

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 7 • SUMMER 2013

A photograph of four people (three women and one man) smiling and posing together at what appears to be a formal event or gala. They are dressed in dark, elegant attire. The background is a plain, light-colored wall.

COMING TOGETHER GALA

GIVING BACK

Dick & Maryan Schall

YOGA AT WORK

Simple Exercises to Help You Get Through Your Work Day

SHOTS, SUCKERS AND STICKERS CHILDHOOD VACCINES

Message from the CEO



The last few months have been some of the most eventful in recent memory here at Sansum Clinic. Our Gala event hosted by Jay Leno brought in more than \$1.2 million to support vital programs and services for our oncology patients. This celebration of our partnership with the Cancer Center of Santa Barbara brought together nearly 500 community members, donors, local and national businesses and celebrities who support our programs. It is gratifying to see so many members of our community respond in a most generous way. You can read more about this wonderful event and the inspirational work being done to improve the lives and outcomes for our patients on page 8.

As health care reform takes hold we are taking the necessary steps to meet the needs of our patients, and further improvements in quality, outcome and affordability will require formal collaboration among physicians and hospitals. We recently announced that we have entered into a letter of intent to partner with Cottage Health System to develop an integrated health system. The transaction would bring the three hospitals of Cottage Health System and Sansum Clinic's 23 outpatient sites together. Our ability to work together across the inpatient and outpatient care continuum is one of the most exciting parts of this proposed collaboration. The communities we serve and the patients who entrust their care to us would be the real beneficiaries of this merger. We will keep the community updated as we make progress in our discussions.

We have also made some other changes and added new services that will help to make your next visit at Sansum Clinic more comfortable. We have introduced complimentary Valet parking at our Clinic at 317 West Pueblo St. and also serving the Pulmonary/Critical Care Clinic at 301 West Pueblo St. Guests are now greeted by uniformed Curbside Valet personnel who greet you and park your car on request. And patients at our Urgent Care Center at 51 Hitchcock Way are now offered pagers so that they may leave the facility and will receive a notice to return when it is their time to see the physician.

Good communication with your doctor's office is becoming ever more important to understanding and maintaining your health. MyChart allows you to view your test results, request an appointment and send and receive confidential messages securely with your physician's office, whenever it is most convenient for you. Our 24-hour clinic operator can connect you with any department to reach a live person during business hours or to leave a message after hours. For non-emergency medical matters that require a response after hours, you can ask to be connected with the on-call physician who can respond to you in a timely manner.

Your good health has always been our first priority and we remain committed to providing our patients with the most advanced healthcare and to assuring a positive experience each time they visit Sansum Clinic.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

Your 24-hour Connection

1 (800) 4 SANSUM

1 (800) 472-6786



Scan this QR Code with a mobile reader
to dial our Clinic Operator

GOODHEALTH

A FREE QUARTERLY PUBLICATION
FROM SANSUM CLINIC
ISSUE 7 • SUMMER 2013

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

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Chief Medical Officer*

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MyChart allows you to view your health information such as lab results, appointment information, medications, immunization records and details about your doctor visits.

Sansum Clinic currently has over 32,000 patients actively using MyChart to review their medical information and to communicate directly with their Sansum Clinic doctor through our secure online patient portal.

How to Sign Up for MyChart

All patients of Sansum Clinic can sign up and login to MyChart now. Protecting your privacy and healthcare information is our primary concern, so signing up for MyChart requires an activation code. Your unique MyChart activation code can be generated in three ways:

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

Once we've verified your identity and you've received your activation code, you can register for MyChart and set up your own secure username and password. Login from any computer to complete your registration or use one of our convenient MyChart Registration Kiosks located in many of our Clinics. Representatives are available to assist you with your registration. 🌟

Valet Parking & Improved Handicapped Parking Access

We have recently improved parking at two of our facilities to provide our patients better access to these busy locations.

Free Curbside Valet Parking Service at 301 and 317 West Pueblo Street

We are pleased to announce that we have introduced complimentary valet parking at our Clinic at 317 West Pueblo St., and also serving the Pulmonary/Critical Care Clinic at 301 West Pueblo St.

This service provides our patients and guests with more convenient access to the facility. Guests are now greeted by uniformed Curbside Valet personnel who greet you and park your car on request.

The Valet service also monitors self parking areas to assure that designated parking facilities remain available exclusively for our patients and to provide you with a better experience each time you visit Sansum Clinic. 🌟



Camp Wheez

Camp Wheez is a day camp each year in August for elementary school children, ages 6-12 with chronic asthma, providing them with a camp experience designed for their special needs. It is free of charge and open to the community. Campers learn about their asthma while they participate in recreation and arts and crafts.

Visit www.SansumClinic.org/camp-wheez for more information and an application form or call (805) 681-7897. 🌟

GOODHEALTH

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Hsien Young, MD

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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.

The ABCDs of Melanoma

BRET E. DAVIS, MD, DERMATOLOGY

We are fortunate to live in an area where we enjoy a lot of sunshine, but that comes with some skin cancer risks including melanoma. *You* can be your own best defense against melanoma. Recognizing early warning signs of this skin cancer can save lives. Be on the lookout for the ABCDs of melanoma. Two key interventions we hope will reduce the risk of melanoma are avoiding sunburns and self examination for early detection.

Even though the ABCDs are a good device to remember, also note that most melanomas look different from the “average mole” found elsewhere on the same person. Therefore, if you see a suspicious skin lesion, take the next step and schedule a dermatology appointment.

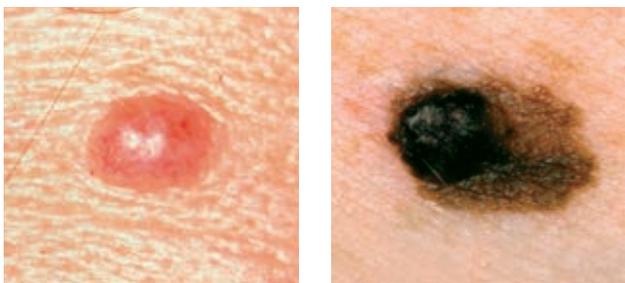
We recommend regular skin self-exams, at least monthly, right after a shower or bath. Check yourself with consistent lighting, a hand-held mirror and a full-length mirror. You will then learn the locations and appearances of birthmarks, “moles” and your other skin features. This will prepare you to recognize changes as they occur. Loved ones can help by periodically examining your back and other areas you are not able to see well.

A continuous or sudden change in the appearance of a mole is a sign that you should see a doctor.

The ABCD rule can help you remember the symptoms of melanoma.

A – ASYMMETRICAL SHAPE

Melanomas are often markedly unusual in form; compare the right side to the left or the top to the bottom.



B – BORDER

Melanomas may have notched, protruding, scalloped edges or be hard to define from surrounding skin.



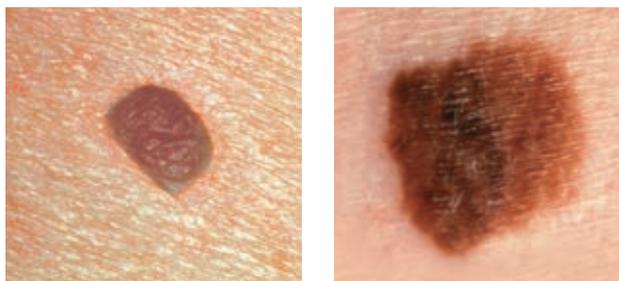
C – COLOR

If you see black in any skin lesion, this may be a melanoma. If you see very dark brown, multiple colors, dark-and-red or dark-and-white, again, this may be a melanoma.



D – DIAMETER

A diameter about the size of a pencil eraser was formerly meant to be an easy way to think of melanoma, and to prevent people from waiting too long before seeing a doctor. Today, we also encourage patients with an abnormal skin lesion of any size to see a doctor, especially if it is growing. ☀



Dr. Bret Davis is board certified in dermatology and sees patients at 215 Pesetas Lane in Santa Barbara and at Dermatology Associates of Sansum Clinic in Santa Maria. Dr. Davis earned his medical degree from the University of Washington and was trained at both Tufts University in Boston and Cambridge Hospital/Harvard University. He is a fellow of the American Academy of Dermatology and the American College of Physicians. You can reach our Dermatology Department by calling 1 (800) 4 SANSUM. Learn more at www.SansumClinic.org/dermatology.

Photos courtesy of Skin Cancer Foundation. All Rights Reserved.

Important Things to Know

About Your Urgent Care Visit



PRESCRIPTION REFILLS are not offered by Urgent Care providers. Please contact your Primary Care provider if you need prescription refills.

ONLINE PERSONAL HEALTH RECORDS are available to our Urgent Care patients. You may activate your MyChart account to view information about your visit, review most of your test results, request an appointment, or send an email to your Primary Care physician.

LABORATORY AND OTHER TEST RESULTS will be mailed to patients as they become available. Out of range results will receive a phone call from the Urgent Care office with follow-up information. Most test results are available online to patients who have activated a MyChart account.

CENCAL PATIENTS who have not been assigned to Sansum Clinic will need to see your CenCal assigned provider for all additional follow-up care.

BILLING We accept payments, co-payments and deposits. Urgent Care cannot process your complete visit to provide an itemized bill at the time of service. If you have any questions about your bill, please contact Patient Accounts at (805) 681-1760.

HOURS Urgent Care is not available 24 hours, but is open on weekends and has extended weekday hours to meet the needs of our community.

Santa Barbara Urgent Care, (805) 563-6110
51 Hitchcock Way, Santa Barbara
Mon-Fri: 8 am to 7 pm, Sat: 9 am to 5 pm, Sun: 9 am to 3 pm

Lompoc Urgent Care, (805) 737-8786
1225 North H Street, Lompoc
Mon-Fri: 8 am to 6 pm, Sat: 9 am to 5 pm, Sun: Noon to 5 pm

AFTER HOURS Urgent Care doctors are not available after hours. For non-emergency matters please call 1 (800) 4 SANSUM and ask to be connected with the on-call physician. If you have a medical emergency after hours, please call 911 or go to the nearest emergency room.

WIRELESS INTERNET ACCESS is provided for your convenience. Simply locate the network SansumClinicGuest and follow the prompts to access the network. Cell phone conversations are not permitted in patient waiting areas. For the comfort of our patients, please use headphones while using all portable electronic devices. ☀

Our Urgent Care centers serve patients with non-emergency conditions that require prompt medical attention. We want to make your experience at our office as comfortable as possible.

WAIT TIMES often change and we do our best to keep you informed of current wait times. Patients are seen by doctors based on the severity of the condition and other factors that may affect wait times or result in patients being seen in a different order than they arrived.

For Your Convenience, Pagers are Available During Your Urgent Care Visit at 51 Hitchcock Way.

If your wait time is estimated to be 90 minutes or more after being triaged, please feel free to ask for a pager so that you may leave the building.

You must return to the Urgent Care clinic within 5-10 minutes of receiving your first page to get the next available room. If you do not return after being paged three times, we will see other patients and you will be placed at the end of the wait list for the next available visit. We introduced this service as a convenience to you and we must enforce this policy to ensure that we extend the same courtesy to all patients. Thank you.

PEDIATRIC PATIENTS may see a Pediatric Nurse Practitioner on Saturdays, who only treats pediatric patients. As a result, some of our younger patients may be seen in a different order than they arrived.

Shots, Suckers & Stickers

An Update on Childhood Vaccines

DANIEL R. BRENNAN, MD, CLC, FAAP, PEDIATRICS



Going to the doctor for an immunization is about as much fun as getting a shot in the arm, except that you might get a sticker and lollipop. When you consider some of the diseases that you could contract if you skip these vital vaccines, then it's definitely worth choosing the poke and getting the pop.

Are Vaccines Still Necessary in 2013?

For many of us in the child rearing years, diseases such as polio, measles and pertussis sound like ancient history. Many young parents did not grow up fearing these diseases and often have a false sense of security about their child's risk of contracting a vaccine preventable disease. The truth is, pertussis is at epidemic levels across the country and other diseases, such as measles and polio, are just a plane ride away.

Pediatricians embrace vaccines because they help our tiniest patients build strong immune systems. Most parents were vaccinated when they were young and are excited to offer immunizations to their children. A few parents have concerns and wonder if vaccines are still necessary and safe to give.

Here's an update on our current childhood vaccines.

DTaP (DIPHTHERIA, TETANUS, PERTUSSIS): The incidence of pertussis, also known as whooping cough, is at a 60-year high in California. A highly contagious bacterium, pertussis can cause a debilitating cough lasting several months and can be fatal for infants. Tetanus can be contracted from a dirty cut or wound. Diphtheria is rarely seen in this country anymore, thanks to our immunization programs.

HIB (HAEMOPHILUS INFLUENZA, TYPE B): HIB was a common cause of meningitis and epiglottitis until recently. Our immunization program has successfully eradicated this bacterial strain from our communities, but it is still prevalent in neighboring countries. My senior partner likes to remind us about how many spinal taps he used to do in the office before the HIB vaccine.

POLIO: This virus is still present in parts of the world, such as Africa and India, and we will continue our vaccination program until we can eradicate it completely.

PNEUMOCOCCUS: This vaccine is one of my favorites. It protects infants against strep pneumococcus, a common cause of meningitis, blood infections, pneumonia and ear infections. This vaccine prevents many babies from needing hospitalization, powerful antibiotics and invasive procedures such as spinal taps.

MMR (MEASLES, MUMPS, RUBELLA): Unfortunately, measles and mumps outbreaks still occur in this country, largely triggered when an unimmunized person travels abroad, gets infected and brings it back home. Rubella can cause serious birth defects if acquired by a pregnant woman. A decade ago there was concern that the MMR vaccine could be linked to certain developmental delays, such as autism. We now know this theory to be untrue. Contracting the measles and developing a complication called encephalitis can still cause permanent brain damage, however.

CHICKENPOX: Up to 150 children a year used to die from the chickenpox and thousands more had serious complications. Universal vaccination is contributing to the eradication of the chickenpox virus.

HEPATITIS A: This nasty virus can be contracted from contaminated food or water. If you like to travel, swim in the ocean or eat fresh fruit at a farmer's market, then please stop by your doctor's office for this two part series.

HEPATITIS B: This hepatitis is generally spread by contact with bodily fluids and can lead to serious liver disease. It's better to be safe than sorry.

ROTAVIRUS: This virus may be the worst of the "stomach flu" viruses. It is responsible for thousands of hospitalizations and emergency room visits each year. This vaccine is administered to infants in the form of oral drops.

MENINGITIS: People living in crowded quarters such as dorms are at higher risk for meningococcal disease. Most colleges now require this vaccine.

HPV (HUMAN PAPILLOMA VIRUS): The virus that causes genital warts can also cause cervical cancer. This is the first vaccine that can prevent cancer and is now available to both females and males.

Tdap (ADOLESCENT AND ADULT TETANUS, DIPHTHERIA AND PERTUSSIS): This booster to the DTaP can now offer teens and adults a chance to boost their immunity to pertussis. Did you know that almost a third of infants infected with pertussis contracted it from their moms? It is especially important for new and soon-to-be moms to get this vaccine.

A Community Contract

Vaccines successfully keep our children healthy and continue to reduce infant mortality. With higher rates of immunization, our communities are less likely to experience outbreaks of vaccine preventable diseases. The few who choose to not vaccinate,

however, put their own children at risk and increase the chances of other children or adults with compromised immune systems to become ill. To see the full benefit of vaccines, we recommend that all children follow the standard vaccine schedule that is published yearly by the CDC and American Academy of Pediatrics, rather than adopting a fad 'alternative' schedule.

Pediatricians can offer more than ever to keep our children healthy. Decades of research have proven vaccines to be safe and effective. Childhood vaccines continue to be an important tool in the prevention of disease.

The next time you come in for your annual checkup, please don't forget to ask your white-coated crusader about vaccines – you might even get lucky and go home with a sucker and a sticker. ☀



Dr. Dan Brennan is a board certified pediatrician at 51 Hitchcock Way in Santa Barbara. Dr. Brennan earned his Bachelor of Science degree from UCLA and his medical degree from Albany Medical College. He completed his pediatric internship and residency at Cedars-Sinai Medical Center. Dr. Brennan is an accomplished healthcare columnist,

a public speaker, and a contributing writer for the American Academy of Pediatrics' website www.HealthyChildren.org. You can contact our Pediatrics Department at 1 (800) 4 SANSUM or visit www.SansumClinic/pediatrics to learn more.



Dr. Ali Javanbakht, Carpinteria Family Medicine

Tdap vaccines are required for all California students entering 7th grade.

California State Law requires that all students entering the 7th grade provide proof of having had the Tdap vaccination by their healthcare provider prior to entering school.

Visit our website to learn more and watch our informative video called "What You Need to Know About the Tdap Vaccine". Dr. Dan Brennan and Dr. Ali Javanbakht explain everything you need to know about the Tdap vaccine — why it is so important in protecting our school children and why it is also recommended for many adults, especially caregivers.

Call 1 (800) 4 SANSUM to schedule an appointment with your doctor or pediatrician to receive the Tdap vaccine. ☀

Barbara Ireland Walk for Breast Cancer Research Benefits the Cancer Center

In March of this year, a record-setting 405 community members raised over \$60,000 at the Barbara Ireland Walk for Breast Cancer Research. One hundred percent of funds raised from event registration and pledges support the Cancer Center's breast cancer clinical trials so that local residents can receive the cutting-edge treatment options they need.

This year's event featured three new course options, including a 5K, 10K, and 15K, all along Santa Barbara's beautiful waterfront. Runners, joggers, and walkers received much-needed rejuvenation in the post-event Spa Zone, where they enjoyed massages, manicures, yoga, and more! 🌻



Cancer Care in Lompoc & Solvang

Jonathan Berkowitz, MD, PhD, is now providing Medical Oncology, Neuro-Oncology and Hematology services at our multi-specialty office at 1225 North H Street in Lompoc and in Santa Barbara, in addition to his practice at our Cancer Center's office, located at 2040 Viborg Road in Solvang.

For patients experiencing a cancer diagnosis, it is important to have oncology specialists and advanced diagnostic services close to home.

"We believe a key part of patient-centered care is being available to our patients where and when they need it the most. I am happy to be able to offer services in these special communities," says Dr. Berkowitz.

As part of the multidisciplinary, integrated team of oncologists at the Cancer Center of Santa Barbara with Sansum Clinic, Dr. Berkowitz and his colleagues work closely with other Sansum Clinic specialists to offer comprehensive care to our patients in Lompoc and Solvang.

In addition to Medical Oncology, Neuro-Oncology and Hematology services, our oncology patients have access to:

- Clinical research trials, which include the possible benefits of enhanced monitoring, and receiving innovative therapies that are not yet widely available
- Nurse navigators, who serve as a liaison between individual patients and other healthcare providers, including scheduling medical appointments, arranging follow-up care and identifying local resources and support
- Nutrition counseling
- Cancer Resource Library and personalized information searches
- Family and individual counseling and support services
- Patient wellness classes 🌻



Dr. Jonathan Berkowitz completed his Medical Degree at the State University of New York at Buffalo School of Medicine, and residency in Internal Medicine at Mount Sinai School of Medicine in New York, followed by a fellowship in Medical Oncology & Hematology at the National Cancer Institute in Bethesda, Maryland. Dr. Berkowitz has a special interest in neuro-oncology and practices primarily in the Cancer Center's Solvang office. He lives in Santa Maria with his wife and 2 children. To contact the Cancer Center of Santa Barbara with Sansum Clinic in Lompoc or in Solvang call (805) 686-5370.

Breast Cancer:

Genetics & Prevention

FRED KASS, MD, HEMATOLOGY/MEDICAL ONCOLOGY,
CANCER CENTER OF SANTA BARBARA WITH SANSUM CLINIC

(As seen in Santa Barbara News-Press, Voices section on May 26, 2013.)

RECENTLY, Angelina Jolie's remarkable self-portrait created an unmistakably clear image of three dramatic shifts in our approach to breast cancer:

FIRST, our understanding of genetics and our ability to personalize care now heavily influences breast cancer management.

SECOND, we have moved beyond the goal of early detection and are now invested in strategies for primary prevention – intervention before breast cancer occurs.

THIRD, advancements in surgical techniques have provided women options for multidisciplinary care and breast reconstruction that (paraphrasing her words) do not diminish a woman's sense of femininity.

GENETICS. We are slowly growing the number of communities in which certified cancer genetics counselors are available to guide patients and their families. In California, certified programs are available in six regions: in the San Francisco, Los Angeles and San Diego metropolitan areas, in Fresno, in Sacramento, and here in Santa Barbara.

What should bring patients and their families to seek genetic counseling?

- Multiple relatives with breast cancer
- A personal or family history of breast cancer prior to age 50
- A personal or family history of ovarian cancer
- A special subtype of breast cancer: "triple negative"
- Breast cancer in a male relative
- Breast cancer in a family of Eastern European Jewish ancestry

PRIMARY PREVENTION. For more than a decade we have known that medications given to high-risk women can decrease the risk of developing breast cancer. The first such trial demonstrated that tamoxifen could cut in half the likelihood of developing breast cancer. Subsequently, the STAR trial showed that raloxifene (Evista) could achieve similar results, potentially with fewer side effects.

For the highest risk women – women like Angelina Jolie who carry the burden of a breast cancer genetic mutation – the option of prophylactic surgery with effective reconstruction is now an option, with a 95% likelihood of preventing the disease. Women considering this option must have available to them a multidisciplinary team of physicians, genetics experts, counselors, navigators and other community cancer programs, like those available here in Santa Barbara, to ensure that their decisions are well grounded in all of the presently available medical knowledge.

MULTIDISCIPLINARY TEAM AND INNOVATIONS IN RECONSTRUCTION. Physicians specializing in breast cancer staff the Santa Barbara Breast Cancer Alliance. This group has won national recognition as a certified breast center – offering the full spectrum of surgical, reconstructive, radiation and medical breast cancer therapies. In partnership with the Alliance, the Cancer Center of Santa Barbara employs three breast cancer navigators and a social services staff dedicated to easing the path of women through the maze of choices now confronting them and their families.

The genetic risk carried by Angelina Jolie is responsible for only 5% of breast cancer. About 4 out of every 5 breast cancers are unrelated to family history. To that end, our efforts must be directed toward some of the root causes of this cancer, which strike 1 in 8 women during their lifetime. We need to look more closely at diet, exercise and other lifestyle choices. We need to more closely identify the steps all women can take to reduce their risk and to lead healthier, productive lives. 🌻



Dr. Fred Kass is board-certified in Hematology and Medical Oncology. Dr. Kass is the Medical Director of Research and Wellness at the Cancer Center of Santa Barbara with Sansum Clinic. You can reach the Cancer Center by calling (805) 563-6500 or visit us online at www.CCSB.org or

www.SansumClinic.org/oncology-hematology.

Jay Leno Hosts Magical Evening to Celebrate Partnership for Cancer Care

More than \$1 Million Raised to Support Vital Programs & Services for Oncology Patients

Nearly 500 community members, donors, local and national businesses, and celebrities celebrated in style to support the partnership of the Cancer Center of Santa Barbara with Sansum Clinic at Isla Mar, the private and historic Hope Ranch estate of Geoffrey Claflin Rusack and Alison Wrigley Rusack. Guests were treated to Rusack wines and a variety of farmers-market-fresh appetizers as they explored the estate grounds overlooking the Pacific. Jugglers, mimes, and other street performers guided guests into the main event tent, the captivating locale of a sumptuous three-course meal featuring the food of Rincon Events and Celebrity Chef Jamie West.

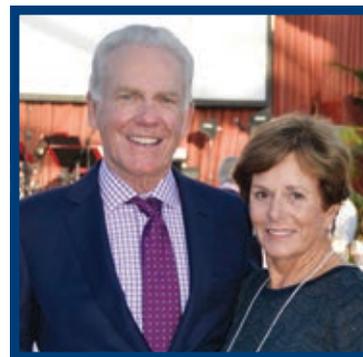
The delightful dinner was just the start of the evening's magic. Remarks were delivered by Sansum Clinic's CEO & Chief Medical Officer, Kurt Ransohoff, MD; Cancer Foundation of Santa Barbara's President, Rick Scott; and breast cancer survivor and support group facilitator for the Cancer Center, Hollye Jacobs, RN, MS, MSW. All spoke to the importance of the partnership for our community's cancer patients and their families, and thanked event sponsors and donors for their overwhelming support.



Kurt N. Ransohoff, MD, CEO, with guest speaker Hollye Jacobs, RN, MS, MSW, and Rick Scott, Cancer Center President

The thrill of the evening escalated when Rickey Minor and the Tonight Show Band took the stage, playing Jay Leno into the spotlight where he kicked off an exciting and hugely successful Live Auction. Auction items included a World-Class Cruise for

two with Azamara Club; an Epicurean Adventure featuring a kitchen tour and meet-and-greet at Thomas Keller's French Laundry; Dinner with George Stephanopoulos and Alexandra Wentworth in NYC; A Swiss-Made Corum Watch; Manchester United VIP Soccer Experience; A walk-on role in two-time Oscar-winner Ben Affleck's next film; an all-electric FIAT® 500e; Deluxe Las Vegas vacation for four including round trip private jet air travel; and an opportunity to spend time with the auctioneer himself with VIP tickets to the Tonight Show and insider-access to his famed car collection. The live auction concluded with an item everyone could participate in, a paddle-raise to support cancer patients in our community as they journey with, through, and beyond cancer.

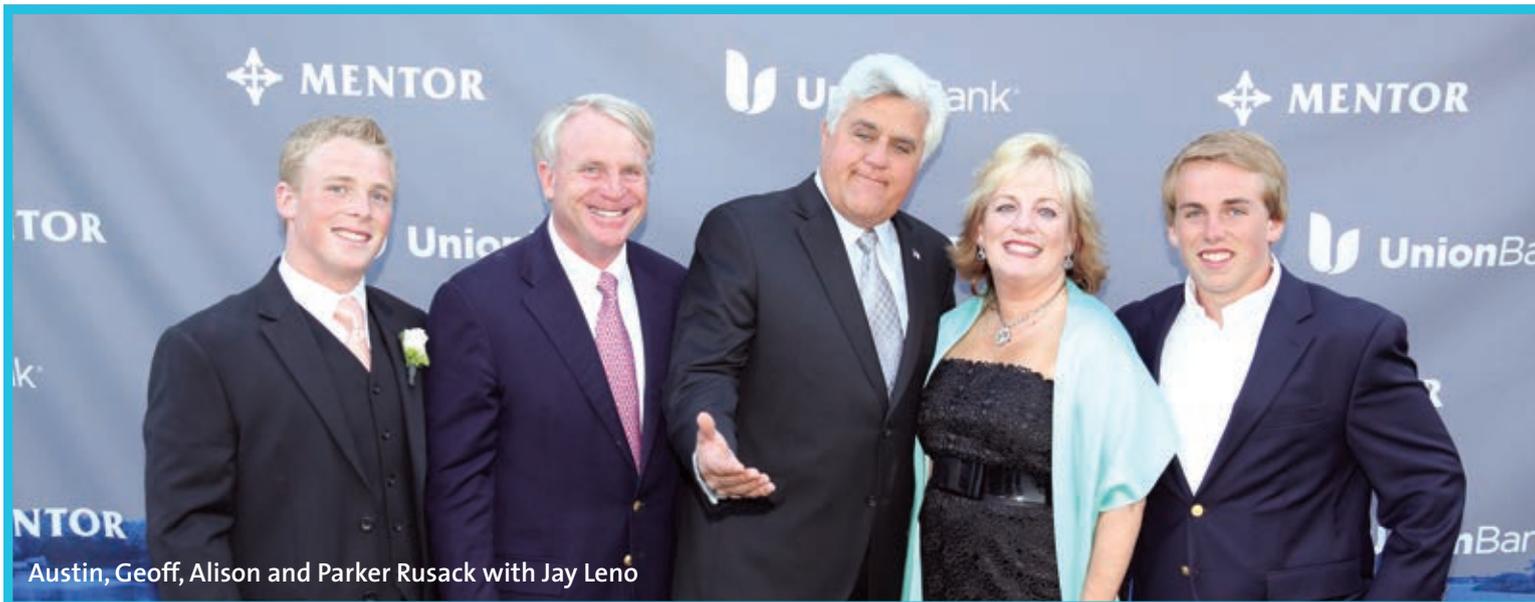


Jeff and Judy Henley

In total, the evening raised more than \$1.2 million in support of the Cancer Center's Patient Assistance, Wellness, and Support Programs, which aid patients with all aspects of healing with services like financial assistance for those who lack insurance; practical assistance with co-pays, insurance coverage, and travel expenses; nurse navigation; nutrition counseling; support groups; individual and family counseling; classes such as yoga, tai chi, painting, writing, meditation and laughter; cancer prevention and colon cancer screening programs; and hereditary cancer risk counseling for patients and families.

"These programs cost us \$1.4 million to fund each year, and we know they are truly vital in helping patients not only survive cancer – but to thrive during and after a diagnosis," explained Rick Scott. "We are so grateful for the opportunity to inform our community of these programs and to celebrate our recent partnership with Sansum Clinic. We are overwhelmed by the outstanding support shown at the event."

"Bringing together these two teams has already brought us tremendous benefit, and the event is a wonderful example of what is possible when two organizations come together with a



Austin, Geoff, Alison and Parker Rusack with Jay Leno

shared vision. We are experiencing greater collaboration and coordination with our expanded team of physicians, and as we look to the future, we see great opportunities for expanded clinical research, enhanced recruitment of highly trained medical personnel, and acquisition of new technology that will allow us to continue delivering exceptional care. This partnership brings together the right people and the right tools in the right healing environment so that patients can receive the cancer treatments they need close to home, right here in the community that supports them so well,” said Kurt Ransohoff, MD.

when my co-chair Tracie Fiss was moved to help the Cancer Center in gratitude for the care her father received from Dr. Kass and his colleagues.”

The Cancer Center of Santa Barbara with Sansum Clinic Gala was made possible by the support of individual and corporate sponsors, including Platinum-level Union Bank and Mentor; Gold sponsors Classic Party Rentals, Cox, Anthem Blue Cross, and Rincon Events; Silver sponsors Beneflex Insurance Services, Inc., Bertling and Clausen, LLP, G.L. Bruno Associates, Inc., Canterbury Consulting, Cottage Health System, HUB International, Montecito Bank & Trust and Worthe Real Estate Group. Bronze sponsors included Keith C. Berry, Boulder Associates, Inc., Elekta, Jim Lewis, Network Hardware Resale, The Nichols Management Group, Ltd., Philips Metsch Sweeney Moore, Southern California Reproductive Center/Mark Surrey, MD, V3 data/print/mail, and WaltersGroup Creative. 🌻

Community members are encouraged to learn more about the programs and services offered at the Cancer Center and to continue supporting this important cause. More information can be found at www.ccsb.org.



Morrie and Irma Jurkowitz, Leatrice Luria and Kandy Luria-Budgor

Details of the evening were orchestrated by three outstanding event Co-Chairs: Julie Nadel, Tracie Fiss, and Christy Kolva, who led the Cancer Center and Sansum Clinic staff and Ambassador /Honorary Committees in organizing the gala, the first-ever of this kind for either organization. “It is truly incredible what can happen when the community comes together to support an important cause,” said Julie Nadel, a devoted donor and friend to Sansum Clinic, who was also at the helm of the Clinic’s 90th Anniversary Celebration in 2011. “This all started



Vicki and Bob Hazard, Shannon and Michael Bernstein, MD

It's All About Caring

JOHN WATTS

Dick and Maryan Schall care about others! There is an enthusiasm in their eagerness to make a difference in the lives of people in need. “I hope to be remembered as someone who cared,” commented Maryan. Dick was equally engaged, saying when asked, “I would like my tombstone to read, ‘He tried to make things better.’”

As life-long residents of Minneapolis, the Schalls began giving of their time and energy long before they could do so in any financially-meaningful way. In the early years of their marriage, which began in 1951, their contributions came in the form of community volunteerism, with an emphasis on arts organizations and school functions, such as PTA. Sharing their resources, material or personal, has always been of importance to both of them.



Back row: Doug Saglio, David Schall, Jeff Davis, Dick Schall
Center row: Dawn Saglio, Maryan Schall, Caryn Schall, Patty Schall
Front row: Janny Gothro, Geoff Gothro

Dick and Maryan have a special place in their hearts for the value of education, perhaps enhanced by their having both been the first generation of their families to graduate from college – Dick from Macalester College in St. Paul (where he was the first alumnus to Chair the Board of Trustees, and where he was recently honored for his “distinguished service”) and Maryan from the University of Minnesota (where she graduated Phi Beta Kappa, with high honors). When their four children were in elementary school, Dick graduated from the Harvard Advanced Management Program, and when those children were in high school, Maryan returned to the University, earning two masters and a PhD.

The Schalls’ respect for the value of education is reflected locally

by their major support of Santa Barbara City College and the Scholarship Foundation of Santa Barbara. They are also long-time supporters of DRI, CALM, CADA, PPSBVSLO, and the Santa Barbara Foundation, among many other local non-profits.

After Dick’s distinguished career in business, much of which was split between General Mills and the Dayton-Hudson Corporation, the Schalls left the frozen north for the warmth and comfortable confines of beautiful Santa Barbara. When they arrived here, they were eager to find the kind of healthcare that would match the excellent personal and professional experience they were accustomed to in Minneapolis – a facility offering comprehensive healthcare through teamwork and community collaboration. They found it nicely presented at Sansum Clinic!

The Schalls’ relationship with Sansum Clinic has grown and thrived over the years. During that time, they have worked with many Sansum providers, with Dr. Kurt Ransohoff’s impactful oversight of Dick’s care being particularly meaningful. Maryan joined the Board of Trustees in 1994, serving for 12 years. She continues to serve as an Honorary Trustee. During her active Board years, Maryan was responsible for developing comprehensive new policies with regard to board membership and governance. During all these years, the Schalls have been major donors to the Clinic.

Sansum Clinic is a grateful recipient of the Schalls’ generous support. As Maryan says, “What could be more important than supporting the people who manage your health and well-being?”

It will come as no surprise that Maryan and Dick have also provided a legacy gift for Sansum Clinic, to help insure that future generations will have access to the superior healthcare they’ve experienced there. The Schalls proclaim that “Sansum is a community treasure!” 🌻

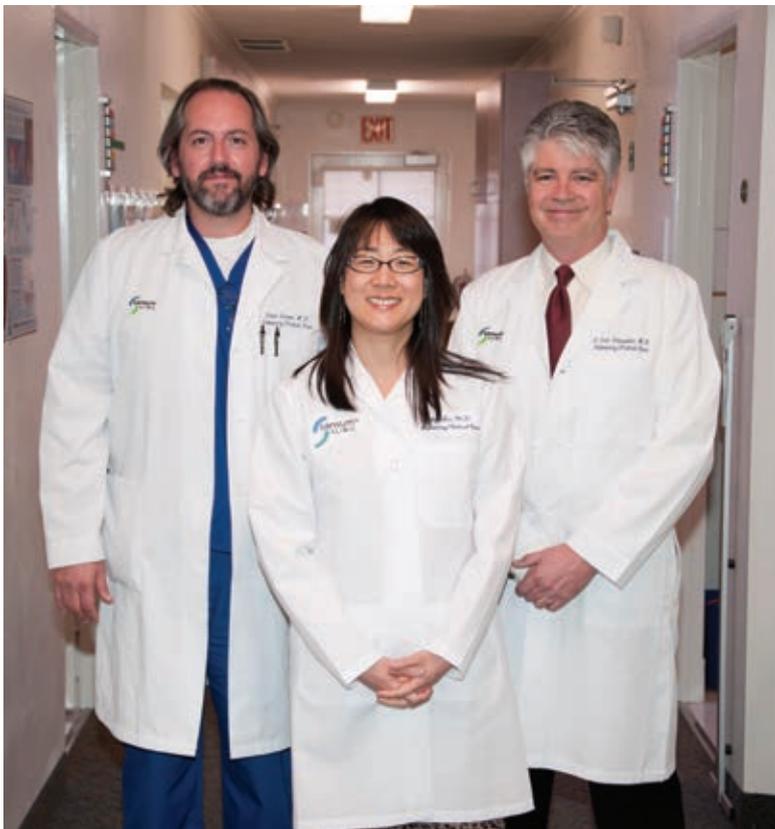
John Watts is a gift planning specialist with more than 40 years of experience in the field of philanthropy. He works with donors at Sansum Clinic and Cancer Center of Santa Barbara with Sansum Clinic.

Leave a Legacy

You can leave a legacy by including Sansum Clinic in your estate plans. For more information contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org. You can also return the enclosed envelope with a request to be contacted. 🌻



Pulmonary/Critical Care Medicine with A Personal Touch



Left to right: Drs. David Zisman, Ann Lee and Eric Schroeder

Eighty-five year old entertainment veteran Vivian Sherwood perhaps summed it up best for those with very serious lung problems, “There is nothing worse than struggling to take a breath.”

Vivian has been visiting the Pulmonary/Critical Care/Sleep Medicine Center at 301 West Pueblo Street in Santa Barbara regularly for treatments and therapy for more than 5 years. Her pulmonologist Dr. David Zisman works with two other board certified specialists, Dr. C. Eric Schroeder and Dr. Ann Lee. The department also employs three respiratory therapists, one nurse and two medical service coordinators who tend to their patients.

These physicians are often presented not only with patients who already have a diagnosis of COPD, asthma, pneumonia, lung cancer, pulmonary hypertension and interstitial lung disease, but often with people who have bothersome or severe symptoms of persistent cough, shortness of breath, an abnormal chest x-ray, or chest pain. Those with sleep disorders are also diagnosed and treated here.

“My doctor is like a member of the family and the whole staff is wonderful,” says Vivian. “Dr. Zisman listens to my lungs and to my voice,” she adds, finding it refreshing to have a physician who listens patiently to her concerns. “He has an in-depth understanding of my condition and he works closely with all of my other doctors. I think he is the best doctor in the world – an old fashioned doctor in the best sense of the word.”

There is nothing worse than struggling to take a breath.

Dr. Lee explains the unique partnership between physician and patients that often exists when treating chronic conditions, “Education is vital to achieving good outcomes. It’s my duty and passion to help my patients understand their condition, treatment options and expected results so they may be best in control of their health. With this knowledge and communication, as a team we can accomplish meaningful results. Bring me your questions and we’ll look for answers together.”

In addition to seeing patients in the office, all three physicians help staff Cottage Hospital tending to some of our community’s most vulnerable populations who may be critically ill and in the medical Intensive Care Unit. They also assist surgeons with their patients who have breathing difficulties, provide consultation for the hospitalist physicians with evaluations and treatments for respiratory diseases and symptoms. They are also part of the Neurointensive Care Multi-Disciplinary Team that provides comprehensive care for stroke patients.

Dr. Schroeder leads the Pulmonary/Critical Care office as the head of the department and was selected as the outstanding Physician of the Year in 2012 by the staff at Santa Barbara Cottage Hospital. He has been instrumental at promoting collegiality amongst the clinic and hospital physicians and setting high standards for the department.

When asked what she would most like others to know, Vivian replied, “Someone is struggling to breathe right now – I want them to know about the whole wonderful team at Sansum Clinic.” ☀

Pulmonary/Critical Care Medicine is located at 301 West Pueblo Street in Santa Barbara. For more information call (805) 898-3400 or visit www.SansumClinic.org/pulmonary-critical-care.

Les Carroll is One of Our Grateful Patients!



Before

After

Since October 2011 Les Carroll, News-Press Radio/TV General Manager and Seaside Communications Passport Gateway Magazine CEO, has shed 90 pounds and is enjoying the benefits that come along with a healthy lifestyle. We recently asked him about his success with the Sansum Clinic Doctors' Weight Management Program.

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

LES: Last fall, thanks to encouragement from Doctors' Weight Management Program patients Julie McGovern and Bob Igelsrud, I came to believe that I could reverse the Type-2 diabetes, high blood pressure, acid reflux and borderline clinical obesity that had accompanied my 30-year, three pounds a year, weight gain. So, I attended a free introductory meeting at Sansum Clinic where I learned about all of the Doctors' Weight Management Program options and enrolled in the doctor-supervised Decision Free program.

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

LES: I'm off the Type-2 diabetes and blood pressure medications and haven't experienced any acid reflux symptoms for over nine months. I'm maintaining the same weight that I was 45 years ago when I played varsity hockey, baseball and football in high school. The weight loss has dramatically improved the energy that I need to accomplish everything that needs to get done in my typical 60-70 hour work week.

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

LES: The Doctors' Weight Management Program is flexible! I was looking for rapid results, so I chose the doctor-supervised Decision Free plan that relieved me from having to plan my meals. It gave me the tools to achieve my weekly goals and, most importantly, make the healthy lifestyle changes that have made it

possible to maintain my goal weight. All I had to do was choose from an appealing variety of entrees and meal replacements and to plan my meals around my various activities. There are also at-home options for people who can't commit to the weekly classes and doctor visits that are included in the doctor-supervised Decision Free plan.

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

LES: The most difficult part was finding the time to complete at least 2,000 calories of weekly physical activity. My health educator, Neel Anantani, took the time to analyze my work flow and make suggestions as to how I could incorporate a sufficient amount of walking into my daily schedule to meet or exceed the minimum weekly physical activity requirement

GH: CAN YOU SHARE SOME OF THE SMALL SUCCESSES YOU EXPERIENCED THAT HELPED YOU STAY ON TRACK?

LES: I was initially skeptical that 'eating more' would result in losing more. But the weight loss that I experienced in the first few weeks of the program convinced me to stay "in the box" without ever feeling hungry.

GH: NOW THAT YOU'VE REACHED YOUR GOAL, ARE YOU STILL INVOLVED IN THE DOCTORS' WEIGHT MANAGEMENT PROGRAM?

LES: The six months that I spent in the Decision Free and Healthy Solutions programs gave me the tools that I needed to maintain my goal weight for the past five months and the confidence that my diet of HMR meal replacements, fruits, vegetables, lean proteins and whole grains will support my continuing commitment to healthy living.

GH: IS THERE ANYTHING ELSE YOU'D LIKE READERS TO KNOW?

LES: If I'd had any idea how much better I would feel at this weight, I'd have enrolled in the Doctors' Weight Management Program years ago; and, I encourage anyone interested in losing weight and improving their health to attend a free introductory meeting to learn just how easy it will be to enjoy a better quality of life.

To learn more about the Doctors' Weight Management Program, attend one of our free orientation classes or call (805) 563-6190 for more information. ☀

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

Groundbreaking for New Outpatient Surgical Center

Sansum Clinic and the Towbes Group held a groundbreaking ceremony to kick off construction of a new medical office park on the Foothill Triangle property at the southwest corner of Foothill Road and Cieneguitas Road.



Wielding shovels are, from left, Craig Minus and Michael Towbes of the Towbes Group; Vicki Hazard of the Sansum Clinic Board of Trustees; Santa Barbara Mayor Pro Tem Randy Rowse; Craig Zimmerman of the Towbes Group; and Dr. Kurt Ransohoff, CEO of Sansum Clinic

“This is a significant time in the history of our Clinic. There are many changes taking place in the healthcare industry. This new center will enable us to prepare for the future needs of the community by expanding access to quality care in modern facilities with the latest equipment and technology,” said Kurt N. Ransohoff, MD, CEO and Chief Medical Officer of Sansum Clinic.

The Sansum Clinic Foothill Medical Center will consist of two buildings of approximately 60,000 square feet of medical office space. The larger building along Foothill Road will have medical offices and an ambulatory surgery center, which will enable Sansum Clinic to align departments with similar needs strategically under one roof. The smaller building at the southeast corner of the lot will house the Sansum Clinic Eye Care Center.

Construction will take place throughout 2013, with an anticipated opening in mid 2014. 🌟



Restoring Eyesight to Others Around the World

Dr. Doug Katsev is a board certified ophthalmologist and is also specially trained in advanced laser procedures including LASIK, cornea surgery and lens replacement. He was one of the first physicians to perform LASIK surgery in Santa Barbara and has been seeing patients at Sansum Clinic for more than 20 years.

As a member of Surgical Eye Expeditions (SEE) International for the same period of time, Dr. Katsev has performed thousands of examinations and procedures that have helped to preserve or restore eyesight to people around the world who would have no other access to the procedures and treatments he brings to their towns and villages.

His most recent trip took him to several smaller cities across India, and also to an ophthalmology conference in Delhi where he was able to present new surgical techniques to the doctors there in hopes of improving the level of ophthalmic care that is available across their country.

Past trips have taken him to China, Brazil, Guyana, Honduras, and Mexico and even to the island nation of Fiji on similar missions. This time it was a family affair as Dr. Katsev was accompanied by his two daughters who volunteered in the efforts. Cailyn, 24, has plans to go into optometry when she graduates from UC Berkeley and Kiki, 22, attends UCLA. Dr. Katsev says, “It was a very moving family experience for me to share with them the satisfaction of helping people and making a difference.”

During their trip they brought equipment and supplies to set up temporary screening sites and examined hundreds of individuals. Over just one week Dr. Katsev arranged more than 70 cataract surgeries and he also trained local



ophthalmologists to perform the procedures on scores more that suffer from bilateral blindness due to cataracts. He plans to visit again next year to follow up on patients and perform additional procedures.

Dr. Katsev recalls one such trip where he performed the surgery on three blind sisters who had not seen each other for more than 20 years. "Cataract surgery can produce almost immediate results in reversing certain types of blindness. To experience these women seeing again for the first time, and the joy they had in just looking at each other was immensely heartwarming." 🌸

Dr. Douglas A. Katsev is a board certified ophthalmologist trained in cornea refractive surgery at the prestigious Jules Stein Institute at UCLA. Dr. Katsev is a member of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, the International Association of Cataract and Refractive Surgery, and is an affiliate of Surgical Eye Expedition (SEE) International. In 2012 he received the American Academy of Ophthalmology Achievement Award for many years of distinguished service to programs of the Society. He specializes in corneal surgery, which includes laser treatment on cataracts, nearsightedness, farsightedness, and astigmatism, as well as corneal transplants. The Laser Eye Care Center is located at 29 West Anapamu Street in Santa Barbara. For more information call (805) 898-8951 or visit www.SansumClinic.org/lasik-home.

Gut Bacteria **May Play Role** in Weight-Loss

Obesity affects the health of millions. Its role as a cause of Type II diabetes, high blood pressure, and high cholesterol is well established. Several studies have demonstrated that sustained weight-loss is associated with reversal of these health problems. Surgery is a powerful tool that helps patients achieve sustained weight-loss through several (and sometimes synergistic) mechanisms. The end result is the digestive tract is altered in some way so the stomach will hold less food or part of the intestine will be bypassed (in the case of the Roux-en-Y), leading to fewer calories being ingested and absorbed. In addition, your gut hormones may be altered so you feel less hungry during the day.

A recent study has demonstrated new evidence that the Roux-en-Y gastric bypass may induce changes in the bacteria of the gut and these may mediate some of the effects of the surgery by replacing "fattening" bacteria with "slimming" ones. There has been research to show that the bacteria in the gut of obese people differ from people who are not obese. People with obesity may have a larger proportion of the bacteria *Methanobrevibacter smithii* which is know to extract nutrients and energy from food. Although playing a beneficial role, too much of these bacteria could make a person more likely to put on weight.

A research team at the Massachusetts General Hospital looked at this in some depth using an animal experimental model. They had two groups of mice of the same type. The mice in the first group underwent a Roux-en-Y gastric bypass while the other a "sham" operation (a surgical incision without having the Roux-en-Y performed). They transferred the gut microbes from the "Roux-en-Y" group to microbe-free obese mice and these lost weight and fat. Gut bacteria from the "sham" group were transferred to the obese mice and they did not lose any weight.

Thus, the effects of the surgical bypass may not be purely anatomical. Further research is ongoing to determine how these bacteria exert their effects on the metabolism of gastric bypass patients and if this can be induced without surgery (I may be out of a job!) This would not be the first time that bacteria have been implicated in a "non-microbial process". In the 1980s scientists discovered that 90% of gastritis and ulcers are caused not by stress or acid, but by infection with the bacteria *Helicobacter pylori*. This revolutionized the understanding and treatment of ulcers and led to a precipitous decrease in gastric surgery for ulcer disease. 🌸

*Dr. Marc Zerey is a board certified physician specializing in bariatric weight loss and advanced laparoscopic surgical techniques. Dr. Zerey has published extensively including journal articles in *American Surgeon*, *American Journal of Surgery*, *American Journal of Surgical Research* and is an ASMBS Bariatric Surgery Center of Excellence designee. The Bariatric Surgery Center can be reached at (805) 898-3472.*

Yoga at Work

Simple Exercises That Can Help Get You Through Your Workday

LILLIAN DONNER

It is no secret that sitting at a desk can be hard on your body. Those whose jobs require them to sit in front of a computer for long hours may experience the all too familiar symptoms of body aches, back pain, tension headaches, fatigue and overall muscle tightness. Practicing yoga is an ancient tradition that has been known to promote flexibility, reduce pain, increase energy, strengthen core muscles, and clear the mind with deep cleansing breaths. If you can spare 5-10 minutes out of your workday, you can achieve the benefits of yoga without even leaving your office. There are modified yoga asanas, or postures, that can be done right at your work station. So take a few minutes and try the following postures, and you will return to work with more flexibility, increased energy, and a positive attitude.

Ask your doctor or physical therapist if you have any injuries, surgeries, or severe pain before doing these exercises.

Tips:

Breathing: Instead of breathing through your chest, try breathing through your lower abdomen by expanding your belly with each inhale. Many believe this type of breathing helps to calm the mind and relieve symptoms of anxiety.

Pain: Yoga should not be painful. Stop immediately if you feel any pain while performing an exercise.

Mantras: Mantras can help you stay relaxed by quieting the mind. A mantra is a word, phrase, or image that you repeat to yourself over and over when you are feeling stressed. Continue repeating your mantra during stressful situations until the tension begins to ease. Eventually, your mind will begin to associate your mantra with calmness and serenity.

Posture: Bad posture is often a trigger for pain and discomfort. Avoid letting your head come into "forward head" position. Every inch that your head moves in front of the shoulders creates an extra 10 pounds of force on your neck!

Lillian Donner is a Physical Therapy Aide at Sansum Clinic Physical Therapy at 41 Hitchcock Way. She is a certified yoga instructor and is currently studying to be a physical therapist.

Stretches:

Wrist Stretch

Typing and texting can lead to a Repetitive Stress Injury (RSI) which can cause a wide range of problems in the wrist joint and fingers. The following two stretches can help elongate and energize the wrist joints, forearm muscles and hands to help limit the effects of an RSI.

1. Wrist Stretch

Standing in front of your desk, place hands on the surface with palms facing the computer and fingers towards the edge of desk. Lean slightly forward until stretch is felt in forearms. Hold 3-5 breaths.



2. Wrist Stretch

Reverse the direction with fingers facing computer and palms towards edge. Lean body in towards desk until stretch is felt. Hold 3-5 breaths.



Half Downward Dog

Downward dog can help relieve tension in the head and shoulders and improve flexibility in the hamstrings. This is a modified version that can be done at the desk.

3. Half Downward Dog on Desk

Standing in front of a desk, place palms on surface with your fingers spread wide. Gently walk feet back until stretch is felt in back, shoulders, and back of legs (hamstrings). Set your feet and knees about hip-width apart and allow your head to bow naturally, relaxing the muscles of the neck. Imagine creating length from your tailbone to the crown of your head, extending in both directions. Hold 3-5 breaths and walk feet back up to starting position.



Seated Cat/Cow Pose

This pose works to relieve back ache resulting from stiff shoulders and can also increase elasticity in your spine.

4 and 5. Arching and Rounding

Sitting up tall in a chair, take a deep inhale while lifting the chest and looking up towards sky. Exhale and slowly round shoulders and back, tucking chin in towards chest. Inhale and return to a neutral sitting position. Repeat 5-10 times.



Upper Trapezius Stretch

Sitting in front of a computer can cause neck muscles to tighten. Many of us are guilty of what we call “forward head” posture, which can put a tremendous amount of strain on your neck muscles. The following posture will help lengthen some of the muscles responsible for neck tightness.

6. Neck Stretch

Sitting in your chair, gently grasp edge of the seat and tilt your head in the opposite direction. You can add overhead pressure by taking your free hand and gently pressing down on the side of the head. Take 3-5 deep breaths while stretch is felt and return to starting position. Repeat to other side.



Seated/Standing Pigeon

Long periods of sitting can cause the piriformis, a small muscle deep in the buttocks, to tighten and compress the sciatic nerve. Sciatic pain can often be felt in the low back, hips, and even down the leg and foot. The following two stretches will help target the piriformis and other muscles associated with sciatic pain.

7. Seated Hip Stretch

Sit upright on chair and cross foot on top of knee. Grab onto knee and ankle, and pull knee upward towards opposite shoulder. Hold 3-5 breaths and return to seated position.



For more yoga poses and illustrations, please visit our website at SansumClinic.org/yoga. ☀

New Faces of Aging

Dr. David F. LaPatka customizes each surgery to address the specific facial aging concerns of his patients.



The New Face of 40

“Dr. LaPatka and I discussed the different options that would help address my concerns. I was not nervous before my surgery because I had complete confidence in Dr. LaPatka and his entire surgical team. I am thrilled with my results! I now have the defined neckline that I always wanted.”

— Heather Grieco, RN, age 40, Buellton, one month after surgery



The New Face of 50

“I seriously considered surgery when I turned 50 because I noticed some droopy skin under my neck and I became self-conscious about it. I am so thrilled with my results! I don’t just look refreshed once a week, but every time I look in the mirror. I love my new profile!”

— Lynn Pieterse-O’Bourke, age 50, Huntington Beach



The New Face of 60

“I started realizing that I just didn’t like the way I was looking and maybe it was time to do something about it. Dr. LaPatka reassured me that I was going to look natural. Since my surgery, I feel like I look like I did when I was 40!”

— Beverly Johnson, Age 63, Santa Barbara

For a natural look...at any age.

Facial Plastic Surgery | Laser Hair Removal | Dermal Fillers | Wrinkle Relaxers | Skincare Products | Laser Skin Resurfacing

Dr. David F. LaPatka is a board-certified facial plastic surgeon. He has performed thousands of surgical and non-surgical corrections of the skin, forehead, brow, eyelids, nose, cheeks, chin, and neck. In addition to facial plastic surgery, Dr. LaPatka is a highly qualified reconstructive head and neck surgeon. He holds board certifications from both the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology, and is a member of the American Society of Plastic Surgeons. You can reach the Facial Plastic Surgery and Aesthetics Department at (805) 681-7844. ☀

Visiting from Out of Town?

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



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

What is Sleep Apnea?

BY HSIEN YOUNG, MD, NEUROLOGY AND SLEEP MEDICINE

Obstructive Sleep Apnea (OSA) is a sleep disorder characterized by abnormal pauses in breathing during sleep. Obstructive sleep apnea is one of the most common sleep disorders, effecting approximately 25% of men and 20% of women in the United States. Each pause in breathing, to be designated as an apnea, has to last at least ten seconds, disturb sleep and be associated with a drop in oxygen of 4% or more. Apneas with a frequency of more than 5 episodes per hour are considered abnormal in adults. In children, apnea occurring more than 1 time per hour can be considered abnormal. Some patients can have very severe sleep apnea with over 100 apnea episodes per hour. Suffering from even mild sleep apnea can lead to poor health.

Obstructive sleep apnea has been linked to many illnesses including diabetes, hypertension, heart attack, and stroke. Recent research from UCSF and Washington University has shown a link between OSA and dementia. Untreated OSA was shown to almost double a patient's risk of developing dementia. There are also studies linking OSA with increased risk of cancer and rise in cancer death rates. A 2012 study has shown that hypoxemia (an inadequate supply of oxygen) that characterizes sleep apnea promotes angiogenesis (blood vessel growth) which increase tumor growth, which in turn results in a 4.8 times higher incidence of cancer deaths. Given these alarming disease associations attributed to OSA, the proper diagnosis and treatment of OSA has never been more important.

Diagnosis

Sleep apnea is diagnosed with an overnight sleep test called a polysomnogram, also called a "sleep study". Sleep studies can diagnose three forms of sleep apneas: obstructive (OSA), central (CSA), and complex or mixed sleep apnea. Central and mixed apnea syndromes are relatively rare. Obstructive sleep apnea makes up the vast majority, up to 90%, of sleep apnea cases. It is very important that obstructive sleep apnea symptoms be recognized by both patients and their doctors to ensure timely referral to a sleep specialist for proper diagnosis and treatment. A typical patient suffering from sleep apnea is rarely aware of having difficulty breathing during sleep, even if the stoppage of breathing leads to awakenings. Sleep apnea can be recognized as a problem by loved ones who witness loud snoring, episodes choking, gasping or breath holding. Symptoms of OSA may be present for decades without diagnosis, during which time the patient may become accustomed to the many symptoms that can be associated with obstructive sleep apnea. These symptoms can include daytime sleepiness, fatigue, poor sleep, depression, morning headaches, poor attention, slow reaction time, memory

problems and motor vehicle accidents. Most patients accept these symptoms as a part of aging, stress, over work, poor physical fitness, obesity, depression, medication side effects or as symptoms related to their other medical problems.

Treatment of Obstructive Sleep Apnea

Treatments for mild OSA involve lifestyle changes, such as avoiding alcohol or muscle relaxants, losing weight, and quitting smoking. Some people may benefit from sleeping at 30-degree elevation of the upper body or higher, as in an adjustable bed or recliner. Doing so helps prevent the gravitational collapse of the airway.

Avoiding sleeping on your side is also recommended as a treatment for mild sleep apnea. This is because the gravitational collapse of the airway may be significantly less in the lateral sleep position.

Patients with more severe sleep apnea will require treatment with continuous positive airway pressure (CPAP), oral appliance/dental device, or upper airway surgery. The specific treatment required should be guided by sleep study findings, sleep specialist recommendations, and patient preference.

Conclusion

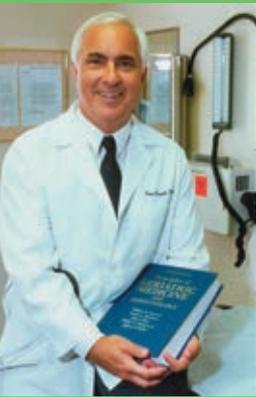
Obstructive Sleep Apnea (OSA) is a common and dangerous medical condition that you, or your loved ones, may be suffering from. I hope this article will encourage you to seek your doctor's advice on whether screening for sleep apnea is appropriate as a part of your total care at Sansum Clinic. 🌟



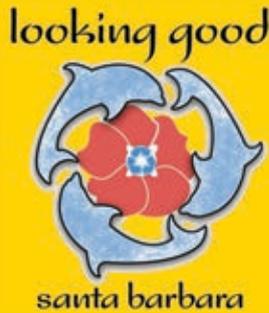
Dr. Hsien Young is board certified in both neurology and sleep medicine and has been with Sansum Clinic since 2006. He graduated from University of Washington Medical School and received fellowship training in neurophysiology and sleep medicine at the University of California Keck School of Medicine. Dr. Young is

fluent in English, Mandarin Chinese and Shandong Chinese as well as medical Spanish and is a member of the American Academy of Neurology and the Los Angeles Neurological Society. The Neurology Department can be reached at (805) 898-3240.

Dr. Erno Daniel Inducted into SB High School “Wall of Fame”



Sansum Clinic Internist and Geriatric Specialist, Dr. Erno Daniel, class of 1964, was recently inducted into the Santa Barbara High School Alumni Association’s “Wall of Fame”. Dr. Daniel was recognized for his contributions as a physician, author, scientist, and a noted historian for his many academic achievements. 🌻



Spirit of Service Award

Sansum Clinic is proud to be honored with the Looking Good Santa Barbara 2013 Spirit of Service Award for our waste reduction efforts at our Pesetas Lane location. Thank you to all of our providers and staff whose team efforts have significantly reduced the amount of waste going to local landfills. 🌻



Chris McNamara, Mayor Helene Schneider, and John Stampe

Sansum Clinic Auxiliary Awards Nursing Scholarships

Each year the Sansum Clinic Auxiliary looks forward to their most important meeting of the year: the presentation of nursing scholarships to deserving and dedicated students at Santa Barbara City College. For the past 25 years the Auxiliary has raised funds to help the next generation of healthcare professionals. Awards are funded by donations, memorials, and the Auxiliary’s fabulous and famous December Bake-Boutique Sale. To date the auxiliary has awarded more than \$100,000 in scholarships to 66 local students.



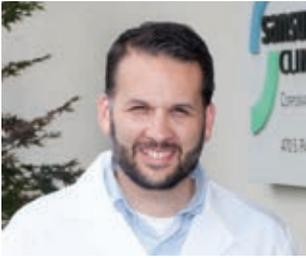
SCHOLARSHIP RECIPIENTS (left to right): Christina Rodriguez, Erika Moreno, “Lee” Zaragoza, Amy Roarty, Erin Debono and Garrett Posekian.

The Sansum Clinic Auxiliary is a volunteer organization that was formed in 1985. The main focus of the Auxiliary is for members to meet, greet and direct patients as they enter the two multi-specialty clinics at **215 Pesetas Lane** and at **317 W. Pueblo Street**. Sansum Clinic wishes to express our gratitude on behalf of our patients to this group of cheerful and helpful volunteers. 🌻



AUXILIARY MEMBERS *Back row:* Marcia Rowland (Vice President), Beverly Pelton (Office Manager), Ellie Logan, Annabelle Petrucci And Jean Wright. *Front row:* Gloria Autry, Bettye Fue (President), Pat Haden, Glenda Renn (Treasurer). *Seated on floor:* Marilynn Sullivan (Newsletter Editor).

Welcome New Providers



Miguel (Mike) Loya, DO
Internal Medicine



Barbara Elizondo, PT
Physical Therapy



Sara Rodriguez, PT
Physical Therapy

MIGUEL (MIKE) LOYA, DO Internal Medicine, Goleta Family Medicine 122 South Patterson Ave, Santa Barbara

Dr. Loya earned his degree from Nova Southeastern University, Fort Lauderdale, FL. He completed his internship and residency at Santa Barbara Cottage Hospital and is certified by the American Board of Internal Medicine Osteopathic Medical Board of California.

BARBARA ELIZONDO, PT Physical Therapy, 41 Hitchcock Way, Santa Barbara

Barbara received her degree from Loma Linda University and has been a Physical Therapist since 1988.

SARA RODRIGUEZ, PT, CLT, DPT Physical Therapy, 41 Hitchcock Way, Santa Barbara

Sara earned her degree from Western University of Health Science. She is a Certified Lymphedema Therapist with a Neuro IFRAH Certification. ☀

Cancer Center of Santa Barbara with Sansum Clinic Celebrates Partnership with State Street Flag Program

Sansum Clinic and the Cancer Center of Santa Barbara kicked off the celebration of our joint entity for oncology care, the Cancer Center of Santa Barbara with Sansum Clinic, by participating in the State Street Flag Program, with 125 flags waving on historic State Street. In the spirit of this new partnership, the Cancer Center flags – displaying a new logo which utilizes elements of both institution's original name and logo – alternated with Sansum Clinic's bright yellow banners which symbolize the healthy Santa Barbara lifestyle. ☀



VisionWalk 2013

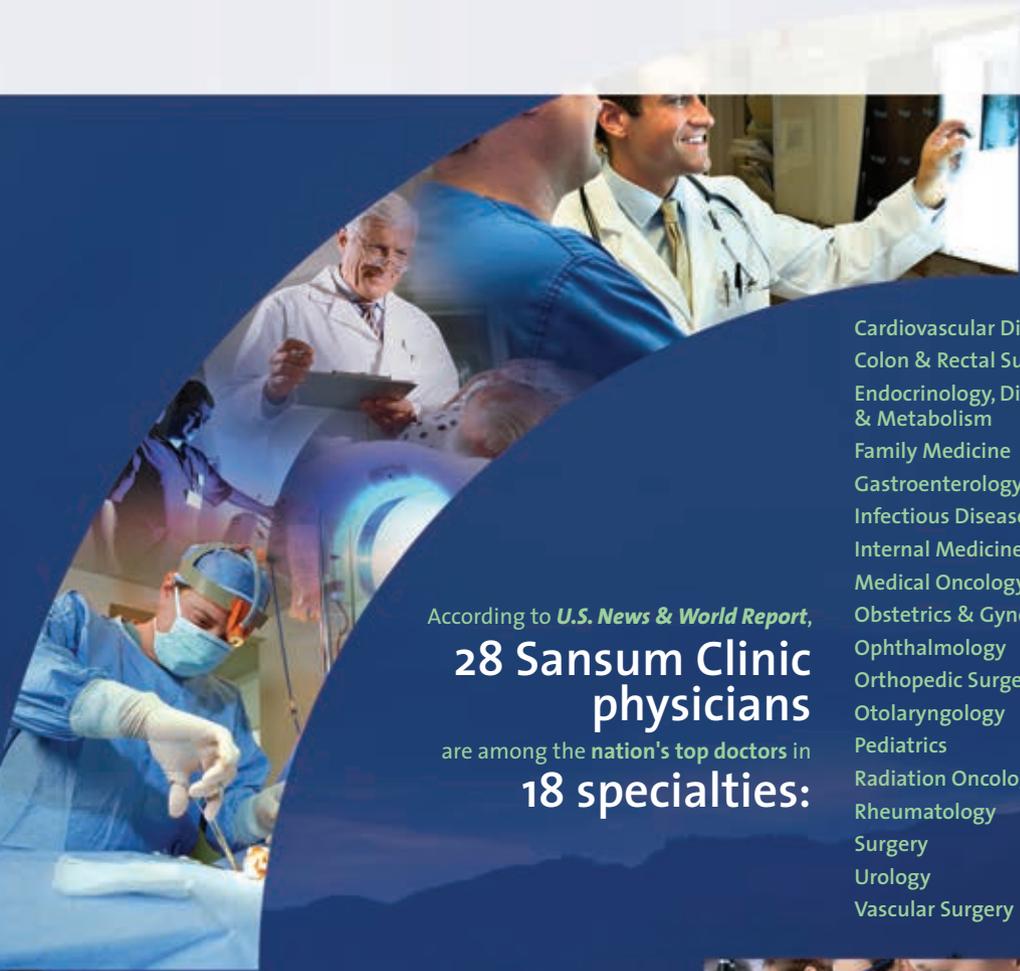
The Sansum Clinic Ophthalmology Department and Optical Shop rallied Team Sansum Clinic in support of the VisionWalk 2013, benefitting the Foundation Fighting Blindness. The third annual event raises funds and awareness for critical retinal degenerative disease research. More than 25 walkers and their families joined our team in our community's efforts to fight blindness.



Arthritis Walk 2013

Team Sansum Clinic showed their support of the Arthritis Foundation's Arthritis Walk on May 18 at Santa Barbara City College. More than 20 walkers and their four-legged friends turned out to support our team. Sansum Clinic rheumatologist, Dr. Edward McGinn (retired) was honored as the 2013 Arthritis Walk Medical Honoree. Sansum Clinic rheumatologists, Drs. Susan Lemon, Christian Powell and Stuart Segal joined Dr. McGinn in our "Ask the Doctor" booth at the public health fair and expo following the walk. ☀





According to *U.S. News & World Report*,
**28 Sansum Clinic
physicians**
are among the nation's top doctors in
18 specialties:

- Cardiovascular Disease
- Colon & Rectal Surgery
- Endocrinology, Diabetes & Metabolism
- Family Medicine
- Gastroenterology
- Infectious Disease
- Internal Medicine
- Medical Oncology
- Obstetrics & Gynecology
- Ophthalmology
- Orthopedic Surgery
- Otolaryngology
- Pediatrics
- Radiation Oncology
- Rheumatology
- Surgery
- Urology
- Vascular Surgery



America's Top Doctors



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