the Clinic's large staff of specialists. Our newly renovated center offers a private entrance and peaceful, comfortable setting away from the activity of the main clinic.

*To contact the Facial Plastic & Reconstructive Surgery Department please visit [faces.sansumclinic.org](http://faces.sansumclinic.org) or call (805) 681-7844.*

## About the Ear-Nose-Throat (ENT) Department

Sansum Clinic's board-certified Otolaryngologists (ENTs) provide diagnosis and treatment to patients with conditions or diseases of the head and neck. Sansum Clinic's ENTs are also highly trained experts in many surgical procedures for the ear, nose, oral cavity, neck, sinuses, larynx, pharynx and thyroid. Conditions commonly treated include nasal and sinus disorders, snoring and sleep apnea, hearing loss and tinnitus (ringing in the ear), ear infections, cancer of the head and neck, tonsils and adenoids and others. We also have dedicated Audiologists on staff who treat hearing loss, balance disorders, and proactively prevent related damage.

*To contact the ENT Department at Foothill Medical and Surgical Center call (805) 681-7636. R*



Dr. David F. LaPatka with Dr. Andrew Beckler

## Spring Open House

### Let Your Best Self Emerge

Special pricing on products and services including fillers, wrinkle relaxers, laser treatments and more!

### Meet the Doctors

You Are Invited...to meet Dr. Andrew Beckler and to celebrate Dr. David F. LaPatka who is retiring after 34 years of service to our community.

Join the Sansum Clinic Facial Plastic & Reconstructive Surgery team

**Tuesday, May 8, 2018**

5:30-7:30 pm

215 Pesetas Lane, Santa Barbara

Call (805) 681-7844 to RSVP.

*Learn more at [www.faces.sansumclinic.org](http://www.faces.sansumclinic.org). R*

SPRING OPEN HOUSE

Let your best self emerge.

Special pricing on products & services including fillers, wrinkle relaxers, laser treatments & more!

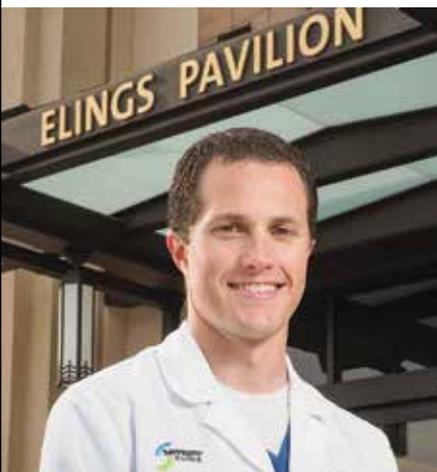
Tuesday, May 8, 2018  
5:30 pm to 7:30 pm

**sansum**  
CLINIC  
Facial Plastic & Reconstructive Surgery

# Spotlight on Dr. Scott Tobis

## Advancements in Urology

NICOLE YOUNG



Dr. Scott Tobis now...

across the country to watch their son play. Scott hit a home run just after they arrived in the stadium. "I can still see the pitcher, see the ball, everything," describes Dr. Tobis. "It was a big deal back then." That amazing moment turned out to be the pinnacle of his baseball career. It became clear in high school that his athletic talent couldn't earn him a slot in the pros. So he migrated



...and then

north to UC Santa Barbara where his coursework exposed him to many different subjects. His interest in a biology class turned into a pre-med major. "I come from a family of physicians so it was always on my mind," he explains. "My parents were fantastic role models but they didn't push me at all – they led me to medicine by example." In 2002, Dr. Tobis chose to attend Dartmouth Medical School for its small program and rural New Hampshire location where he could regularly ski, hike and enjoy the outdoors. Urology didn't appear on the radar until the last year of med school. He guessed he might want to pursue something surgical after observing his father perform cardiac catheterizations at UCLA. Robotic surgery fascinated him. "I thought from the beginning it was so technologically advanced. Urology was at the forefront of robotic surgery because the pelvis is difficult to access from an open approach," says Dr. Tobis. "Robotics is just a natural fit for urology and it's part of the reason why I chose this specialty." He also connected with common personality traits he sensed among the urologists he knew. "They all appeared laid back and let their sense of humor show."

Sansum Clinic's **Dr. Scott Tobis** readily admits that few children announce an early interest in urology - and he was no different. Although both his parents worked as physicians, at twelve years old he only saw himself as a professional baseball player. He'd memorize the stats of his favorite Angels players, and his childhood life in Long Beach, California revolved around Little League. When his team advanced to the Little League World Series in Pennsylvania, his endocrinologist mom and cardiologist dad flew

In 2007, now a graduate of medical school, Dr. Tobis began his residency at the University of Rochester in upstate New York because of its distinction and volume in the area of robotic urologic surgery. But after too many chilly winters, he yearned to come home to California. In 2014, he was honored to complete his fellowship in robotic surgery and urologic oncology at the City of Hope National Medical Center. From there he jumped at the chance to return to his college town, and ultimately, the type of medicine practiced at Sansum Clinic persuaded him to join the organization. "We share a real team approach to taking care of patients. Our electronic health record system makes it very easy to collaborate with other doctors and it provides for a seamless experience for the patient," he notes.

Dr. Tobis addresses conditions like enlarged prostate, prostate cancer, kidney stones and a wide variety of general urologic problems. Minimally-invasive surgery is his focus. He appreciates the opportunity within urology to follow patients throughout their lives, which is not always the case in other surgical fields. Because Dr. Tobis' surgical repertoire centers on the use of robotics, he was excited that the latest generation of robotic surgical technology has arrived in Santa Barbara to better serve his patients. The updated technology commands extremely precise instrumentation and offers better visualization in hard-to-see areas of the body. "It achieves the same result, but with smaller incisions," says Dr. Tobis. "Patients tend to have less blood loss and less post-operative pain. They seem to leave the hospital quicker and return to normal daily function faster."

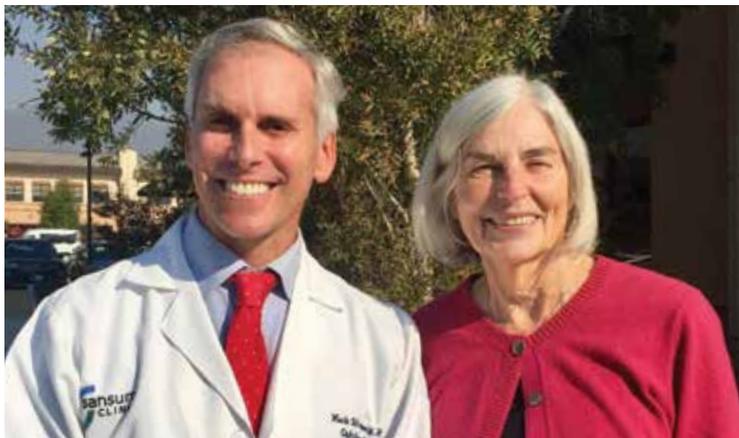
Dr. Tobis carves out time each month alongside urologist **Dr. Alex Koper** to care for patients at the county health clinic. They are both committed to giving back to their community by providing a service some couldn't receive any other way. "It's rewarding to ensure that even the most vulnerable people have good care," he confirms.

While he thoroughly enjoys helping patients, Dr. Tobis lives for spending time with his wife and daughters. He's grateful for the personal sacrifices made by his wife so he could follow his surgical dreams and return to Santa Barbara. "I would not be where I am today without her support, for which I am thankful every single day," he states. When not working or spending time with his family, you may spot Dr. Tobis in the hills of the central coast hiking, biking, or running. "I'm very lucky," he shares. "I always manage to find my way back."

*To contact the Urology Department at Sansum Clinic's Foothill Medical and Surgical Center, please call (805)681-7564. R*

# Correcting Adult Strabismus

NICOLE YOUNG



Dr. Mark Silverberg and Cecilia Lawler

**Cecilia Lawler** worried she'd fall climbing the stairs to her third-floor bedroom. Intense double vision made her feel unbalanced, nauseous and unable to drive at night. The prism glasses that once improved her sight became useless. "It was untenable," laments the 75 year-old. "I simply could not live with it anymore."

Sansum Clinic ophthalmologist **Dr. Mark Silverberg** diagnosed Cecilia several years ago with strabismus, a condition where the eye muscles are impaired and a person cannot normally align their eyes. Some people are born with strabismus. Others acquire it as adults. While it can make the eye seem to be wandering or looking off to the side, not all patients have this appearance. Symptoms range from headaches, motion sickness and dizziness, to trouble reading and driving. At times, patients are unaware they are seeing double. Many patients will have vague symptoms such as closing one eye while reading or driving. Dr. Silverberg is an expert on adult strabismus and received his fellowship training in the disorder at UCLA's Jules Stein Eye Institute. He says one of the biggest misconceptions about strabismus is that eyes have to appear extremely misaligned for the condition to be significant. "This is not just a cosmetic thing," explains Dr. Silverberg. "These patients lose their ability to do some of their fundamental tasks of life." The emotional and social effects of strabismus are also very difficult, according to the physician. "Think about what you are told when you're first learning how to have social interactions. Your mother or your grandmother probably told you to look somebody in the eye. Someone who has strabismus can't do that, so there is a huge impact on confidence and social interactions, let alone all the other symptoms."

Cecilia waited a few years before working up the courage for surgery. Once she agreed, Dr. Silverberg and optometrist Dr.

Felicia Lew performed multiple comprehensive evaluations to determine the pattern of her eye muscle disturbance. During the one-hour surgery, Dr. Silverberg uses high-magnification loupes or lenses and then manipulates the eye muscles, tightening or loosening them appropriately to fix the misalignment. Cecilia noticed her improved sight immediately after the procedure. "It was miraculous to have the vision I had as a child restored to me," she describes. "I can see so clear and so far away. I can move around without becoming disoriented."

While Cecilia ultimately needed surgery, strabismus is often first managed with less invasive treatments. Susan McMillan's prism glasses corrected her strabismus. The 53 year-old mother of two describes her vision loss as gradual, but she nearly quit playing tennis and driving at night until special lenses prescribed by Dr. Silverberg arrived. "I feel like I have a new lease on life," she says. Strabismus can also be addressed with BOTOX®, a botulinum toxin that is injected to relax the eye muscles. While BOTOX is more commonly associated with a cosmetic procedure to reduce face wrinkles, a San Francisco ophthalmologist first developed it in the 1980s as a cure for strabismus. Dr. Silverberg suggested BOTOX to his patient George Dumas to correct the strabismus in his left eye. The 78 year-old sorely needed a solution. He had one eye with a non-operable cataract and another with strabismus. Blurry vision affected his driving, watching television and working on the computer. George wore an eye patch until he decided to give BOTOX a try. "I was hesitant at first," he admits. "But I didn't feel a thing. I don't have to wear the patch anymore and my vision is much better. It was great to have a method to fix this and a doctor who you can trust."

While Cecilia chose Dr. Silverberg because of his knowledge and expertise, she left impressed by his kindness. "He has such a caring, loving attitude towards his patients. His concern just shines through." Also trained as a pediatric ophthalmologist, Dr. Silverberg regularly sees many children for all kinds of eye issues. But the ability to make an impact with his strabismus patients brings him special satisfaction. He is passionate about providing help for those living with debilitating symptoms. "There is a solution for nearly all patients," he adds. "It's successful and something we are very specialized in. We have a level of care not found commonly elsewhere. So many adults are told there is nothing that can be done, but there is. That is what we are here for."

*To contact the Ophthalmology Department, please call (805)681-8950. R*

# Weight Loss Surgery Transforms Patient's Life

NICOLE YOUNG



Janice with her grandson today in 2018

**F**or Janice de Bruin, the moment of truth about her health arrived in 2013 with the birth of her first grandson. As little Levi grew, Janice wished she could get on the floor to play with him. Unfortunately because she weighed 289 pounds, an extreme for someone only 5 feet 5 inches tall, she could barely lean from a chair. Janice had already given up walks with her husband, Ed. A machine ran at night to control her sleep apnea and her blood pressure was dangerously elevated. Janice teetered on the edge of becoming diabetic.



Janice with her grandson in 2013

Standing all day in a classroom for her job as a Lompoc public school teacher left her in pain. "My legs would be killing me when I got home. Getting up and down from those little chairs was so difficult. I was worn out," she describes. At nearly sixty years old and approaching retirement age, Janice's dreams of touring the country in an RV with Ed were fading.

She knew someone her size could not easily maneuver inside a space that small. Janice's adult son and daughter encouraged their mother to better care for her health, but she often felt overwhelmed and discouraged.

"I come from a family that is mostly overweight. I just thought it was hopeless for me," she laments. "I will never be thin." Over the years, she tried a host of diet plans without any lasting success and she admits she was getting desperate.

In 2016, Janice attended a Sansum Clinic bariatric surgery seminar with her husband. "I thought, I am not the smallest person in here, but I am not the biggest either," she remembers. Janice learned that more than one-third of U.S. adults who are considered morbidly obese live daily with an increased risk for heart disease, stroke, type 2 diabetes and certain cancers. Listening to **Dr. Marc Zerey**, a board-certified weight loss surgeon, she finally began to believe a solution to her weight problem might exist. "It's wonderful that he's willing to help so many people. It's just a calling for him," she says. "He is really gifted to be able to transform so many lives."

The Bariatric Surgery Center's advanced surgical technology, dietary and nutritional counseling, emotional support, and long-term follow-up care options convinced Janice that she'd found the right place to take the first step. After the seminar, Janice decided weight loss surgery would be her very own retirement gift after decades of teaching. A lengthy battery of tests by doctors, a psychologist and a nutritionist confirmed Janice's suitability for surgery.

The staff at the bariatric center cleared her to undergo a gastric bypass. In this procedure, Dr. Zerey creates a new, smaller stomach pouch. When the small intestine is reconnected to this pouch, some food bypasses the intestine and only a portion of nutrients and calories are absorbed. Both of these measures result in weight loss because patients digest fewer calories and feel fuller faster.

Janice marked December 8, 2016 as the date for the minimally-invasive, laparoscopic surgery. Her insurance required a six-month wait and six visits with a registered dietitian. The delay challenged Janice but in hindsight, she's happy she had it. Her dietitian played an important role by encouraging her to make just one small change a month. "I am glad I had to do all these things to reaffirm to me, yes, I want to get healthy," she asserts.



Before



After

On Thanksgiving Day, two weeks before surgery, Janice cooked for her entire family while she drank only a special shake. The protein beverages and clear broth were part of her countdown regimen. On surgery day, Janice’s nerves kicked in. But Dr. Zerey’s team put her at ease. After one night in the hospital, Janice returned home hoping to see results quickly. In the first official weigh-in one month after surgery, Janice lost 43 pounds. In just a short time, she noticed a drastic change in her appetite, and felt lighter and younger because of the increased energy. “It used to be that I lived to eat,” she reports. “Now I eat to live.”

One year after surgery, Janice’s weight loss totals 140 pounds. Clothes shopping is a pleasure now that she’s down to a size 10 or 12 from a size 3X. “It’s really cool that I don’t have to shop at plus size stores anymore,” she shares happily.

Janice no longer needs a sleep apnea machine or blood pressure pills. Her biggest worry is getting enough protein and fluids. She sometimes gets emotional when completing simple tasks that once unnerved her, like buckling an airplane seatbelt or climbing stairs without hanging on the railing. Even her four-year old grandson noticed the physical changes in her. “I can crawl on the floor with him with his cars and his blocks. That’s been so fun,” she mentions. She is enjoying filling her retirement time with experiences she declined for so long. She bikes and hikes with Ed now and their family even tried river rafting. “A year ago, I could not have done that. They probably would not have even had a wetsuit big enough for me,” she chuckles.

Dr. Zerey advises that bariatric surgery patients can have success only if they are willing to make permanent changes to their lifestyle. They need to moderate their food and increase their activity level so the effects of the procedure will last a lifetime. Janice carries around a photo of her heavier self as a reminder of her commitment. “I tell people I have lost a whole person,” she remarks. “I never want to go there again. It’s just a world of difference.”

**For more information on Sansum Clinic’s Bariatric Surgery Center, visit [www.sansumclinic.org](http://www.sansumclinic.org) or call (805) 898-3472. R**

## New Medicare Cards are Coming!

Between April 2018 and April 2019 Social Security numbers will be removed from Medicare cards and each person will get a new card with a new Medicare Number. This will help keep information more secure and protect identity. The new card won’t change coverage or benefits. How you can help:

- **Make sure your mailing address is up to date.** If you need to make a change, contact Social Security at [ssa.gov/myaccount](http://ssa.gov/myaccount) or 1-800-772-1213. TTY users can call 1-800-325-0778.
- **Beware of anyone who contacts you about your new Medicare card.** Medicare will never ask you to give personal or private information to get your new Medicare Number and card.
- **Understand that mailing everyone a new card will take some time.** Your card might arrive at a different time than your friend’s or neighbors. R

## Did You Know?

Sansum Clinic and the Ridley-Tree Cancer Center have online calendars. Register online for health education classes, wellness programs, support groups, and more all in one convenient location. Check it out today!

[www.calendar.sansumclinic.org](http://www.calendar.sansumclinic.org)

[www.calendar.ridleytreec.org](http://www.calendar.ridleytreec.org) R



## 2018 Health Education Programs

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

### Programs include:

- Advance Care Planning
- Advance Directives Workshop
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Bariatric Surgery Support Group
- Camp Wheez
- Cancer Wellness & Support Programs
- Care Manager/Medical Social Worker
- Diabetes & Pre-Diabetes Basics
- Diabetes Education
- Doctors Weight Management Program
- Health Resource Center
- Healthy People Healthy Trails
- Medicare
- Neck & Posture Wellness
- Nutrition for a Healthy Heart
- Nutrition Navigator
- Nutrition Services
- Prescription Navigator
- Stress Management with Dr. Winner
- Understanding Dementia
- Using MyChart
- WomenHeart Support Group
- Yoga 101

*We invite you to join us and become an active participant in your good health! For more information or to reserve a spot, please call toll-free (866) 829-0909 or visit [sansumclinic.org/health-and-wellness](http://sansumclinic.org/health-and-wellness). R*

## New Health Resource Center & Care Manager

The Health Resource Center has recently moved to a beautiful new facility located next to the new Pharmacy at the mountainside entrance of the multi-specialty clinic at 215 Pesetas Lane.

As part of this move Christine Cruse, MSW, Care Manager/Medical Social Worker, sees patients of Sansum Clinic, free of charge, in a private office within the Health Resource Center. Christine works closely with your healthcare team and can assist when patients, family members or caregivers need:

- Support to meet basic needs such as food, clothing and shelter
- Guidance and resources to support caregivers and help them prevent burnout
- Assistance to find the most appropriate community resources
- Help meeting treatment goals due to complex health conditions
- Help reducing frequent visits to Urgent Care, Emergency Room or the hospital

Christine states that she is pleased with the new location because patients and their families will find it to be a welcoming and comfortable space with interesting information and resources to browse.

*To make an appointment with the Care Manager, please call (805) 681-7580.*



Christine Cruse and Sheila Millington in the Health Resource Center.

The new Center also offers community resource guides, health information, help with MyChart, assistance with Advance Care Planning and answers to questions about Sansum Clinic programs and services. Stop by to get an exercise guide, maps of easy walks, healthy recipes, stress management tips, or just to take a look around and meet the staff. Sheila Millington, Health Education Coordinator, and Christine Cruse welcome your visit.

### Sansum Clinic Health Resource Center

215 Pesetas Lane, Santa Barbara

(805) 681-7672

Open Monday through Thursday, 9 am to 4 pm and Friday 9 am to noon. R

# Healthy People Healthy Trails

## Connect to an active life. Connect to the outdoors.

Physical activity is an important part of good health, but not everyone can afford or wants to exercise in a gym. Walking is a simple solution, because it is a great way to exercise and most people can do it. In fact, walking is reported to be the most popular type of exercise. Encouraged by evidence that spending time in nature improves physical and mental health, local organizations joined together to launch Healthy People Healthy Trails. Its mission is to work collaboratively with land agencies, healthcare providers and community partners to improve the health and wellbeing of community members through the use and enjoyment of trails, parks and open spaces.

Parks and trails can be thought of as outdoor gyms that are free and easy to use. Healthy People Healthy Trails can connect you to great local trails that are perfect for beginners and all age groups. Grab a friend, explore new places, and get walking!

### Follow these tips for a fun, safe and healthy walk:

- Wear tennis shoes and comfortable clothing.
- Bring sunscreen, a hat, water bottle, and snacks.
- Notice your posture: walk with your head up (eyes forward, not down), shoulders and neck relaxed, back straight.
- To avoid heat stress during hot months, walk during the cooler time of day and remember to drink plenty of water.
- Before you start, check our trail maps. Be sure you are comfortable with the length and difficulty of the walk.
- Walk with a buddy or tell someone where you are going.
- Be sure to talk with your doctor about this or any new fitness program.

### Here are some easy walks you will enjoy:

#### Alice Keck Memorial Gardens and Alameda Plaza Walking Paths

Alice Keck Park Memorial Gardens includes a meandering dirt walking path through lush gardens and around the central pond. The Alameda Plazas include a perimeter sidewalk and internal paved path with views of majestic trees from around the world.



#### Carpinteria Salt Marsh Trail

Carpinteria Salt Marsh Nature Preserve offers a level 1.2-mile round trip hike through part of “El Estuario” past several observation areas and benches. The trail begins right next to the Pacific Ocean, which means you can take advantage of beach access when you hike.

*For more information, a trail guide of easy walks and upcoming walking events visit [www.HealthyPeopleHealthyTrails.org](http://www.HealthyPeopleHealthyTrails.org). Or pick up a packet of walk maps at the Sansum Clinic Health Resource Center at 215 Pesetas Lane in Santa Barbara.*

*The Healthy People Healthy Trails program is a community partnership of CenCal Health, City of Santa Barbara Parks and Recreation Department, Coalition for Sustainable Transportation (COAST), Cottage Health, Sansum Clinic, Santa Barbara County Public Health Department, Santa Barbara County Trails Council, and Todos Afuera with additional support provided by the National Park Service and community members. R*

## Sansum Clinic Earns National Recognition for Efforts Aimed at Reducing Heart Attacks and Strokes

Sansum Clinic has been recognized by the American Heart Association (AHA) and American Medical Association (AMA)'s Target: BP Recognition Program for its commitment to reducing the number of patients who have heart attacks and strokes each year.

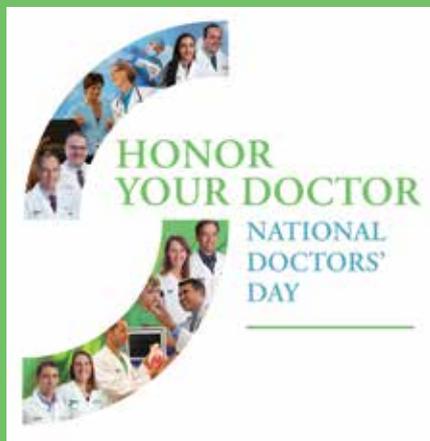
The Target: BP program is aimed at addressing the growing burden of high blood pressure in the U.S. Of the 103 million Americans with high blood pressure, only about half of them have it controlled to a healthy level despite the fact that high blood pressure can often be managed effectively when patients work with their physician to create and follow a treatment plan. No single risk factor has more impact on the nation's death rates from cardiovascular disease than blood pressure. **R**

## National Doctor's Day

Sansum Clinic Celebrated National Doctor's Day on March 30 and received an overwhelming show of appreciation from the community.

*If you'd like to share a story or convey appreciation of a member of our team, please visit [sansumclinic.org/shareyourstory](http://sansumclinic.org/shareyourstory).*

*If you would like to give a gift in appreciation of the care you or a loved one has received, please visit [sansumclinic.org/donate-now](http://sansumclinic.org/donate-now).* **R**



## Dr. Erno S. Daniel Legacy Award

Medical assistant Damaris Campero was awarded the Dr. Erno S. Daniel Legacy Award by Department Chair, Dr. Bryce Holderness at a luncheon on February 23. Pesetas Internal Medicine Physicians and staff along with Martha Daniel and her son Mike Daniel and close friends and donors to the program were in attendance.



Dr. Bryce Holderness, Damaris Campero, Martha Daniel and Mike Daniel

Department who exemplifies compassion, dedication, and integrity. Also present were two previous award recipients Ervin Loeza and Alex Mahto. **R**

Daniel and her son Mike Daniel and close friends and donors to the program were in attendance.

Sansum Clinic meant so much to Dr. Daniel and with thanks and support from his family the Dr. Erno S. Daniel Legacy Award was established. This award is given annually to an employee in the Pesetas Internal Medicine

## Improving Diabetic Patient Outcomes

*Sansum Clinic was recently recognized by HIMSS Analytics for achieving status as Stage 7 ambulatory clinic, as tracked by the Outpatient Electronic Medical Record Adoption Model (O-EMRAM) SM*

As diabetes continues to exist as a highly-common health condition, Sansum Clinic is finding new ways to make diabetes management less of a challenge for patients. Our staff is embracing digital health innovation, which is greatly positioning the organization to receive improved outcomes for patients with diabetes. A specialized database of patients with diabetes across the Sansum Clinic organization enables care providers to access all patient information in one location and use search functions to frequently check the registry and track quality care.

Recently, the registry flagged a new mother who had missed her diabetic exams and ran out of medication. With instant follow-up communication, the staff at Sansum Clinic immediately contacted and set up an appointment for her long overdue office visit.

Sansum Clinic dedicates an entire team devoted solely to helping diabetic patients. The staff regularly receives and then reviews as a group, provider scorecards from their electronic health record system. Daily discussions on the detailed digital reports which rate patient care is creating a culture of employees who are fully engaged with the new process improvements, and aware of how to leverage it both to the patient's and provider's personal advantage.

"The implementation of the primary care scorecards has truly been culture-changing for our organization. Frontline teams have been engaged and empowered. We are understanding in new ways how data drives our work forward," explained Karen Handy, vice president of operations at Sansum Clinic. "The sharing of best practices allows us to work more effectively as one team, focused on important Sansum goals where everyone has a role to play in providing quality care and an exceptional experience for our patients."

HIMSS Analytics recognized Sansum Clinic team leaders Sean Johnson, RN, Electronic Health Record Director and Barbara Conviser MPH, Clinical Informatics Manager at the 2018 HIMSS Conference & Exhibition in Las Vegas in March. **R**



## Sansum Clinic Welcomed First International Visiting Professor of Surgery Professor O. James Garden of Scotland



**Professor O. James Garden** was selected as the Visiting Professor of Surgery for Surgical Academic Week 2018 in March. Sansum Clinic's Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, it allows surgical residents in training at Santa Barbara Cottage Hospital the chance to interact with the icons, leaders and outstanding teachers of the art of surgery.

"Dr. Ron Latimer had a vision for this program and in the seven years since it began, we have been fortunate to welcome outstanding surgeons to our community," said Kurt N. Ransohoff, MD, FACP, CEO of Sansum Clinic. "By sharing their expertise with our surgical residents, surgical staff and patients, we are able to elevate the level of surgical knowledge available in Santa Barbara. This program is one of the many examples of why we are so fortunate to have exceptional healthcare available in our small community."

Professor Garden is the Regius Professor of Clinical Surgery and Honorary Consultant Surgeon, Hepatobiliary and Pancreatic Surgical Services, Royal Infirmary of Edinburgh, University of Edinburgh. He was appointed Surgeon to the Queen in Scotland in 2004 and was made Commander of the British Empire in the Queen's New Year's Honors list in 2014. He is a graduate of the University of Edinburgh and undertook his postgraduate training as a hepatobiliary, pancreatic and liver transplant surgeon in Edinburgh, Glasgow and Paris. He has written extensively with nearly 270 research and clinical articles to his name and he has authored or edited 13 surgical textbooks. He has a strong interest in surgical training and education.

**Professor Garden presented a public lecture on Edinburgh's Illuminati:** Charles Darwin, Sir Arthur Conan Doyle, Lord Lister and Grave Robbers (Knox, Burke and Hare) and how they significantly contributed to advancements in Medicine and Surgery.

**Professor Garden followed six previous Visiting Professors:** Dr. John L. Cameron (Johns Hopkins) 2012, Dr. Hiram C. Polk, Jr. (University of Louisville) 2013, Dr. Julie Ann Freischlag (UC Davis School of Medicine) 2014, Dr. Keith D. Lillemoe (Massachusetts General Hospital) 2015, Dr. Michael G. Sarr (Mayo Clinic) 2016, Dr. Barbara Lee Bass 2017 (Houston Methodist Hospital).

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

## Virginia "Vicky" Diaz Pagenkopf Nurse Practitioner, Sansum Clinic Endocrinology Department

The California Association of Nurse Practitioners (CANP) Santa Barbara County Chapter celebrated Nurse Practitioners (NPs) and Physician Assistants (PAs) in November.

Dr. Kurt Ransohoff and First District Supervisor Das Williams were guest speakers at the event sponsored by Visiting Nurse and Hospice Care (VNHC). VNHC CEO Lynda Tanner expressed her gratitude for the great work of NPs and PAs. Supervisor Williams presented the chapter with a resolution proclaiming November 12-18 "Nurse Practitioner Week".

Dr. Ransohoff acknowledged that NPs and PAs are an asset to the departments of Sansum Clinic, and thanked NPs and PAs for their dedication and service. Jorie Nilsen was recognized for her exemplary work as a Nurse Practitioner in our community and her dedication to helping those in need. **R**

### CANP Santa Barbara County Chapter



## Dr. Winner & the AAFP

Family Practice physician **Dr. Jay Winner** recently spoke at the first American Academy of Family Physicians Physician Wellness Conference and the annual Family Medicine Experience (FMX) Conference, the largest annual meeting of the AAFP. **R**

# New Technology to Enhance Your Experience at Sansum Clinic

## Online Payment Portal is Here!

To sign up, visit [sansumclinic.patientsimple.com](http://sansumclinic.patientsimple.com).

You only need two things to create an account:

- 1) A balance to pay
- 2) The account number from your billing statement

## Registered Users Can:

- Make an online payment – pay a balance in full or make partial payment for a particular service
- View account activity for services that have a balance due
- View payment history for online payments (only)
- Provide new insurance
- Request an itemized statement
- Request a payment plan
- Request an estimate
- Get answers to common questions
- Request that a representative contact you

If you have any questions, please email or call the customer service team at [Billing@sansumclinic.org](mailto:Billing@sansumclinic.org) or (805) 681-1760.

## Appointment Reminders by Text

Patients now have the option to receive appointment reminders via **text message**!

Simply text the word **SANSUM** to **622622**. You will receive a text reply to verify that you are signed up. All departments offer the ability to confirm an appointment by texting **YES**. You can also cancel your appointment via text. Send a message that says **NO** prior to 25 hours in advance of the appointment and your appointment will be cancelled and removed from our schedule. To cancel this service, just send a text that says **STOP** to 622622 prior to 25 hours in advance of the appointment.



## MyChart: our providers' preferred method of communicating with you between appointments

MyChart, our secure patient portal is our preferred – and the most efficient – method for staying in touch with patients in between clinic visits. MyChart gives you secure, anywhere, anytime access to key medical information.

### With MyChart you can:

- Send a message to your healthcare team
- Request your appointments online anytime
- Check your test results
- View your medical information
- Access your family's records
- Explore health education resources

## HOW DO I GET ACCESS TO MYCHART?

There are four convenient ways to sign up for MyChart:

1. **Sign up:** [mychart.sansumclinic.org/MyChart/signup](http://mychart.sansumclinic.org/MyChart/signup). An email address is required to sign-up for MyChart.
2. **Sign up for MyChart at your next visit.** Ask a member of your healthcare team.
3. **Call the MyChart Help Desk** at (805) 898-3333, Monday to Friday from 8:00 am to 5:00 pm, and sign up over the phone.
4. **Attend a small group tutorial in the Health Resource Center** where a trained health educator will answer your questions and give you valuable tips to use at work, at home or on the go. If you have a MyChart log-in, please bring it. If not, we will help you get one. To reserve a space, call toll-free (866) 829-0909 or visit [SansumClinic.org/health-and-wellness](http://SansumClinic.org/health-and-wellness). (See page 23 for more information).



## Get the MyChart Mobile App Available for Apple® & Android® Devices!

Patient surveys show that many patients have a better healthcare experience when they are able to access lab results, appointment information, current medications, immunization history, and more on their mobile devices. Get the MyChart app today!

### WHAT IS IT?

The MyChart Mobile app is available for Apple (iPhone®, iPad®, iPod touch®, Apple Watch®) and Android devices. The app provides fast, secure access to the most frequently used features of MyChart. With this app, you can quickly and easily access your medical records, send messages to your providers, see upcoming and past appointments, get lab results, and much more on your mobile device.

### WHY WOULD I USE IT?

MyChart offers true mobility, instant access, and optimized convenience. Users are not required to be in front of a desktop or laptop computer to access the benefits of MyChart.

### HOW DO I SIGN UP?

To use the mobile MyChart app, you need to have a MyChart account. If you don't already have an account, you can sign up online at <https://mychart.sansumclinic.org/MyChart/>.

### I HAVE A SANSUM CLINIC MYCHART ACCOUNT. HOW DO I GET THE APP?

The app is free.

**Apple:** To get the app, you need an iPhone®, iPad®, iPod touch®, or Apple Watch®. From one of those devices, go to the App Store and search for **MyChart**.

**Android:** From an Android device, go to Market or Google Play, and search for **MyChart**.

## Free MyChart Workshop

Are you new to MyChart? Or a current user who wants to know how to get the most benefit from your MyChart account? Or maybe you just need help with your log-in! MyChart has a new look, so join us for a brief **workshop** to learn how to:

- Check your test results and more
- Send a message to your doctor's office
- Make or cancel an appointment
- Find reliable health information

Suzanne Michaud, MPH, a patient, volunteer and retired health educator leads this small group every month in the Health Resource Center. She will help you get started on MyChart, answer your questions and give you valuable tips to use at work, at home or on the go. If you have a MyChart log-in, please bring it. If not, we will help you get one.

*To reserve a space, call toll-free (866) 829-0909 or visit [sansumclinic.org/health-and-wellness](https://sansumclinic.org/health-and-wellness).*

## Same Day Appointments for Urgent Care and Primary Care Patients

To better serve your unplanned medical needs, we offer same day appointments at several Sansum Clinic locations, in addition to urgent care services. If you need a same day appointment, please call your Primary Care Provider's (PCP) office directly. If your PCP does not have availability, then our highly trained staff will help you find a same day appointment with the first available PCP, or direct you to Urgent Care.

## When to Request Same Day Appointments

Some examples of illnesses and injuries that can be handled at a same day appointment are:

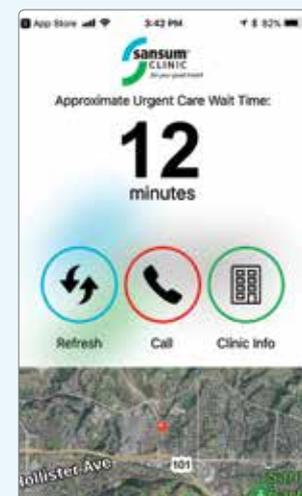
- Ear pain
- Sore throat
- Sinus infections
- Urinary tract infections (UTI)
- Injuries to arms or legs
- Rash

Same day appointments are available Monday–Friday. No holiday or weekend appointments are available at this time; however, Urgent Care departments are open on weekends.

## Sansum Clinic Urgent Care Download Our Wait Time App

We know your time is valuable. To better serve you and to inform you of what you can expect when arriving at Pesetas Urgent Care, you can now download our *Sansum Clinic Urgent Care Wait Time App* available in the **Apple App Store**.

In the App Store, search **Sansum Urgent Care. R**



# Welcome New Providers

## HIWOT ARAYA, MD

Hospitalist Program  
Pueblo Multi-Specialty Clinic

317 West Pueblo Street, Santa Barbara

Dr. Araya graduated from Stanford University School of Medicine and completed her residency at University of California, Los Angeles. She is certified in Internal Medicine by the American Board of Internal Medicine.

## ANDREW BECKLER, MD

Otolaryngology (ENT)  
Foothill Medical & Surgical Center, Elings Pavilion

4151 Foothill Road, Santa Barbara

Facial Plastic & Reconstructive Surgery

215 Pesetas Lane, Santa Barbara

Dr. Beckler graduated magna cum laude from Washington and Lee University, attended medical school at the University of Virginia School of Medicine and completed his residency in Otolaryngology/Head and Neck Surgery at Vanderbilt University Medical Center. His residency training included adult and pediatric ear, nose and throat surgery, as well as facial plastic and reconstructive surgery. Dr. Beckler completed a fellowship in Facial Plastic and Reconstructive Surgery at the University of California, Los Angeles. Prior to joining Sansum Clinic, Dr. Beckler worked and trained in Los Angeles, Beverly Hills and Santa Barbara and served on the UCLA faculty as a Clinical Instructor.

## CHAD BURGOYNE, MD

Orthopedics  
Foothill Medical & Surgical Center, Elings Pavilion

4151 Foothill Road, Santa Barbara

Dr. Burgoyne received his medical degree at Medical University of South Carolina. He completed his residency in orthopedics at Mount Sinai Hospital in New York and his fellowship in Orthopedic Sports Medicine at West Coast Sports Medicine in Manhattan Beach, CA. Most recently he was an orthopedic surgeon at Providence Medical Group in Oregon. Dr. Burgoyne specializes in orthopedic sports medicine, sports trauma and orthopedic surgery.

## KELLIE DELOZIER, MD

Obstetrics & Gynecology  
Sansum Clinic Obstetrics & Gynecology

515 West Pueblo Street, Santa Barbara

Dr. DeLozier graduated from UC Santa Barbara before attending Vanderbilt University in Nashville, Tennessee where she received her Master of Science and medical degrees as well as completing her residency program in Obstetrics & Gynecology. She is board certified in obstetrics and gynecology and is a member of the American Congress of Obstetricians and Gynecologists, the American Association of Gynecological Laproscopists and the Society of OB/GYN Hospitalists.

## JACQUELINE C. GUERRA, MD, MS

Internal Medicine  
Goleta Family Practice

122 South Patterson Avenue, Suite 230B, Goleta

Dr. Guerra received her medical degree from Rutgers-New Jersey Medical School and completed her residency in Internal Medicine at Montefiore Medical Center including the inpatient program at University Hospital for the Albert Einstein College of Medicine and the outpatient program at Comprehensive Family Care Center (CFCC). She completed internships at the World Health Organization, Manhattan Office and was a research technician at the Mount Sinai Medical Center in New York City.

## KATERYNA MARKOVA, MD

Endocrinology  
125 Pesetas Lane, Santa Barbara

Dr. Markova completed Medical and Graduate School at National Medical University in Kiev, Ukraine before completing her residency and internship in Internal Medicine at Santa Barbara Cottage Hospital. She completed a fellowship in Endocrinology, Diabetes and Metabolism at University of Utah, Salt Lake City and is certified by the American Board of Internal Medicine in Internal Medicine and Endocrinology, Diabetes and Metabolism.

## SHIRLEY MCCULLOCH, NP

Anticoagulation Clinic  
317 West Pueblo Street, Santa Barbara

Shirley received her nursing degree from University of Florida and is certified by the American Nurses Credentialing Center and the American College of Nurse Midwives.

## LIBERTY PARTRIDGE, MD

Lompoc Urgent Care  
1225 North H Street, Lompoc

Dr. Partridge received his medical degree from University of Cincinnati College of Medicine in Cincinnati, Ohio. He completed residencies in Emergency Medicine at St. John Hospital and Medical Center in Detroit, Michigan and at King/Drew Medical Center in Los Angeles. Dr. Partridge was an emergency room physician at Lompoc Valley Medical Center and Santa Ynez Valley Cottage Hospital prior to joining Sansum Clinic. **R**



HIWOT ARAYA, MD



ANDREW BECKLER, MD



CHAD BURGUYNE, MD



KELLIE DELOZIER, MD



JACQUELINE C. GUERRA, MD, MS



KATERYNA MARKOVA, MD



SHIRLEY MCCULLOCH, NP



LIBERTY PARTRIDGE, MD

## Focus on Faster Phone Service

Sansum Clinic is dedicated to continuous improvement of your experience as a patient and improving call wait times is an ongoing priority.

### DID YOU KNOW?

- You can request appointments through MyChart.
- You can schedule a call back on the home page of [www.sansumclinic.org](http://www.sansumclinic.org) instead of being placed on a telephone hold.
- You can request a call-back from the first available representative, either online at [www.sansumclinic.org](http://www.sansumclinic.org) or if placed on hold when you call the clinic. **R**



## From the Sansum Clinic Mailbox:

30 Years of Regenerating Lives was the headline of a note we received from Linda Kovach Harrison's father Joe Kovach, who was Communications Director at UCSB for 31 years. He said:

*Dear Sansum Clinic,*

*Linda Kovach Harrison celebrated her 30th year at Sansum Clinic's Radiology Department in November 2017. Raised in Goleta from a young age, she graduated from the Radiology Program at Mt. San Antonio School in Walnut, California. She takes pride in treating patients with warm, personalized care. She has a sweet and positive attitude, does everything with a smile and always goes above and beyond. Linda is pleased to be part of the new state-of-the-art facility at Pesetas Lane offering the latest in diagnostic techniques. Whether it is a CT scanner, mammograms or X-Ray, Linda offers quality patient care in performing these tests. Linda is proud of her 30 years of service with the Radiology Department and she looks forward to many more years serving the Santa Barbara community.*

Linda's supervisor, Ramiro Plascencia, MHA, RT (R), Director, Diagnostic Imaging Services, agrees wholeheartedly about Linda:

*"Linda is a great asset to our imaging team due to her diligence and commitment to providing the best patient care and customer service possible at all times. She takes great pride in her work and responsibilities as a Computed Tomography and Mammography Technologist."*

Congratulations, Linda! **R**



Imagine if you took some of the finest cancer doctors in the nation, a highly skilled and compassionate staff, two Elekta Versa HD linear accelerators (the only location in Central California with two), the most genetic counselors in the region, two national clinical research networks, and housed it all in a new state-of-the-art Cancer Center.

**Now open your eyes, *it's here.***



## A New Era for Cancer Treatment



### **Ridley-Tree** Cancer Center at Sansum Clinic

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Santa Barbara • Lompoc • Solvang  
[ridleytreecc.org](http://ridleytreecc.org)

**Join Us**  
**Community**  
**Open House**  
**Saturday, May 12**  
*(see page 5)*

To make a gift and support the new Ridley-Tree Cancer Center, please call  
Lori Willis, executive director of the Cancer Foundation of Santa Barbara, at (805) 898-2187.