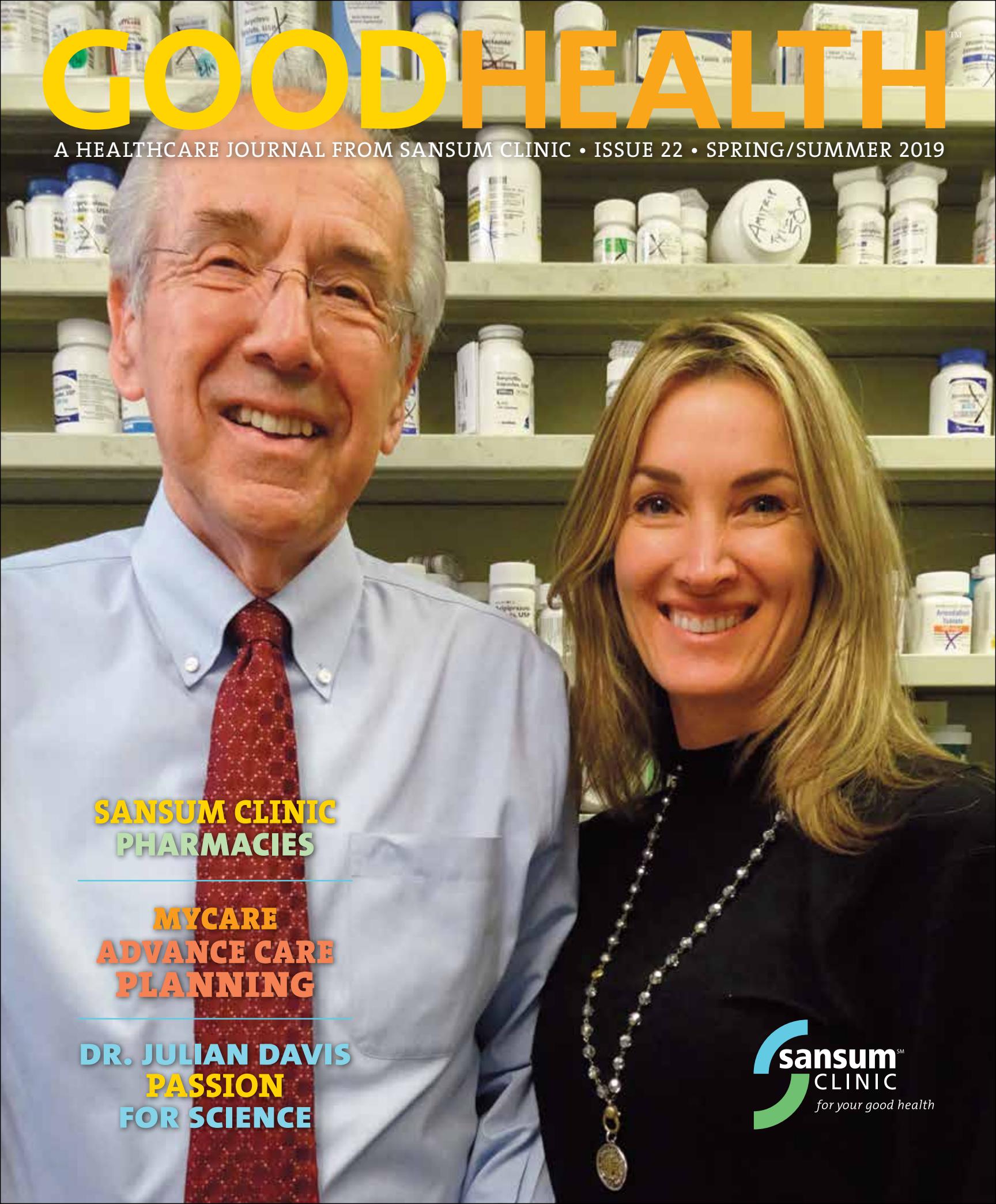


GOODHEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 22 • SPRING/SUMMER 2019



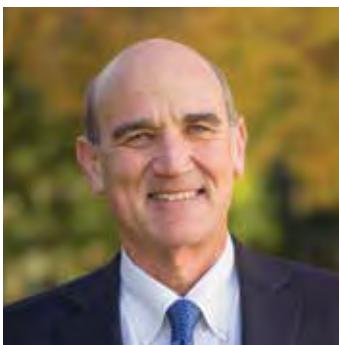
**SANSUM CLINIC
PHARMACIES**

**MYCARE
ADVANCE CARE
PLANNING**

**DR. JULIAN DAVIS
PASSION
FOR SCIENCE**

sansumSM
CLINIC
for your good health

Dear Patients,



use their medications safely. We have a lot of good work being done by these very valuable healthcare professionals who are an integral part of our clinical team (see pages 10-13).

The role of pharmacists is changing as the role of medications changes. Since I was a medical student and resident in the 1980s, there are now drug treatments for conditions that were basically untreatable as recently as 10 years ago, not to mention 30 years ago. I was reminded of this the other day when on TV was the 1971 movie “Brian’s Song.” Brian’s Song is the true story of a football player who died of metastatic testicular cancer. (For those of you who have seen it you will appreciate it as the quintessential example of the genre of movie known as “guy cry” movies.) At the time of the movie that disease was more than 90% fatal. That illness is now curable in many cases, mostly as a result of modern pharmaceuticals. Some will recall that is the disease Lance Armstrong had, as a real-life example of the fact that modern medications are remarkably effective.

In my own practice, I see similar medication miracles, compared to what existed decades ago, from cholesterol medications, to modern antidepressants, to ulcer medications, to an entire field of so called “biologics” – medications that often address specific steps in the immune system – to cancer treatments that have changed “untreatable” to “curable” in many cases.

I also see the problems with the cost of many modern medications. The cost issue comes from generic medications that were once pennies a pill but are now dollars a pill, increasing logarithmically in cost. For people who purchased what they thought was good insurance coverage, the cost of a medication is often an insurmountable barrier. This is not just a problem for individuals, but increasingly for the entire healthcare system. 2018 was the first year that one of the largest insurance companies reported that the cost of medications exceeded the cost of hospitalizations for those who it insured.

Often I will marvel at the advances in medication science, only to later watch the news and stare at the TV during drug advertisements in a state of disappointment and disgust. I kept track today of the six pharmaceutical commercials that were on during the hour or so of news that I watched. They were just six random consecutive drug commercials. The retail prices of the medications ranged from \$7,000 per year to \$78,000 per year, for an average just north of \$40,000 a year. As a peculiar trivia fact, there are only two industrialized countries that allow direct-to-consumer (DTC) advertising. One is New Zealand, which tightly regulates the prices of medications, and the other is the US. It seems very unlikely that DTC advertising will go away, though there is some discussion that the price of the medication being advertised will have to be disclosed, something that seems like a good idea. In the meantime, I find watching the commercials to be kind of the “guy cry” version of commercial watching (to borrow from our “Brian’s Song” reference).

It is an enormously complicated issue with remarkable science and real benefits, mixed in with advertising, and a large amount of greed all leading to costs soaring into the stratosphere. It is a major problem looking for a solution that is still over the horizon. We are lucky to have our team of pharmacists to help guide us through such complex terrain!

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 22 • SPRING/SUMMER 2019

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

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

Editor
Jill Fonte, Director of Marketing

Contributing Writers
Jill Fonte, Dru A. Hartley,
Christopher Williams and Nicole Young

Contributing Photographers
Juli Askew, Nik Blaskovich, Kacie Jean,
Anais Williams, and Nicole Young

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

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

i^e Design by Idea Engineering

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

Dr. Graham Reimer Joins Sansum Clinic's New Pain Management Department



Sansum Clinic has opened its new Pain Management department at 3916 State Street, Suite 300, in Santa Barbara. Pain management is a rapidly growing medical specialty that takes a multi-disciplinary approach to treating all kinds of acute or chronic pain.

Dr. Graham Reimer joins the Clinic from a large group in Phoenix where he practiced comprehensive and interventional pain medicine. He graduated from Pepperdine University and completed medical school at University of California, Davis. He went on to complete his residency at Dartmouth-Hitchcock Medical Center where he was chief resident.



Dr. Reimer was a pain medicine fellow at Mayo Clinic Florida where he trained with world experts in interventional spine and ultrasound guided-procedures. He is board certified in anesthesiology and subspecialty-certified in pain medicine by the American Board of Anesthesiology.

Dr. Reimer and his team will utilize innovative state-of-the-art medical and intervention pain treatments to ease or eliminate pain and provide patients with the tools to make coping with pain more manageable in order to regain control of their lives.

"I was very impressed with the comprehensive care afforded to Sansum's patients by world-class physicians. The integrated system at the Clinic allows ease of communication between physicians so that each patient can get a customized plan based on their complete medical history. I look forward to offering the latest advances in pain medicine to our patients allowing them improved quality of life with less pain, better mobility, and reduced opiate use."

— DR. GRAHAM REIMER

Pain management can be simple or complex and treatment plans will be individualized for each patient to improve patient function and increase quality of life.

Outside of work, Dr. Reimer enjoys hiking and biking. He is looking forward to being closer to family and polishing his sailing skills.

This program has been made possible through the generous support of Guenter and June Ahlers. ☀

GOODHEALTH

FEATURES

2 Advance Care Planning

Advance Directives

6 Heart Disease

TAVR – Groundbreaking Alternative to Open Heart Surgery

8 Ophthalmology

Dr. Doug Jacobson

10 Pharmacy Services

Sansum Clinic Pharmacies

18 Your Hometown Doc

Teens, Screens and Social Media



On the cover: Stephanie Daughters, PharmD, and Michael Decaris, PharmD, RPh, p. 10.

Contents + Spring/Summer 2019

DEPARTMENTS/PROGRAMS

4 Patient Access

18 Food & Nutrition

20 In the Community

22 Awards & Recognition

24 New Providers

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.

April 2019 is Advance Care Planning Month

A time dedicated to helping you complete an Advance Directive, called MyCare



It is never too early to have meaningful conversations regarding the healthcare choices you would make if you could not speak for yourself in a health crisis.

Since empowering patients is central to our mission, Sansum Clinic is celebrating Advance Care Planning Month throughout the month of April to inspire, educate and empower patients and staff about the importance of advance care planning.

You might be healthy now, but what if you became very sick or injured in the future and important decisions needed to be made – decisions that would affect you? Who would you want to speak for you? How would doctors, nurses, and your loved ones know what kind of healthcare you would like to receive, unless you had made those decisions in advance?

An Advance Directive is a form you complete now, to help your family in a difficult time. It tells your healthcare providers what you would want, and what you would not want, in the event of a medical crisis so along with your family they can honor your wishes.

Join us for an Advance Directives Workshop for help completing your own MyCare Advance Directive.

Sansum Clinic, 215 Pesetas Lane, 3rd Floor Conference Room
10 am to 12:00 pm Mondays in 2019

- May 13
- June 10

Ridley-Tree Cancer Center, 540 W. Pueblo Street,
2nd Floor Multi-Purpose Room
2:00 to 3:30 pm Thursdays in 2019

- May 9
- June 13

Wherever you are in your advance care planning process, these workshops are designed for you. If you don't know what advance care planning is, this is a great place to start. If you have an Advance Directive form and have some questions about how to complete it, workshop leaders can help.

Visit our website to view information and touching videos about why advance care planning is important. Our hope is that you will begin to think about, and answer, some important questions before attending a workshop, so you get the most value out of the experience. These workshops are designed for you to learn all you need to know to complete your Advance Directive and include it in your medical record.

Space is limited. Registration is required in advance.
Visit www.SansumClinic.org/health-and-wellness or call (805) 681-7672.

You can also schedule an advance care planning appointment to explore your values, goals, beliefs, and preferences for your healthcare and have one-on-one assistance with completing your form. Call (805) 681-7672.

Having an Advance Directive is a lasting gift to give to your family and friends. ☀

What is Advance Care Planning?

Advance care planning is a helpful way for people of all ages to prepare for the future. Both healthy people and people with health conditions do advance care planning. Advance care planning includes:

- Making decisions now about the types of healthcare you would and would not want if you become very sick or injured and couldn't speak for yourself in the future.
- Choosing a person you want to speak for you if you're unable to do so for yourself.
- Talking with your doctors and loved ones about the types of healthcare you want to receive so they'll respect and honor your wishes.
- Writing down your healthcare goals in a MyCare Advance Directive. ☀

Palliative Care and Advance Care Planning Program

Sansum Clinic is establishing a Palliative Care and Advance Care Planning Program with the goal of enhancing the quality of life for our patients who are being treated for a serious illness. The program will address the physical, emotional, social and spiritual needs by facilitating patient autonomy and access to information. The palliative care team will explore the patients understanding about their illness and prognosis and will help them clarify their treatment goals and wishes, and provide care to those who need their expertise.

The primary services will be provided within Sansum Clinic's Ridley-Tree Cancer Center and, over time, will also extend to patients homes, hospital, skilled nursing facilities, and other Sansum Clinic locations, following the patient wherever they may need care. Advance Care Planning would be an integral part of the program with a goal of aligning medical care with the individual patient's preferences – "that people get the care they need and no less, and the care they want and no more".

A social worker will be a certified ACP provider and will incorporate advance care planning, as well as completion of advance directives, and if appropriate, POLST documentation, as part of the program.

The Palliative Care Team will thoroughly address the patients' pain and comfort care issues. They will engage patients in a meaningful discussion about healthcare goals and preferences, including advance care planning and end of life goals and ensure patients have appropriate/early access to hospice and other critical patient-oriented programs as their disease progresses. They will also coordinate with primary care and other care providers who are part of the patient's medical team.

The Ridley-Tree Cancer Center cares for approximately 75% to 80% of the oncology patients in the area. Sansum Clinic cares for a large number of pulmonary, cardiology, rheumatology and neurology patients in the community. We anticipate that approximately 60% of the program will serve patients with cancer, and approximately 40% of the program will serve patients with neurological conditions, such as ALS and dementia; and patients with cardiac, respiratory, kidney, liver or other organ dysfunction or failure, such as congestive heart failure, COPD or end-stage renal disease.

Evidence from multiple large clinical trials shows early palliative care improves the quality of life (enhanced pain and symptom control), reduces depression and improves satisfaction with care. For hospitalized patients, palliative care reduces

the length of stay, the number and duration of ICU stays and readmission rates and emergency room use. The program increases use and length of stay in hospice. For patients near the end of life, palliative care reduces the use of invasive and aggressive treatments and increases enrollment and length of stay in hospice, while actually improving survival.

By engaging patients early in the disease course, clinic based Palliative Care services support patients, over time, in achieving maximum symptom control and in making informed choices about which health services they wish to utilize and in which settings.

Studies have shown that patients who receive early, clinic based palliative care often consume fewer and more appropriate health care services and indicate greater satisfaction with their care, compared to patients who receive no palliative care.

The Palliative Care and Advance Care Planning Program will be a multidisciplinary program that "touches" all departments within Sansum Clinic and the Ridley-Tree Cancer Center.

The administrative oversight for the program will be provided by Matt Kunkel, VP Operations at Ridley-Tree Cancer. Matt was involved in setting up the Palliative Care Program at Palo Alto Medical Foundation prior to joining the Sansum Clinic team in 2016.

The clinical programmatic oversight and interdisciplinary outreach will be provided by Dr. Marjorie Newman, Medical Director, with input from various clinical departments within Sansum Clinic.

We are currently recruiting for the Palliative Care team and anticipate the program being fully operational by mid-2019.

Special thanks to our major donors the J.S. Bower Foundation, William Williams, Natalie Orfalea Foundation and Lou Buglioli, Lady Leslie Ridley-Tree, Benjamin and Valerie Wayne, Warren and Mary Lynn Staley and Hollye and Jeff Jacobs. ☺



Communicating with Us Just Got Easier with Two-Way Text Messaging



We are pleased to introduce WELL at Sansum Clinic – our newest communication tool that connects you to Sansum Clinic via two-way text messaging.

After you schedule an appointment, we'll stay in touch with you by text to:

- Confirm appointment date and time, including a map of the location
- Give you the opportunity to request an appointment, cancel an appointment or request a new time, if needed

With WELL, you can communicate with us about appointments more efficiently and at your convenience. You are automatically enrolled with this secure communications tool! ☀

Relocation Updates Optometry Department

The Optometry Department relocated from 29 W. Anapamu Street to 317 W. Pueblo Street.

Neurology Department

The Neurology Department has relocated to the second floor of 317 W. Pueblo Street. There is also a lab and pharmacy located at this site. We encourage you to take advantage of our free complimentary valet parking. ☀

Now Offering Expanded Urgent Care Hours at 215 Pesetas Lane

Sansum Clinic is pleased to announce that Urgent Care is now open from 8:00 am to 7:00 pm every day of the week.

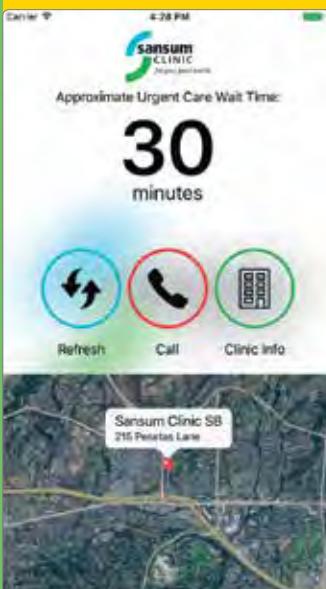
Santa Barbara Urgent Care: (805) 563-6110
215 Pesetas Lane, Santa Barbara
8:00 am to 7:00 pm Every Day

Holiday Hours are 8:00 am to 4:00 pm on Memorial Day, 4th of July, Labor Day, Friday after Thanksgiving, Christmas Eve, New Years Eve. Closed on Thanksgiving, Christmas, New Year's Day.

"We know patients can't plan for the unexpected, which is why we are offering expanded access to convenient medical care for urgent needs that don't require a visit to the emergency department," said Karen Handy, Vice President of Operations at Sansum Clinic. "Urgent Care is an excellent option when same day appointments with your doctor are unavailable, or if you need immediate treatment outside of office hours."

Now offering convenient same day appointments. Please call your primary care provider's office to see if there is a same day appointment available in his or her office or in Urgent Care.

The hospital emergency room or ER is the right choice when you need immediate life, limb or eyesight-saving care. If you are ever in doubt, it is better to be safe than sorry and go to the closest ER or call 911. ☀



Download the App: Sansum Clinic Urgent Care "Wait Time"

We know your time is valuable. To better inform you of what to expect when arriving at Urgent Care, you can now download our Sansum Clinic Urgent Care Wait Time App available on Apple iTunes.

On the App Store, search: Sansum Urgent Care. ☀



MyChart, our secure patient portal, is the most efficient method for staying in touch in between clinic visits. MyChart gives you secure anywhere, anytime access to key medical information. For the ultimate in convenience, MyChart is also available as an app for iPhone and Android.

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



My Life, My Health, My Way, MyChart!

“Health Records on iPhone”

Now Available to Sansum Clinic Patients

A Simple and Secure Way to Access Your Medical Data

Sansum Clinic now supports **Health Records on iPhone**, which brings together hospitals, clinics and the existing Apple Health app to make it easy for patients to see their available medical data from multiple providers whenever they choose.

Sansum Clinic has more than 70,000 patients using MyChart, and this new feature will be available to all of those who use iPhones and receive care at any of our 22 patient care facilities.

Previously, patients' medical records were stored in multiple locations, requiring patients to log into each care provider's website and piece together the information manually. Apple worked with the healthcare community to take a consumer-friendly approach and created Health Records based on FHIR (Fast Healthcare Interoperability Resources), a standard for transferring electronic medical records.

Now, patients will have medical information from participating

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. 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 to assist you.
3. **Call the MyChart Help Desk:** (805) 898-3333, Monday-Friday from 8:00 AM-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 login, 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. ☀

institutions organized into one view, covering allergies, conditions, immunizations, lab results, medications, procedures and vitals, and will receive notifications when their data is updated. Health Records data is encrypted and protected with the user's iPhone passcode, Touch ID or Face ID.

“We are thrilled to be able to provide our patients who are active on MyChart with access to their records in the Apple Health app, so they can view their own personal health data from all participating health institutions in one place,” said Sean Johnson, MPH, BSN, RN, Vice President of Applications and Analytics at Sansum Clinic. ☀

*For more information on Health Records, visit:
www.apple.com/healthcare/health-records*



TAVR

Groundbreaking Alternative to Open Heart Surgery



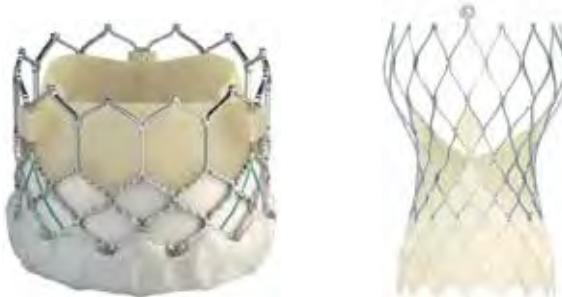
Joseph Aragon, MD, FACC, FSCAI, Michael Shenoda, MD, FACC, FSCAI, and Colin D. Shafer, MD, FACC

“Blockbuster” is how Sansum Clinic’s interventional cardiologist Dr. Joseph Aragon describes new clinical trial research on a groundbreaking alternative to open heart surgery called transcatheter aortic valve replacement or TAVR, published this spring in the *New England Journal of Medicine*. With TAVR, cardiologists guide a replacement valve through a catheter inserted into a small hole in a patient’s leg or groin. X-ray imaging assists the physicians in precisely positioning the new valve inside the heart. Until recently, TAVR has been reserved for older, high-risk patients with a failing valve who might not fare well from open-heart surgery. These latest studies demonstrate that the minimally-invasive TAVR can provide excellent results in healthier, younger patients as well. In one trial, when doctors used the SAPIEN 3™ valve made by Edwards Lifesciences, patients were almost half as likely to die or have serious complications within the first year after treatment, compared with those who underwent traditional surgery. In the second TAVR study using Medtronic’s Evolut™ valve, patients noted similar benefits after one year and the procedure was equivalent to surgery over two years. “It’s tremendous,” reports Dr. Aragon. “In cardiovascular research, to see a reduction in mortality in a clinical trial is always the ultimate end point. What more can you ask for?”

Sansum Clinic’s TAVR physicians established the TAVR program at Santa Barbara Cottage Hospital in 2015, and are the only ones on the central coast to offer both of these devices. Dr. Aragon and his partner, interventional cardiologist Dr. Michael Shenoda are not only certified to use the devices but proctor other cardiologists who are learning to perform the TAVR procedure. Also part of the TAVR group is imaging specialist Dr. Colin Shafer, along with trained nurses, technicians and TAVR Coordinator Samantha Yim, RN, BSN who helps to guide patients through the process before and after receiving their valve. According to Drs. Aragon and Shenoda, the research

from these two trials which enrolled almost 2,500 people combined will bring a “paradigm shift” to their discussions about patients with aortic valve disease. “This is a new era in valve replacement. It’s going to change the way we treat severe aortic stenosis forever,” notes Dr. Shenoda. He predicts this information will push the FDA to approve TAVR within months for qualifying lower-risk patients, and that within a few years, TAVR will become the new standard of care.

Back when he was a fellow at Cedars-Sinai Medical Center, Dr. Aragon met Dr. Alain Cribier, the French physician who pioneered the very first version of a TAVR device. Dr. Aragon and his Los Angeles mentors began to closely follow Dr. Cribier’s work. By the time Dr. Shenoda arrived as a cardiology fellow at Cedars-Sinai, clinical trials involving the TAVR procedure had begun there. Dr. Shenoda assisted with this testing and observed the early forms of the TAVR being implanted in high-risk patients. Since the inception of the TAVR program in Santa Barbara in late 2015, the team has treated more than 250 patients. “Volume matters,” explains Dr. Aragon. “You want to choose a location where the doctors are doing many of these procedures, where it is very orchestrated and there is a specific technique. We are a center of excellence for TAVR and we are only growing.”



Currently, the new valves appear to be just as durable as the ones used in open-heart surgery, which typically last 10-12 years. The team is now also performing many “valve in valve” procedures, where a TAVR device replaces a deteriorated, surgical valve. These new trials which confirm even more widely the safety and efficacy of their use may be some of the most rigorously evaluated. Multiple independent medical committees reviewed the data before the results were confirmed. “A lot of academic prowess has gone into this trial design,” remarks Dr. Aragon.

One of the most rewarding parts of the TAVR team’s operation is hearing positive stories from their patients. Since there is no incision when placing a TAVR into the heart, recovery times are minimal. Common symptoms like shortness of breath and fatigue are sometimes reduced within the first day. “Patients are the ones who stand to gain the most from this new technology,” confirms Dr. Shenoda. “The majority of our TAVR candidates are able to bypass the intensive care unit after their procedure. They recover for about an hour, transfer next to a regular hospital bed and then most return home the next day.” ☀

What Should You Do with Unwanted or Expired Medicines?



Medicines help treat disease, manage chronic conditions and improve health and well-being for many. But what do you do with the medications you no longer need or are expired?

Here is what to do:

1. **Check the package.** If there are disposal instructions on the package, follow them. Do not flush medication down the toilet unless you are specifically instructed to do so.
2. **Convenient kiosk.** Kiosks for deposit of unwanted or expired medicine are located in safe places throughout Santa Barbara County, free of charge. Visit sbsheriff.org/operation-cabinet/ for a current list of local kiosks.
 - **ACCEPTED:** medication in any dosage form in the original container or in a sealed bag.
 - **NOT ACCEPTED:** herbal remedies, vitamins, supplements, cosmetics, personal care products, compressed cylinders, aerosols, inhalers, medical devices, sharps, illicit drugs, mercury containing thermometers and iodine-containing medications.

3. **Mail-Back.** Those who are homebound can request a package to mail back unwanted or expired medicine, free of charge. For more information or to request mail-back packages contact MED-Project at www.med-project.org or call 1-844-MED-PROJ.
4. **In-Home Disposal.** Remove medication from its original container and mix with an undesirable substance such as used coffee grounds, dirt or kitty litter. Place this mixture in a sealed container and put it in your household trash.
5. **Privacy.** To protect your privacy be sure to remove all identification information on prescription labels before disposal.

What about sharps?

Sharps are needles, syringes with needles and disposable lancets like the ones some people use to check their blood sugar.

1. **Store them correctly.** No one wants to get stuck by old sharps! Keep them out of reach of children. Do not try to bend them, break them or replace the cap on needles. Collect them in an approved container made of rigid, thick-walled plastic marked with a biohazard label. Get free containers at a Santa Barbara County Public Health Clinic (locations below) or purchase a container at a local pharmacy.
2. **Dispose of them correctly.** Never put them in the trash. It is illegal to do so, even if they are in a proper container. Call to verify hours and location then take your container to a Santa Barbara County Public Health Clinic (locations below). You can also check with your trash disposal company. Some have a free sharps mail-back program.

Santa Barbara County Public Health Clinics:

Carpinteria Clinic: (805) 560-1050

Franklin Clinic, Santa Barbara: (805) 568-2099

Santa Barbara Clinic: (805) 681-5380

Lompoc Clinic: (805) 737-6400

Santa Maria Clinic: (805) 346-8421 ☀

Q&A with Dr. Doug Jacobson

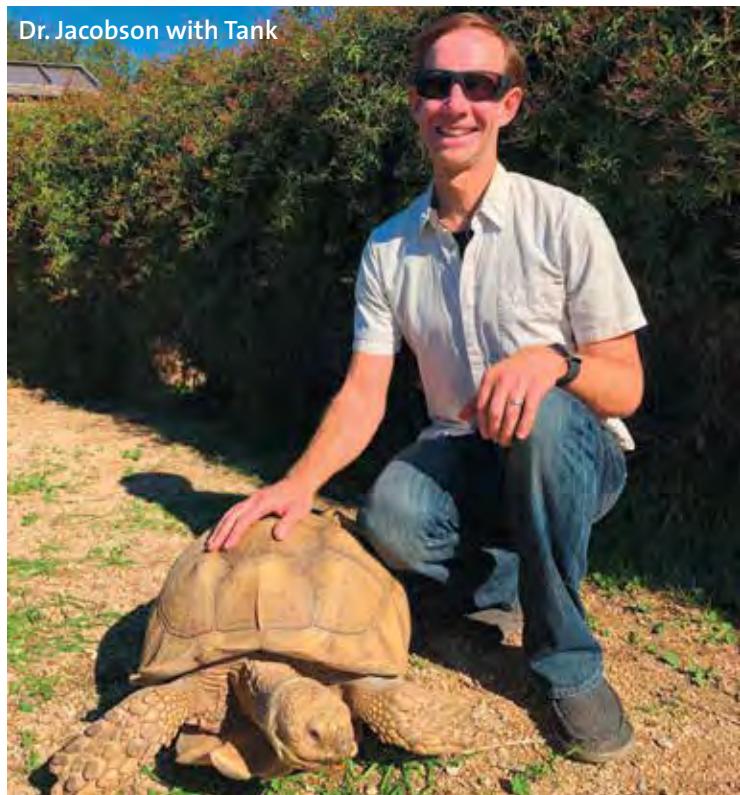
NICOLE YOUNG



with the physician to learn more about how he came to own a large African desert animal as well as his decision to join Sansum Clinic's group practice.

HOW DID YOU WIND UP WITH SUCH AN UNUSUAL PET?

My wife and I adopted Tank from American Tortoise Rescue in Malibu. When sulcata tortoises are born, the hatchlings are tiny and super cute. People buy them and keep them in a shoebox or terrarium but then they don't know what to do when they keep growing and get huge. Tank is a big guy now, about 80 pounds. He is 16 years old and was 11 when we got him.



Ophthalmologist Dr. Doug Jacobson and his pet tortoise, Tank, have a lot in common. They both are personable and reserved but extremely intelligent, happy when exploring, and super active, but patient enough to enjoy the journey. We sat down

WHERE DO YOU KEEP A TORTOISE?

We live in Mission Canyon and we have a raised-bed garden for him. He has a house in the corner. He can cruise around pretty quickly. Our neighbors laugh because we take him for walks. We follow him and if he's gone too far, we bring him back home in a wheelbarrow.

YOU RIDE YOUR BIKE EVERY DAY FROM HOME TO YOUR OFFICE IN THE ELINGS EYE CENTER ON FOOTHILL?

Cycling is my number one thing. I commute to work on my bike and it's a lot of fun. My wife, Lauren (who is a pathologist in town) and I have been involved with the Santa Barbara Mountain Bike Trail Volunteers organization since we moved here in 2010, and have been on the board for several years. Our organization leads monthly volunteer trail maintenance events, promotes sustainable trail design, and advocates for multiuse trail access. After the devastating Thomas Fire and subsequent debris flows, we have been raising funds to rebuild and reopen local Santa Barbara trails.

ANY OTHER HOBBIES?

I play Ultimate Frisbee twice a week on the beach. I love it. It's really fun and it keeps me fit. I am also a big fan of the local farmers markets, and visit them on a regular basis.

WHAT MADE YOU WANT TO BECOME AN EYE SURGEON?

I grew up in the Bay Area where my father was an ophthalmologist at Stanford. I would go on medical missions with him from the time I was in high school to places like Haiti and the Turks and Caicos Islands. It was inspiring for me to see him restore sight and give people back their vision. And it was a good exposure to ophthalmology at a young age, and I did think at the time that I might pursue it.

WERE YOU CONSIDERING MEDICAL SCHOOL DURING COLLEGE?

I went to Colorado College and majored in physics. I was thinking about medical school from the start, but I wanted to have an interesting and broad college experience. Physics challenged me and gave me a broad scientific base to work from.

YOU DELAYED APPLYING TO MEDICAL SCHOOL IN ORDER TO TEACH FIRST?

I got exposed to teaching by volunteering in schools with student health promotions. And then I took some education classes to help me become a better teacher. My plan had been

to go straight to medical school but I decided there was no downside to doing a gap year. I ended up settling in Costa Rica to teach 5th graders at a private school in San Jose. When I returned to the U.S., I spent a year teaching middle school science at the Headlands Institute in Marin and then another year at Yosemite Institute teaching field science. After that, I headed to Yale University School of Medicine.

ONLY TO ULTIMATELY RETURN TO CALIFORNIA?

I'm glad I had four years on the east coast, but I am definitely a California kid. I only considered residencies on the west coast. I trained in internal medicine at Stanford University Medical Center and did my residency in ophthalmology at the University of Washington in Seattle.

YOU CONTINUED TO GO ABROAD FOR MORE MEDICAL MISSION TRIPS WITH YOUR DAD?

Yes, we went to Ghana, Africa when I was pre-med and I returned with him toward the end of my residency. The first time we went, I was only assisting him. The second time, we were side-by-side, each at our own operating tables doing surgery at the same time. It was an incredible experience for a young surgeon to be operating all day next to my mentor and dad. It was wonderful to have worked so hard and then to have the payoff of helping people in an even more direct way than before.

HOW DID YOU LAND IN SANTA BARBARA?

I was in Seattle working at a multi-specialty group while my wife finished up her pathology training. Her perfect job wound up being here so we moved together. I worked at the County Clinic and started a private practice on State Street that was very successful. I was approached to join Sansum Clinic in December of 2017. I'd been here long enough to know all the Sansum ophthalmologists and they are a great team. We had a lot of mutual respect for each other, and it's nice to have them as colleagues now. The newness of the building and the equipment, as well as having the surgery center on the same campus, were very attractive. I do think Sansum Clinic's multi-specialty model is the way all of healthcare is headed. We have so many specialists in one group, including support from nurses and technicians. It's better for patient care to be integrated with internal medicine, family medicine, urgent care and all the other medical and surgical specialties.



Dr. Jacobson riding his Pivot Firebird mountain bike

DO YOU HAVE A SPECIALTY WITHIN OPHTHALMOLOGY?

As a comprehensive ophthalmologist I see patients for many concerns, but I do specialize in cataract surgery and glaucoma management. They are both exciting. With cataract surgery, the outcomes are so good. The laser-assisted surgery that we do increases precision and is gentler on the eye. It's an easy and painless experience for my patients. We are able to treat patients' cataracts, and give them the vision they always wanted. I offer vision correction alongside cataract surgery. Lens exchange is a great technique for patients who want vision correction and don't want to wear glasses or contacts. You essentially remove the dirty cataract lens and replace it with a corrective lens implant. It works great for just about any type of vision problem people have. These clear lens implants last a lifetime and independence from prescription glasses is a nice advantage for my patients.

With glaucoma, in addition to the medicines being greatly improved now, there have been incredible surgical advances in the last decade. The glaucoma surgery I provide is minimally-invasive, doesn't worsen vision, and has a very low risk for long-term complications.

WHAT DO YOU ESPECIALLY LIKE ABOUT WORKING FOR SANSUM CLINIC?

Sansum Clinic is a great model for integrated patient care, and I am grateful to practice alongside such caring and capable providers. I look forward to continuing to grow as a surgeon as new advances are made in my field, and to enjoying the special community of Santa Barbara. ☀

Stephanie Daughters, PharmD

Sansum Clinic Pharmacies

NICOLE YOUNG

Sansum Clinic is deeply committed to supporting its two on-site Prescription Pharmacy locations for one reason: it greatly benefits patients. “People feel comfortable coming to a setting where our pharmacists know their names,” explains pharmacy director Stephanie Daughters, PharmD. “With leadership right here in Santa Barbara, we are nimble enough to make changes as needed to best serve our patients.”

While many local, independent pharmacies are closing their doors and numerous online, mail-order pharmacy businesses are cropping up daily, Stephanie is dedicated to bringing the best of both worlds to patients: an environment that combines the cost-effectiveness of a large retail pharmacy with the personal customer service found in local, non-chain operations. Several of Stephanie’s employees have worked at a Sansum Clinic pharmacy for nearly 20 years, cultivating important relationships with both

patients and doctors. “It’s a special place to work as a pharmacist. You get to be part of the collaborative practice of the medical team,” she says. While many patients who utilize the pharmacies see Sansum Clinic doctors, the services are available to anyone in the community.

Sansum Clinic Prescription Pharmacy has two locations: 215 Pesetas Lane, and 317 West Pueblo Street, across from Santa Barbara Cottage Hospital. Both are open Monday through Friday, 8:30 am to 6:00 pm. Many patients opt to pick up their prescriptions right after a medical visit. Clinic staff can link directly to the pharmacy using the Wave electronic medical record, and patients can request refills through their MyChart accounts. Prescription delivery service is available for a small fee (\$6.25 within Santa Barbara, \$7.50 to Goleta or Montecito) and patients can receive reminder phone-calls or texts for pickup just like the retail chains. New adherence measures for Medicaid have pharmacies all over the state working harder to follow-up with customers, including those at Sansum Clinic. “Our goal is to make sure patients fill the ordered medication and take it as prescribed,” she says, noting that their rapport with doctors and the medical team makes this process much easier.

Stephanie came to Santa Barbara to perform clinical rotations while pursuing a Doctor of Pharmacy degree at the University of the Pacific. She then began a job behind the counter at Long’s Drugs in Montecito and ultimately met her husband, radiologist Dr. Kenneth Daughters, when he was still an intern. In 2002, she accepted a position with Sansum Clinic, hoping to round out her career with more clinical experience. Her current role is behind the scenes. Unlike retail pharmacies where one district manager may oversee many locations, Stephanie is in close, regular communication with her pharmacy and clinic staff. She focuses on purchasing drugs at the most competitive rates for her customers and for the various Clinic departments. “I make sure we have medications for the entire organization, that we are buying on contract and that we are buying the right thing,” she confirms. “I learned about the purchasing piece that goes on with wholesalers and the various classes of trade and how we could maximize our purchasing



Stephanie Daughters, PharmD, and family



power.” Sansum Clinic’s purchasing requirements are unique and different from other large healthcare organizations or hospitals. There is no strict formulary to follow or set of rules that dictate a specific set of medications and the circumstances under which they can be used. “All of our physicians are free to prescribe the therapy most appropriate for their patient,” she adds. To keep up on pharmaceuticals that are new to market, Stephanie attends monthly meetings with Sansum Clinic’s medical director and department representatives to discuss which ones they might offer.

The pharmacy team is constantly looking to improve customer service and is always evaluating the most recent technology pharmacies are adopting. A newly-installed hanging bag system to speed the pulling of orders is one result of their reviews. Patients can also opt to have their hormone replacement therapy personalized and filled by the pharmacy. Immunizations are another area the pharmacies looked to step up their game. Both locations offer a variety of adult vaccinations. The Pesetas pharmacy stayed especially busy with flu vaccines this winter, freeing up valuable appointment time for doctors’ offices. The Pueblo pharmacy also performs

non-sterile compounding. This is the practice of preparing medication doses that can be drunk, swallowed, inserted or placed on the skin; for example, any kind of solution, suspension, cream, powder, capsule or tablet. Readyng these doses on-site means the pharmacy must follow all the necessary standards and regulations to ensure safety and accuracy. While these extra services are helpful to patients, Stephanie trusts it’s the personal attention and the backline to providers that keeps customers coming back. “We know there are so many options out there,” she admits. “We want to keep satisfaction high and we encourage our patients to use our pharmacies.”

Prescription Pharmacy at Sansum Clinic

215 Pesetas Lane, Santa Barbara, CA 93110
(805) 964-4831

317 W. Pueblo Street, Santa Barbara, CA 93105
(805) 682-6507

Estella Wu, PharmD Oncology Pharmacist



Ridley-Tree Cancer Center has incorporated the role of Oncology Pharmacist as an integral part of the cancer care team. Estella Wu, PharmD, MS, BCPS, now plays an important role in the delivery of care for cancer patients

at all phases of their treatment; from assisting with writing chemotherapy orders, helping to build electronic health records, performing medication management, symptom management and providing supportive care.

Estella leads a team of Admixture Technicians, ensuring safety in the compounding and dispensing of chemotherapy, maintaining an adequate supply of medications, minimizing drug waste, and managing cost and reimbursement for cancer drugs. She also implements programs to ensure the safety of staff and patients during the receipt, preparation, administration, and monitoring of unnecessary exposure to hazardous anticancer drugs.

Because of the expert therapeutic and regulatory knowledge required as an oncology pharmacist, Estella is positioned to be influential in the development of institutional evidence-based guidelines, policies, and standards. She participates on various committees as they discuss formulary management and treatment protocols to improve safety, efficacy, and compliance with regulations. As the care of cancer patients continues to be challenged with high-cost therapies, medication shortages, regulatory requirements and dwindling reimbursement, she is heavily relied upon to provide support for the clinical team in an effort to improve overall cancer care and patient quality of life.

Estella joined us as our first Oncology Pharmacist in 2017. She earned her PharmD from USC, and is a board-certified pharmacotherapy specialist. She has held clinical positions at Massachusetts General Hospital, as well as Cedars-Sinai Medical Center and Santa Barbara Cottage Hospital. ●

Lily Yip, PharmD, APh, CDE, BCACP Medication Therapy Management Pharmacist

NICOLE YOUNG

While Lily Yip's impeccable credentials, education and board certification qualify her to work in nearly any pharmacy setting, she plays a different and unique clinician-type role at Sansum Clinic, created because of a critical need among diabetes patients. As a medication therapy management pharmacist, Lily cares for patients referred by Sansum's six endocrinologists and two certified physician assistants (PA-Cs). Many of these patients require more education and increased understanding of the prescriptions they take to maintain their health. "The problem with diabetes is that it's almost like a silent disease," Lily explains. "People say 'I feel fine. My doctor said my lab results were a little abnormal but I don't feel any different. I am not in pain, my vision is fine, my kidneys are fine, so why should I worry?'" And then five or ten years down the line, when they are hospitalized or they get sick, they say, "I wish I started paying attention sooner." As a certified diabetes educator, Lily is all too familiar with the depression, anxiety and guilt these patients can experience from the stresses of managing their disease. "Often, they just don't want to admit they are not taking care of themselves," she notes. "We don't want that for our patients. We want to empower them and let them know that there are resources here available to them."

During the free meetings Lily conducts at 215 Pesetas Lane in English, Spanish or Chinese, she reviews a patient's entire medical record and takes time to uncover important factors that might not have been shared with the physician. Lily says these talks reveal all kinds of barriers that prevent people from taking their medication, like insurance coverage issues, drug side effects or financial struggles affecting the purchase of healthy food. Patients may have stopped seeing their primary care doctor, missed lab tests, failed to pick up prescriptions, are confused about a physician's advice or perhaps just need a helping hand to navigate their concerns. Lily works to bridge the gap between the patient and the medical team. "I like meeting with them in person so I can get to know them and build rapport," confirms Lily. "You have to know what is going on in their life. You try to be their coach and guide them on what they can do. I tell them, 'I am not going to judge you. I will figure out how to help you and encourage you.' I think that can make a big difference." Armed with a doctorate from the University of Southern California School of Pharmacy and seven years experience working around Los Angeles in similar positions, Lily can order or change prescriptions and adjust doses. She combs through patient reports to find people who may have fallen through the cracks by not adhering to the medication protocol or skipping appointments, knowing it often just takes someone reaching out personally to change the situation. "It's my background and my passion," she admits.

Lily first connected with Sansum Clinic when Medical Director Dr. Marjorie Newman rang her to discuss the use of clinical pharmacists, something uncommon for independent organizations the size of Sansum Clinic. When the time came to create a position in Santa Barbara, Lily had just moved to



Ventura County. "My life motto is everything happens for a reason," she chuckles. Lily viewed Sansum Clinic as less hospital-centric than other places she'd worked and less bound by corporate red tape that can sometimes tie the hands of clinicians seeking to personalize care. "It is important to have the autonomy to customize care and do what we think is right for the patient," she adds.

Volunteering at health fairs since high school, Lily enjoys the human interaction side of pharmacy. Her residency in ambulatory care at USC exposed her to another side of her field. She learned from her mentors the importance of being innovative and finding the needs within the medical group. "Pharmacists can be a great asset to physicians and other professionals," she confirms. Hosting college interns in her current position helps her to dispel the notion that pharmacy is "just about counting pills." She wants her students to see how rewarding it is to have a direct, positive impact on a patient's health. "That's why I am here," she points out. "To teach patients so they understand what is going on in their body. If they start early enough, they can prevent progression of the disease. That really is the key. This is a disease they can control." ☀

Rania Shenoda, PharmD Prescription Navigator



Sansum Clinic is leading the way in Santa Barbara County with a Prescription Navigator program run by Rania Shenoda, PharmD. Rania is well trained in the therapeutic uses and effects of drugs and helps ensure patients' appropriate medication use, reduce medication-related problems, enhance patient education and compliance with medication regimens, and ultimately improve health outcomes. Physicians refer patients to the Prescription Navigator for one-on-one office visits or telephone consultations. Patients can also self-refer to the program through a Brown Bag Medication Review Program to:

- Review all medications to ensure patients understand what has been prescribed and why
- Look for adjustments that may increase the effectiveness of the therapy
- Screen for potential interactions or side effects
- Assure that the medication list is up-to-date
- Answer medication questions and discuss the risks and benefits of one's medications with a health professional

Rania also works with patients upon their discharge from the hospital to review and reconcile home and discharge medications to prevent duplication of medications, medication errors and to ensure that the patient understands the importance of being compliant with the medication regimen.

Rania joined Sansum Clinic as our first Prescription Navigator in 2014. She earned her undergraduate degree in Psychobiology from the University of California, Los Angeles and her Doctor of Pharmacy degree from the University of Southern California. This program is generously underwritten by Julie Nadel. ☀

Dr. Julian Davis

Passion for Science

NICOLE YOUNG



Medical oncologist and hematologist Dr. Julian Davis wears the science wonk badge with honor. "I do have a big fascination with these processes," he discloses. His enthusiasm for the subject seeps into anything he's talking about, like his summer vacation trip to Yellowstone National Park for example. He handily sneaks in a mention of a famous enzyme discovered in the hot springs there. "It's a super molecular science nerd kind of thing," he jokes. His face lights up at the chance to translate complicated medical minutiae into something a person without an advanced degree can easily comprehend. "It's fun and enjoyable for me when a patient has that kind of 'click' moment that they understand what is going

on and feel more comfortable in the decision-making process."

While Dr. Davis' position at Ridley-Tree Cancer Center is new, his passion for science stems back to his Advanced Placement Biology class at Cate School. After growing up in Santa Barbara, his career journey came full circle last year when he accepted a job in his hometown. Dr. Davis began his undergraduate education at UC Santa Barbara with no idea he would pursue medicine one day. He figured he'd get a job in academia or perhaps earn a living in a lab. Visiting physician scientists changed his mind. "I discovered this is a way to apply the teaching and help people, too," explains Dr. Davis.

Switching gears toward medical school at the end of his college years required a quick retooling of his experience to boost his chances of acceptance. Dr. Davis took on a nursing assistant position at St. John's Medical Center in Oxnard, and a medical assistant job at Sansum Clinic's Goleta Family Medicine practice. He simultaneously began a UCSB master's program in cellular biology to keep all of his options open. With a different sort of resume than his peers, he opted to consider international medical schools as well as domestic ones, ultimately enrolling at the Royal College of Surgeons in Ireland. He'd never even set foot in the country before arriving to begin classes, but felt enthused by the fact that so many North Americans who attended there received impressive placements for their residencies and fellowships. After years of double duty traveling for medical school rotations throughout Ireland while writing his master's thesis from abroad, Dr. Davis' bet on residency paid off. He received a match at Pennsylvania Hospital, part of the University of Pennsylvania Health System, and started to blend his love of cancer biology with the training needed to care for patients. Rotations at UCLA and Cedars-Sinai Medical Center forged connections on the west coast. In 2015, a fellowship at UC Davis Comprehensive Cancer Center brought Dr. Davis permanently to California right when hematology-oncology was becoming one of the fastest advancing fields in medicine. "There are some exponential changes and discoveries happening with immunotherapy, genetics and molecular analysis that all tie together," he remarks. "The pace of research and learning is incredibly fast, with some landmark advances just in the last few years," he notes.

While Dr. Davis shopped for a location to begin his profession, he desired an institution where he could offer patients clinical trials on-site. Drs. Fred Kass and Daniel Greenwald cemented his belief that Ridley-Tree Cancer Center was a supportive environment committed to research. "I felt I would be able to do the intellectual pursuits that excite me here," says Dr. Davis. "Research is hard work and it takes smart people plus resources so you have to be focused on it." He saw his interests in studying hematology, melanoma, myeloma, lymphoma and leukemia as aligning with strategic planning goals in Santa Barbara. With diseases that are more complicated and detailed, he appreciated the specialization of doctors at the Center. "It's a team sport that requires everybody," comments Dr. Davis. He's also looking forward to the possibility of joint projects with UCSB staff. "Their strength is the interdisciplinary communication and collaboration between the biomedical sciences, engineering, chemistry and ecology," he adds. Dr. Davis ended 2018 completing dual board-certification in both hematology and medical oncology.

The physician's Santa Barbara roots run deep. He's eager to ride on the backcountry mountain bike trails he hasn't seen since high school. A decade after his college friends crowned him the "Taco King" for his uncanny ability to always locate the best Mexican food in town, he'll now discover new restaurants with his wife, Jenna, who he met here. The couple married at the Presidio with the doctor dressed in traditional Fiesta-wear. His parents still live in Santa Barbara and his in-laws reside in San Luis Obispo. This new job is the cherry on top, the culmination of lots of work by Dr. Davis and waiting long in places far from the ocean. "It's great to be back and have that awesome connection to nature and the ocean here. I missed it." ☀

Looking for a way to give back to the community?

Ridley-Tree Cancer Center Seeks Volunteer Patient Escort & Greeters



If you are kind, compassionate, and ready to make a difference, please join our team!

- Welcome patients, caregivers and members of the community with kindness and compassion. Assist patients as they arrive for appointments, serve tea/coffee, navigate from the entrance to registration. Some shifts extend this support to patients in the Infusion Suite and Boutique.
- Work in three hour shifts, mornings or afternoons. One-year commitment requested.
- Other volunteer opportunities include oncology massage, art instruction, healing touch, event support, and more.

To get started please visit ridleytreecc.org to download a Volunteer Application or contact us at Ridley-Tree Cancer Center (805)879-0646 or volunteer@ridleytreecc.org. ☀

Your Hometown Doc

Health and Fitness with a Splash of Santa Barbara and a Dash of Dad Humor



From left to right: Yael, Andy (11), Matt (8), Josh (15), and Dr. Dan Brennan

Dr. Dan Brennan is “Your Hometown Doc”—a new column on Noozhawk focused on current topics related to health, fitness and being active in our beautiful community. Special thanks to Noozhawk publisher Bill MacFadyen, and executive editor Tom Bolton, for recognizing Dr. Brennan’s talents outside of the exam room or Little League field.

Born and raised in Santa Barbara, I was fortunate to return to my hometown in 2001 as a board-certified pediatrician at Sansum Clinic after receiving degrees at UCLA, Albany Medical College and thoroughly enjoying my residency training at Cedars-Sinai Medical Center in Los Angeles.

My love of health care and writing has afforded me the opportunity to write health columns, contribute as a medical expert for several national publications, edit several parenting and nutritional texts and, most

recently, work as a medical editor for WebMD. Thanks to some great college connections, I have also had the thrill of serving as a medical consultant for several television shows and films.

In my spare time, I love spending time with my wife of 20 years, Yael (also from Santa Barbara), and volunteering my time as a youth coach and as the board president of Dos Pueblos Little League.

As your hometown doc, I am excited to bring you the latest and greatest health information for you and your family, as well discuss current trends in parenting, fitness and nutrition.

Watch out, I might just talk you into volunteering at a local nonprofit organization or even coaching a local youth sports team (just ask some of my patients).

Teens, Screens & Social Media

Do you remember that time when you logged on to your social media account and saw all those photos of your besties out for dinner, drinks and a concert at the Santa Barbara Bowl?

You enlarged the photos with your fingers and clicked through all of the tags to see who else was invited. You checked your texts to see if maybe you missed the invite. Then you felt that pit of heartbreak in your stomach and wondered what happened?

It can be challenging enough as an adult working through a web of friendships in the current age of social media, but now imagine what it would be like as a teen just starting out, discovering his or her identity and self-expression through the lens of today's social media.

Let's talk about teens, screens and social media.

Teen Pressures Are the Same

Being a teen has never been easy. For many, awkwardness starts with changing bodies, interests and friendships. The move to high school from middle school presents the challenge of increasing workload, creating a new support network of friends and fighting peer pressure to make healthy choices.

It is no coincidence, however, that an increase in teen anxiety, sleeplessness, loneliness and worry coincides with the emergence of smart phones and social media.

What Are Some Social Media Stressors?

What is it about social media that heightens the normal pressures of being a teen? Here are a few examples:

- Feeling pressure to have friends “like” and comment on their posts
- Watching friends post about activities to which they weren’t invited
- Pressure to always look attractive or have an exciting post to share
- Fear of having peers post about them in an embarrassing way
- Stress that if their phone is out of reach, they might miss an important message
- Worry that not staying up-to-date on the latest posts may prevent full participation in conversations at school
- Concern that if they don’t respond to a friend’s post quickly enough, that they may be replaced by a new friend

Where Can You Start As a Parent?

Set an example that you want your teen to follow. If you constantly have your phone in hand or within arms-reach (I am guilty of this), you are setting an example for your teen. Watch what you post and realize that your kids may be “following” you on the Instachat app.

Pay attention to what is triggering your teen to be stressed. If your teen seems irritable or overwhelmed by social media, sit down with them and try to understand what is going on in their world. Do your best to offer support, build up their self-esteem and keep open lines of communication. Set aside time to leave the phones at home, go read books at a coffee shop, take a walk on the beach or grab a bite to eat together.

Oversight is okay – and necessary. Parents often ask if it’s okay to keep track of their kids’ social media footprint. Not only is it okay, I think it’s essential.

My recommendation is to let your kids know that you are the parent, and the person who is paying for their phone, and that you have the right, and responsibility, to access their social media and phone content. Don’t abuse this. Look at it as a deterrent and a way to head off a major crisis, but not as a way to spy on private conversations.

Be sure to remind them frequently that their social media footprint will last forever and the things they post and “like” today may be used against them in the future when they are looking to get into college or apply for a job. Periodic reviews of your teen’s Snapgram posts may also help you anticipate topics that may be causing them worry.

Set up family “screen-free” times. Think about turning off the screens at 8:00 pm each day, before school, at the dinner table, in the car or when the TV is already on. Do not let your teen take the phone to bed.

Create an occasional phone-free weekend, or plan an afternoon hike in a place known to have no cell reception. You may just find that your teen starts to relax and I bet you will, too.

It's Not All Negative

As a parent, it is super tempting to want to just take your teen’s phone away. As a physician who is well aware of the connection between social media and the epidemic of anxiety affecting my teenage patients, it is really hard for me to not jump on top of my exam table and advocate for a ban on social media for minors. But these are not practical solutions and should not be necessary if we, as parents, are more aware of the time we are all spending on our screens and take the time to understand what is stressing out our teens.

Social media does not have to be all negative. A post can allow a teen a chance at positive self-expression, the opportunity to raise awareness about a topic that is meaningful to them or the ability to share a special moment. A social media post has the potential to be an empowering and confidence building experience.

So take a step back, be mindful of how often your own phone is in your hand, and think about how to approach your teen and talk about screens and social media. ☺

Dr. Dan Brennan is a board-certified pediatrician at Sansum Clinic, proud husband and father of three boys. He can be contacted at (805) 563-6211. The opinions expressed are his own.

Farmers' Market Food Demonstration



Ridley-Tree Cancer Center's oncology nutritionists, **Sarah Washburn, MS, RDN, CSO, and Rebecca Colvin, MPH, RDN, CSO**, led a food demonstration at the Santa Barbara Farmers' Market.

Sarah and Rebecca chose this healthy recipe for a variety of reasons, including its vibrant colors, satisfying crunch and yummy taste. The bitterness of the cabbage is masked by

the salty, sour and umami combination of tastes found in the miso dressing. This is handy to know, especially if you are preparing foods for someone who does not like the taste of bitter foods. He or she may like this salad...give it a try.

Red cabbage contains anthocyanin polyphenols and green cabbage contains other polyphenols that exert antioxidant and anti-inflammatory activity to help decrease risk of cancer and other chronic conditions. They are excellent sources of vitamin K, C and B6 and good source of manganese and fiber. And, cabbage is one of the least expensive vegetables per cup. What a deal! Healthy and inexpensive!

This recipe was adapted from The Longevity Kitchen by Rebecca Katz. This book and many other books and resources are available at the Ridley-Tree Cancer Center Henley Resource Library, on the first floor, at 540 West Pueblo Street in Santa Barbara. Come browse and meet our Manager of Educational Programming and Resource Library, Youngmi An, who can answer your questions and help you find reliable cancer-related information. ☀

Recipe: Asian Cabbage Crunch

Ingredients:

- 3 cups shredded red cabbage
- 3 cups shredded Napa or other green cabbage
- 1 cup thinly sliced radishes
- 1/2 to 3/4 cup thinly sliced scallions
- 1/4 cup finely chopped fresh cilantro or basil
- 2 tablespoons finely chopped fresh mint
- 1/2 cup Sesame Miso Dressing
- 1 tablespoon black sesame seeds (optional)

Combine the cabbages, radishes, scallions, cilantro and mint in a large bowl and toss. Drizzle with the dressing and toss until evenly coated. Sprinkle with sesame seeds and let sit for a few minutes to allow the dressing to penetrate the cabbage.

Serves 6

Sesame Miso Dressing

Ingredients:

- 2 tablespoons mellow (light) miso
- 1 tablespoon tahini
- 3 tablespoons rice vinegar
- 1 tablespoon tamari
- 1 tablespoon maple syrup
- 1 tablespoon freshly squeezed lime juice
- 1 teaspoon freshly squeezed lemon juice
- 1/2 teaspoon grated lemon zest
- 2 teaspoons grated fresh ginger
- Pinch of cayenne (optional)

In a small bowl, combine miso and tahini and whisk with a fork until smooth. Add all other ingredients and whisk with fork until well combined. ☀



Sarah Washburn, MS, RDN, CSO, and Rebecca Colvin, MPH, RDN, CSO, are board-certified specialists in oncology nutrition at Ridley-Tree Cancer Center. They provide personalized nutrition therapy for patients throughout the spectrum of cancer treatment and survivorship. They are plant-food advocates who help translate nutrition research into practical individualized recommendations to optimize nutrition wellness.



David V. Feliciano, MD



Dr. David V. Feliciano, from the University of Maryland Medical Center, was the Visiting Professor of Surgery for Surgical Academic Week (March 18-22).

Dr. Feliciano received his medical degree in 1970 from Georgetown University in Washington, D.C. He completed training in general surgery at the Mayo Clinic, in trauma at Wayne State University, and in vascular surgery at Baylor College of Medicine and was a Lieutenant in the U.S. Navy Medical Corps. He was Professor of Surgery at Emory University and Surgeon-in-Chief at Grady Memorial Hospital in Atlanta, Georgia from 1991 to 2011. After serving as the Battersby Professor of Surgery and Chief of the Division of General Surgery at Indiana University from 2013-2017, he is now a Clinical Professor of Surgery at the University of Maryland and an Attending Surgeon at The Shock Trauma Center/University of Maryland Medical Center, Baltimore. Also, he is a Clinical Professor of Surgery, Mercer University School of Medicine, Macon, Ga., and Adjunct Professor of Surgery, Uniformed Services University of the Health Sciences, Bethesda, Md. He is a general surgeon with strong interests in endocrine surgery, surgical oncology, and trauma. His research interests are use of ultrasound in truncal trauma; damage control celiotomy; and effect of metabolic state on outcome from vascular injuries. In addition, he is the Co-Editor of the textbook *TRAUMA*, now in its Eighth Edition.

Dr. Feliciano presented a public lecture on, “**Everything You Wanted to Know about Trauma in the United States**,” at the Ridley-Tree Cancer Center at SanSum Clinic.

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.

Dr. Feliciano follows seven 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 (Houston Methodist Hospital), Professor O. James Garden (University of Edinburgh) 2018.

Dr. Conway takes over the reins of the Visiting Professor of Surgery Education Program from Dr. Ronald G. Latimer, who established the program in 2010 with the Department of Surgery and SanSum Clinic. SanSum Clinic's Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, the program 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. Conway joined SanSum Clinic in 2017, and is a fellowship-trained surgical oncologist at the Ridley-Tree Cancer Center, with nearly 10 years of high-volume surgical experience dealing with complex cases.

“We have been fortunate to have had outstanding surgeons, all leaders in their field. The program benefits the surgical residents, surgical staff and patients. The value to our community, to Cottage Health, and to SanSum Clinic is priceless.” — James T. Dunn, MD, FACS ☀

Dr. Charity Dean Named 2018 Physician of the Year for Santa Barbara County



Drs. Kurt Ransohoff and Charity Dean

The Central Coast Medical Association honored Charity Dean, MD, MPH, as the 2018 Physician of the Year for Santa Barbara County.

Dr. Kurt Ransohoff presented the award and shared stories of Dr. Dean, who is known by her colleagues for her compassion, work ethic, enthusiasm, and dedication to public service. ☀

Dr. Michael Shenoda and Dr. Julie Taguchi Give Cardiovascular Disease Lecture

Michael Shenoda, MD, FACC, FSCAI, specialist in cardiovascular disease, interventional cardiology, and structural heart disease at Sansum Clinic, and breast specialist Julie Taguchi, MD, medical oncologist at Ridley-Tree Cancer Center at Sansum Clinic, presented a free health education lecture on preventing, identifying, and managing Cardiovascular Disease risk in women treated for breast cancer; and how the two are related.

The event was held in March and hosted by the Breast Cancer Resource Center of Santa Barbara. ☀

20th Anniversary Santa Barbara Heart Ball

Saturday, May 4, 2019 | Stephens Estate

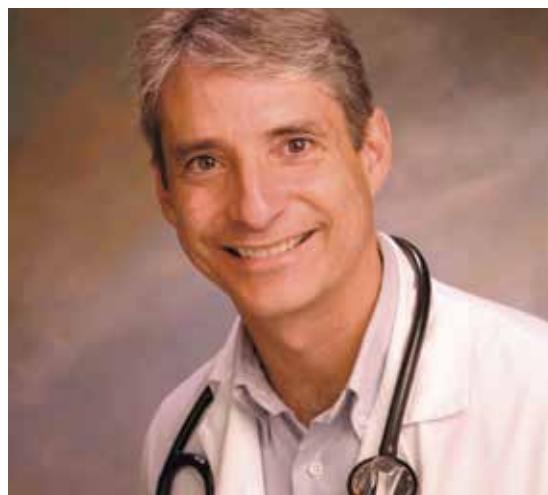


Dr. Joseph Aragon and Janet Drayer will chair the American Heart Association's 20th Anniversary Santa Barbara Heart Ball on Saturday, May 4, at the Stephens Estate in Hope Ranch.

Dr. Aragon is an interventional cardiologist at Sansum Clinic, who along with his colleague Dr. Michael Shenoda

was recognized as a Healthcare Champion by the *Pacific Coast Business Times*. Ms. Drayer is Vice President of Finance for Sansum Santa Barbara Medical Clinic Inc. ☀

Dr. Jay Winner Speaks at Family Physician Health and Well-being Conference



Jay Winner, MD, will give three talks at the Family Physician Health and Well-being Conference of the American Academy of Family Physicians (AAFP) in Phoenix, Arizona, in June: "Becoming a More Relaxed and Healthier Physician," "EMR Pearls and Documenting with Sanity," and "Effectively Dealing with Your EMR Inbox, Working with Staff, and Creating Balance."

Dr. Winner remains active on the speaking circuit, with recent presentations to AAFP in Idaho, Pri-Med in Florida, and Medical Continuing Education (MCE) Conferences in Canada. He has also spoken locally through UCSB Arts & Lectures, and to teachers at San Marcos High School. ☀

Living Kidney Donors Can Give the Gift of Life

It was a full house at the Santa Barbara Maritime Museum's Munger Theater on Tuesday, February 12, for Living Kidney Donors Network founder Harvey Mysel's presentation on, "Having your donor find YOU!"

The two-time transplant recipient flew in from Chicago to inform and inspire local kidney disease patients on talking about their need for a living kidney donation. According to the National Kidney Foundation, some 30 million Americans now suffer from some form of progressive kidney disease, including hundreds in Santa Barbara alone. Dialysis can keep most of them alive, but transplantation is a much more effective and liberating treatment option – freeing patients from dozens of hours spent each week tied to a dialysis machine.

In the past 10 years, however, the kidney transplant waiting list has doubled to over 90,000 people, many of whom wait more than five years for a transplant from a deceased donor. Finding a living donor can shorten the wait considerably. Moreover, a living kidney donation will last, on average, twice as long as one from a deceased donor. Yet many patients are reluctant to talk about their need for a living kidney donation. Mysel was here to arm them with information and techniques to overcome their hesitation.

"There are very few experiences more rewarding than giving the gift of life," he says. "By getting the word out to as many people as possible, I find that patients are astounded at the number of generous people who will volunteer to help them."

The workshop was hosted by Dr. Michael Fisher, co-founder of Santa Barbara Artificial Kidney Center and author of *Surviving Kidney Disease: True Stories of Love, Courage, Hope, and Heroism*, with co-sponsors Sansum Clinic and the Living Kidney Donors Network. ☀



Dr. Nicole Stern Published in National Journal

Dr. Nicole Stern is a co-author of a report entitled, "Reshaping the Journey: American Indians and Alaska Natives in Medicine," published by the Association of American Medical Colleges (AAMC) and the Association of American Indian Physicians (AAIP), where she is a current member of the board of directors and a past president.

The report provides an overview of the current representation of American Indians and Alaska Natives (AI-AN) in medicine; makes the case for increasing AI-AN representation in the health professions by highlighting the value of diversity in education and training, workforce needs, and health disparities; and showcases institutional profiles of medical schools that have successfully graduated Native physicians. Dr. Stern recently helped moderate a small group break-out session entitled, "Institutional Inventory: Exploring the Inclusion of American Indian and Alaska Natives (AI-AN) in medicine." This session at the AAMC Learn Serve Lead Annual Meeting in Austin on November 4, 2018 was the interactive piece of a larger presentation entitled: "Navigating the Medical Education Continuum: Strategies to Increase American Indian Engagement." Dr. Stern is currently serving in her second term on a national committee as the AAIP Liaison to the AAMC Group on Student Affairs-Committee on Student Diversity Affairs (GSA COSDA).

Dr. Stern helped organize and was a featured speaker at the Haku Healthcare American Indian Student Summit recently hosted by the AAIP, Santa Ynez Tribal Health Clinic and Association of Native American Medical Students. The event was designed to provide American Indian students with information about pursuing a career in healthcare, science or public health.

Dr. Stern practices Sports Medicine and Internal Medicine at Sansum Clinic Urgent Care. She is available for sports medicine consultations, including concussion management and medical care of varsity, amateur and professional athletes, as well as non-surgical orthopedic evaluations (acute and chronic injuries). Call (805) 563-6110, visit Urgent Care at 215 Pesetas Lane in Santa Barbara, or visit www.sansumclinic.org for more information. ☀

Dr. David Carlson Receives Outstanding Clinical Faculty Award

Dr. David Carlson, center, was the recipient of the 2018 UCSF Department of Radiology and Biomedical Imaging's Outstanding Clinical Faculty Award. Congratulations on this testament to your high quality of service and care! ☀



Christina Archer, MS, RD Integrative & Functional Nutrition Certified Practitioner

Clinical Dietitian Christina Archer, MS, RD, IFNCP earned certification as an Integrative and Functional Nutrition Certified Practitioner through the Integrative and Functional Nutrition Academy. ☀



Dr. Erno S. Daniel Legacy Award

Monica Picard, RN was awarded the Dr. Erno S. Daniel Legacy Award by Dr. Bryce Holderness (Pesetas Internal Medicine Department Chair) at a luncheon on February 22. Sansum Clinic meant so much to Dr. Daniel who passed away in February 2015. Dr. Daniel was a knowledgeable, kind and caring internist who worked at Sansum Clinic for more than 37 years, taking care of thousands of patients, in many cases, several generations of the same family.

The Daniel Family chose to establish this award with gifts given to the Clinic in memory of Dr. Daniel. This award is given annually to an employee in the Pesetas Internal Medicine Department who exemplifies compassion, dedication, and integrity. ☀



2017 Award recipient Ervin Loeza, 2019 recipient Monica Picard, RN with Dr. Bryce Holderness, Damaris Campero (2018) and Alex Mahto, RN the first recipient of the Dr. Erno S. Daniel Award in 2016.

Drs. Gregory Cogert & Benjamin Diener Named 2018 Physicians of the Year



Dr. Gregory Cogert



Dr. Benjamin Diener

Gregory A. Cogert, MD, FACC, FHRS, and Benjamin G. Diener, MD, were among four Physicians of the Year at Cottage Health in recognition of their exemplary performance. Nominated by other staff members, honorees are selected based upon the most nominations in four criteria: dedication to the profession and patients, respect and courtesy, collaborative practices, and efficient use of resources.

Dr. Cogert completed a fellowship in Cardiovascular Medicine at Cedars-Sinai Medical Center and a fellowship in Clinical Cardiac Electrophysiology at the Mayo Clinic before joining Sansum Clinic as a cardiovascular diseases and electrophysiology specialist in 2015. He has been on staff at Cottage Health since then. Dr. Diener is board certified in internal medicine and has been a Sansum Clinic Hospitalist at Cottage Hospital since 2009.

"We congratulate our award winners who have earned the highest nominations from Cottage staff," said Dr. Ed Wroblewski, Vice President of Medical Affairs and Chief Medical Officer at Cottage Health. "The outstanding work of these physicians demonstrates our core values of excellence, integrity and compassion to patient care." ☀

Sansum Clinic Recognized for Medical Excellence

For the fifth consecutive year, Sansum Clinic achieved Elite status for the 2018 APG Standards of Excellence™ survey. America's Physician Groups (APG) is the largest association in the country representing physician organizations practicing capitated, coordinated care. Each year, APG assesses tools and processes its members have in place to meet escalating expectations of healthcare purchasers and patients.

The annual Standards of Excellence™ survey requires its participating members to report data across six rigorous category domains: Care Management, Information Technology, Accountability and Transparency, Patient Centered Care, and Group Support of Advanced Primary Care and Administrative and Financial Capability.

Sansum Clinic was also recognized for providing high quality care to Medicare Advantage patients by the Integrated Healthcare Association (IHA), a statewide nonprofit group committed to high-value, integrated care that improves quality and affordability for patients across California and the nation. Each year, IHA recognizes physician organizations that achieve a 4.5- or 5-star rating. Sansum Clinic attained a 4.5 star rating out of a possible 5 stars for 2017-18. ☀

Target BP Recognition Program

Sansum Clinic was recognized by the American Heart Association (AHA) and American Medical Association (AMA)'s Target: BP Recognition Program as one of 300 medical practices in the nation 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. ☀



Angela Miller-Bevan (AHA), Dr. Kurt Ransohoff, Dr. Taylor Holve, Renee Grubb (Board Chair, AHA), Dr. Marjorie Newman, Barbara Conviser, Sean Johnson.

From the Sansum Clinic Mailbox

Dear Dr. Caves,

I had a colonoscopy in February with Dr. Thomas Caves. I have such high regard for Sansum from the years we lived in California that I drove from eastern Arizona (700 miles) to have this procedure.

The nurses and everyone I met during this visit confirmed for me that the drive was well worth it.

I think everyone should treat themselves like someone you are responsible for helping and want the best for. Going to Sansum does that.

Sincerely,

— Jerald Erskine, Snowflake, Arizona

Dear Sansum Clinic,

In the last several months my husband and I (we are both in our early 80's) have made several visits to your clinics at various locations.

We have found all your employees (from receptionists to doctors) kind, helpful, and very knowledgeable.

We feel confident that as we continue to age and develop physical challenges we will be well cared for by your staff.

Thank you for being here for us and all of the Santa Barbara area.

Sincerely,

— A Grateful Patient ☀

Cane to 5k

When Robin Estes came to the Doctors' Weight Management Program (DWMP) at Sansum Clinic she could only walk with the assistance of a cane. Her excess weight was causing decreased function and severe pain in both of her knees. Robin had been told by her orthopedic doctor that the only way she would get better would be to have both knees replaced. Her doctor advised her to lose weight prior to surgery to help reduce the chance of complications during and after the procedure.



Before



After

After looking into her options and the many weight loss programs out there, Robin chose HMR, the leading provider of medically-based weight management programs in clinics, hospitals and major medical centers throughout the country. Doctors' Weight Management Program offers HMR weight

management programs that combine a structured diet, physical activity, and lifestyle-change coaching.

"The medical support and the personal coaching were just what I needed to get myself on track," says Robin. "I just love my coach, Alysha. She really inspires me to succeed."

Robin is in Phase 1 of DWMP's program. This decision free phase of the program is ideal for patients who want to lose 30 pounds or more, or whose health requires medical monitoring. This option includes the use of HMR meal replacements along with behavior-based classes and coaching.

Her husband, Jim also joined DWMP and has lost 40 pounds. Jim is now in Phase 2 of the program where participants continue to attend weekly classes where they receive support and accountability while learning additional strategies for successful long-term weight management.

Robin has lost more than 90 pounds on the program and long ago stopped relying on her cane for support. She started doing water aerobics four times a week and walking to train for her first 5K walk/run, which she completed after just under one year on the program.

It turns out that Robin did not have her knees replaced. "There's just no need for that. I am able to get a lot more enjoyment out of life now that I have learned how to build healthier habits." she adds. "Thanks to the support I received at DWMP, I am able to work freely in my garden, go swimming and I have even started jogging. I just can't believe that I went from using a cane to training for my next 5K." ☀



ROBERT R. BAUER, NP



KRISTA BLAUSTEIN, PA



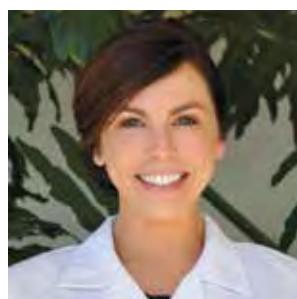
DREE DAUGHERTY, MD



KIMBERLY DUNCAN, WHNP



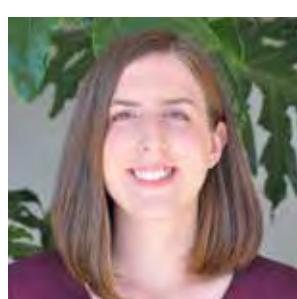
CAGNE HENRIKSEN, PA-C



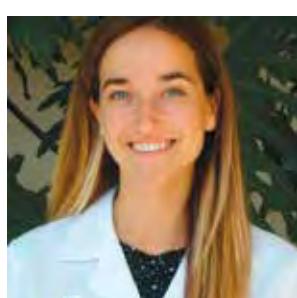
KATI KENNER, PA-C



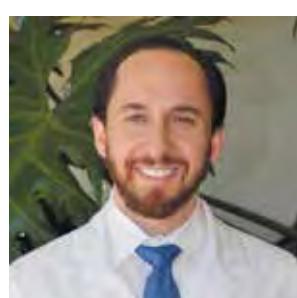
ERICA S. KOEPPEN, DNP, NP



ANDREA KREMSRIETER, PA



COURTNEY PAXSON, PA



JEREMY WEINTRAUB, A.U.D.

Welcome New Providers

ROBERT R. BAUER, NP

Pesetas Urgent Care

215 Pesetas Lane, Santa Barbara

Robert received his nursing degree from University of California, Los Angeles and is certified by the Board of Registered Nursing. He holds a Public Health Nurse Certification with certified training in Basic Life Support, Advanced Cardiac Life Support and Pediatric Advanced Life Support.

KRISTA BLAUSTEIN, PA

Pesetas Urgent Care

215 Pesetas Lane, Santa Barbara

Krista received her medical degree from Stanford School of Medicine and her master degree in Medical Science from Saint Francis University. Krista is certified by the National Commission on Certification of Physician Assistant (NCCPA). She is certified in Basic Life Support, Advanced Cardiovascular Life Support, and Phlebotomy.

DREE DAUGHERTY, MD

Pesetas Urgent Care

215 Pesetas Lane, Santa Barbara

Dr. Daugherty received her medical degree from Wayne State University and completed her internship and residency at William Beaumont Hospital. Dr. Daugherty is certified in Emergency Medicine.

KIMBERLY DUNCAN, WHNP

Anticoagulation Clinic

Pueblo Multi-Specialty Clinic

317 W. Pueblo Street, Santa Barbara

Kimberly received her nursing degree from University of California, Los Angeles and has been a Certified Woman's Health Nurse Practitioner since 1999.

CAGNE HENRIKSEN, PA-C

Pesetas Urgent Care

215 Pesetas Lane

Ms. Henriksen joins the staff at Pesetas Urgent Care in Santa Barbara. She received her degree from Stanford School of Medicine. Cagne graduated from the UCLA-Daniel Freeman Paramedic Program in 2005. She is NCCPA certified and holds an active state paramedic license.

KATI KENNER, PA-C

Pesetas Urgent Care

215 Pesetas Lane, Santa Barbara

Ms. Kenner joins the staff at Pesetas Urgent Care. She received her degree from Stanford School of Medicine and is board certified by the NCCPA.

ERICA S. KOEPPE, DNP, NP

Medical Oncology & Hematology

Ridley-Tree Cancer Center

540 W. Pueblo Street, Santa Barbara

Erica received a Doctor of Nursing Practice degree from University of San Diego and completed a student internship at Veteran Affairs Medical Center in San Diego. She is board-certified Nurse Practitioner with additional certification as an Adult Gerontology Nurse Practitioner and a Family Nurse Practitioner.

ANDREA KREMSREITER, PA

Solvang Oncology

2010 Viborg Road #140

Ms. Kremsreiter joins the Medical Oncology/Hematology department at the Solvang office of Ridley-Tree Cancer Center. She received her degree from Pacific University and is DEA and NCCPA board-certified. Ms. Kremsreiter is a member of the American Academy of Physician Assistants.

COURTNEY PAXSON, PA-C

Pesetas Urgent Care

215 Pesetas Lane, Santa Barbara

Ms. Paxson joins the staff at Pesetas Urgent Care. She received her degree from DeSales University, and is board-certified by the NCCPA.

JEREMY WEINTRAUB, AU.D.

Audiology

Foothill Medical & Surgical Center - Building A

4151 Foothill Road, Santa Barbara

Dr. Weintraub is board certified by the American Academy of Audiology. He received his medical degree from Nova Southeastern University in Fort Lauderdale, Florida and completed his internship at Johns Hopkins University School of Medicine in Baltimore, Maryland. ☀

Health & Wellness for You



Become an active participant in your good health!

Classes are led by board-certified physicians, registered dietitian nutritionists, registered nurses, certified diabetes educators, physical therapists and other specialized professionals.

Advance Care Planning
Advance Directive 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