

# HEALTH SCENE®

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • FALL 2011



**FEELING GOOD AGAIN:** Mark Dias is glad he listened to his mother, longtime St. Joseph Hospital volunteer Lenore Dias, when she urged him to seek care at the SJH Heart Institute.

## HIS HEART IN THE RIGHT HANDS

*Getting to St. Joseph Hospital's Heart Institute saves Eureka man's life*

**SOMETIMES LISTENING TO** your mom can save your life.

Mark Dias thinks it did in his case.

After the owner of Northwood Chevrolet-Hyundai in Eureka had a heart attack, it was a phone call to his mother that sent him to St. Joseph Hospital's (SJH) Heart Institute.

"My stay at St. Joseph Hospital was phenomenal," Dias says.

He was vacationing in Reno when he woke up with chest pains. He was especially concerned because his father had died of heart problems—and it soon became clear his own episode was turning into a full-scale heart attack.

"My life flashed before my eyes," Dias says.

At a hospital in Nevada, he received an angioplasty, which he says didn't hold. Not sure where to turn, he phoned his mother, Lenore Dias, a longtime volunteer at SJH. She urged him to see the doctors at the Heart Institute.

Dias got there as soon as he could and put himself in the hands of cardiologist Andrew Michaels, MD, and

cardiac surgeon John Postel, MD.

The two doctors determined that Dias had three blocked arteries. But instead of heart surgery, they installed stents. Their expertise and skill saved Dias' life, he says.

Learn more about our comprehensive cardiac services. Go to [www.stjosepheureka.org](http://www.stjosepheureka.org) and click on "Heart Institute" under "Our Services."

"They just did an excellent job," Dias says. "And now I couldn't feel much better. It's pretty amazing."

Dias was also impressed with the staff at SJH. He says their caring and professionalism made him feel as though everyone wanted to help him.

"I think that for our community to have such a great hospital, we have a lot to be thankful for," Dias says. "I think the world of St. Joe's for doing what they did. You want to make sure you are in good hands—and I was."

## CLOSER TO AN OPENING

*Northeast Tower is scheduled to start accepting patients in the spring*

**THE YEARS ARE** turning into months for St. Joseph Hospital's (SJH) Northeast Tower project.

After years of planning and building, the state-of-the-art, \$140 million medical center is expected to open its doors to patients next spring, and work crews are applying the final touches.

With 100,000 square feet of floor space, the medical center will house:

- An expanded emergency room with 20 treatment rooms.
- A surgical suite with eight operating rooms and a catheterization lab.
- A 12-bed intensive care unit.
- A post-anesthesia care unit.
- New reception and waiting areas for patients and visitors.

The hospital broke ground on the Northeast Tower in October 2007 and began moving dirt for the foundation in early 2008.

John Goossens, St. Joseph Hospital construction director, has been there from the beginning.

"It's been amazing to see the transformation of the Northeast Tower from cement parking lot to the beautiful building it is today," Goossens says. "We couldn't be more excited to move in and begin caring for patients sometime next spring."

St. Joseph Hospital will hold an open house in January for the community to tour the Northeast Tower. Look for more details soon at [www.stjosepheureka.org](http://www.stjosepheureka.org).



## ICU: How to make the most of your visit

It's difficult for families and friends when a loved one is critically injured or ill and must spend time in our intensive care unit (ICU). You want to see your loved one—and visits from you can be a helpful part of the healing process—yet you may not be familiar with this specialized area of the hospital.

Here are some points to keep in mind about visiting the ICU:

**Ask questions.** Our nurses can explain what to expect and help answer questions about visiting hours and your loved one's care. Keep a notebook to write down questions for the ICU staff and information you want to relay to friends and relatives. Also, try not to worry about all

the tubes, lines, monitors and alarms you may see. The nurses can explain these devices too.

**Think safety.** Check with the nurses about what steps to follow for your loved one's protection. For example, it's best to postpone your visit if you're feeling sick.

**Ask what to bring.** Unfortunately, flowers and plants can carry infectious germs. But it's often OK to bring your loved one comforting items such as photos or cards.

**Talk to your loved one.** Sedating medicines and other factors can make ICU patients less alert than usual. But even if your loved one doesn't respond to your voice or touch, he or she may still know that you're there. Your voice and touch can be comforting. If your loved one is



alert but has a breathing tube, try phrasing questions that can be answered with a nod or shake of the head.

**Take care of yourself.** While you want to be there emotionally and physically for your loved one, you also need to rest and eat well during this stressful time. Remember, it's OK to spend time away from the ICU.



## See your way to choosing healthy foods

When is a plate more than just a plate? When it's a visual guide to healthy eating.

That's the idea behind the MyPlate icon designed by the U.S. Department of Agriculture. The goal of the icon is to help people adopt eating habits consistent with the government's *Dietary Guidelines for Americans*, including choosing foods that are good for you and that don't have too many calories.

The easy-to-understand icon emphasizes fruits, vegetables, grains, protein and dairy. It helps you see—and think about—how to fill your plate (half with fruits and vegetables) at mealtimes.

**Go** to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to view the icon. When you click on each section of the icon, you'll find detailed information about that food group, including examples of the types of foods within the group and the nutrients they contain.

In addition to the icon, the website offers tips on: ● Planning a healthy menu. ● Losing weight. ● Making a customized daily food plan. ● Eating out. ● Choosing foods and drinks with less sodium, solid fats and added sugars. ● Exercising.

MyPlate replaces the MyPyramid image—which many perceived as outdated and too complicated—as the government's primary food group symbol.



## The power of a pet

Some slobber and some shed. But despite these minor inconveniences, pets bring us enormous pleasure. And, as research continues to suggest, they offer physical and emotional benefits too. Here's a sampling of what science has unleashed about how pets affect human health:

**Longevity.** One landmark study found that pet-owning patients were 8.6 times more likely to be alive one year after a heart attack than those without pets.

**Overall health.** In a 2006 study, older people with pets had fewer minor health problems and doctor visits than their peers who didn't have pets. According to the National Center for Infectious Diseases and other groups, pets can:

- Boost the immune system.
- Lower triglycerides, blood pressure and cholesterol.
- Decrease feelings of loneliness.

Another study—one that involved nearly 11,000 people—found that the healthiest people were those who continuously owned a pet. The least healthy: Those who no longer had a pet or never had one.

**Chronic conditions.** Various studies suggest that pets can soothe and help people with heart disease, dementia, cancer and depression.

**Mental health.** Pets can lower stress and offer companionship, pleasure, affection and social opportunities.

**Fitness.** One study found that dog owners walked an average of 300 minutes a week, compared with 168 minutes for those who didn't own a dog.

### YOUR KIDNEYS

## The trouble with stones

Kidney stones are lots of things at once: prevalent, painful and prone to recur. But they're also treatable.

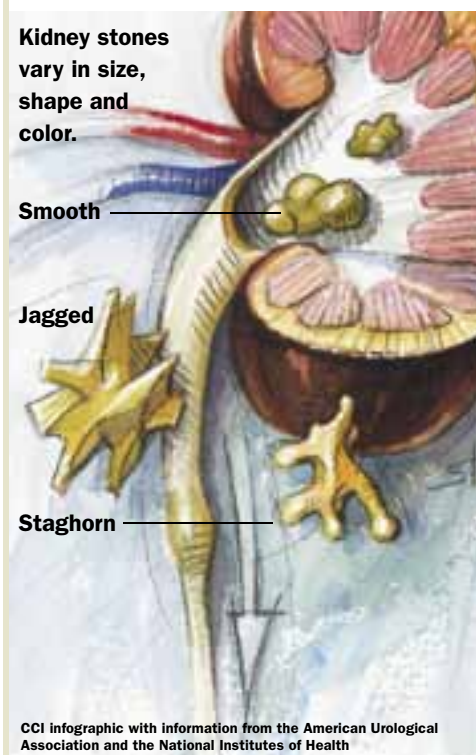
Kidney stones form when substances in the urinary tract combine into solid particles. Some stones—which can be as small as a grain of sand—are flushed from the body unnoticed during urination.

Larger stones, however, can cause significant pain. Even so, most of those pass on their own too.

But sometimes, stones get stuck. Symptoms include bloody urine and a sharp, persistent pain in your back or side.

If your doctor determines your kidney stones are unlikely to pass on their own, he or she may recommend: ● Using a special machine to crush the stones with shock waves, allowing the smaller fragments to pass. ● Removing stones with a thin instrument inserted through the urethra. ● Surgery.

Sources: American Urological Association; National Institutes of Health



CCI infographic with information from the American Urological Association and the National Institutes of Health

## HMS–Cardiology adds staff

Hugh Parker, MD, and James Schipper, MD, have joined Humboldt Medical Specialists–Cardiology.

The two cardiologists joined Andrew Michaels, MD, at the practice in August and are taking new patients.

Dr. Parker is a general cardiologist with expertise in cardiac imaging, heart failure and abnormal heart rhythms. He completed his medical degree at Mercer University School of Medicine, a residency in internal medicine at Yale University's Bridgeport Hospital Program and a residency in general cardiology at the Ochsner Heart and Vascular Institute in New Orleans.

Dr. Schipper is a board-certified interventional cardiologist. He earned his

medical degree from Eastern Virginia Medical School and completed residencies in internal medicine at Kaiser San Francisco Medical Center, followed by fellowships in cardiology and interventional cardiology at Ochsner Foundation Clinic.

Dr. Schipper and Dr. Michaels specialize in treating conditions such as blocked arteries and damaged heart valves. Together, their expertise in lifesaving procedures such as angioplasty will help meet the community's growing need for these interventions.

HMS–Cardiology is at 1773 Harrison Ave. in Eureka. Same-day and next-day appointments are available. Call 707-442-1182 or, to learn more, go to [www.humboldtmedicalspecialists.com](http://www.humboldtmedicalspecialists.com).

### Crescent City now has cardiac clinics

**Humboldt Medical Specialists–Cardiology has added monthly cardiac clinics in Crescent City to those in Fortuna.**

**The Crescent City clinics will be at 1771 Northcrest Drive. The next clinic is scheduled for Dec. 20, from 10 a.m. to 2 p.m.**

**A physician referral is not required. To find out more, call HMS–Cardiology at 707-442-1182.**



**HMS–CARDIOLOGY:** Joining Andrew Michaels, MD (center), at Humboldt Medical Specialists–Cardiology are James Schipper, MD (left), and Hugh Parker, MD.

## Technology puts patient care first

At St. Joseph (SJH) and Redwood Memorial (RMH) hospitals, patient care is our highest priority.

We use advanced technology to put the most up-to-date patient information at our caregivers' fingertips so they can provide the personal attention our patients need and expect.

Our newest tool, installed in October, enables nurses to instantly document medications administered to a patient at the bedside. This technology improves

safety and quality of care.

Our new system is certified, secure and allows us to maintain confidentiality. It also allows us to reduce health disparities, engage patients and their families, and improve care coordination.

As our technology advances, we are laying the groundwork to connect our patients with their own electronic health records and enable patients to become more informed and engaged partners in their health care.



**COMMIT TO FIT:** The first St. Joseph and Redwood Memorial Hospital Wellness Walk at Redwood Acres Fairgrounds was a success.

## Wellness Walk takes first step

Commit to Fit was the theme of the first St. Joseph and Redwood Memorial Hospital Wellness Walk.

Scores of walkers turned out Saturday, Oct. 8, at Redwood Acres Fairgrounds in Eureka.

The event included music, face painting, a nutritional snack for participants and prizes for walkers who achieved milestones. Information booths provided tips on health and wellness with an emphasis on nutrition and fitness.

"We were pleased to see so many people come out for the walk," says Jan Surrell, the event's coordinator. "Our goal was to encourage people to get out there and move, and we definitely accomplished that."

Creating healthier communities is one of the goals of the St. Joseph Health System during the next decade. Central to that goal is promoting the value of good nutrition and exercise to people of all ages.

## RMH cuts ribbon on Heritage Hall

Redwood Memorial Hospital (RMH) is honoring its heritage.

The hospital's second floor, once the convent of the Sisters of St. Joseph of Orange, has been restored and reopened as Heritage Hall.

The hall was officially dedicated earlier this fall.

"We are excited that such a significant piece of Redwood Memorial Hospital's history could be saved," says Joe Rogers,

RMH chief operating officer.

Many sisters lived in the hall during its use as a convent, including Sister Alma, Sister Cecile, Sister Gertrude, Sister John Gabriel, Sister Florence, Sister Rosalia and Sister Mary Margaret.

In 2008, the second floor was scheduled to be demolished as part of a seismic retrofitting. But at the last moment, it was saved from the wreckers, and construction crews went to work restoring it.



**RESTORED AND REOPENED:** Redwood Memorial Hospital staff join Sister JoAnn Eannareno (center, in red) and Sister Linda Faulhaber (holding the scissor blades) during the ribbon-cutting marking the opening of Heritage Hall.

# IT'S ALL IN THE DETAILS

*Today's imaging techniques help doctors help you*

**SOMETIMES DOCTORS NEED** to see inside the body to help diagnose or treat diseases. Often they can accomplish this without surgery—thanks to modern medical imaging. The following brief descriptions cover some of the most commonly used techniques.

**X-ray.** This is the oldest and most often used imaging test. The preferred way to diagnose broken bones, x-rays also have many other uses, such as imaging the chest or assessing damage from arthritis.

X-rays are a form of radiation that can pass through the body, allowing an image to be recorded on the other side. Bones and other dense tissues absorb the most x-rays and look white; soft tissues appear in shades of grey because more rays pass through them.

**Mammogram.** A mammogram is a special type of x-ray exam used to image the breasts, often to screen for breast cancer. Mammograms can detect breast tumors early, when treatment has the best chance of success.

**Ultrasound.** An ultrasound doesn't rely on radiation. Instead, the technique uses sound waves and their echoes to create pictures that can provide, among other things, a breathtaking first look at a growing fetus.

Ultrasound is also used to view internal organs, since it is very good at imaging soft tissues, and to guide biopsy tests. Doppler ultrasound can track blood flowing through vessels and is used to detect narrowing in leg or neck arteries.

**CT.** Computed tomography scanning uses x-rays and a computer to create cross-sectional images of organs,



To learn more, go to [www.stjosepheureka.org](http://www.stjosepheureka.org) and click on "Imaging Services" under "Our Services."

blood vessels and other types of tissue in great detail. For example, CT can show fibrous tissue in organs and other details that aren't visible with regular x-ray exams.

Multiple x-ray beams are sent through the body at different angles, producing thin images, or slices, that are assembled by a computer and viewed on a monitor.

CT is often used to get views of the head, abdominal organs or the pelvis. It can help detect cancer, spinal injuries and other conditions.

**MRI.** Magnetic resonance imaging also captures detailed cross-sectional images, but with a strong magnetic field and radio waves instead of x-rays.

While MRI can be used to view almost any part of

the internal structures of the body, some of the more common uses are to view the brain and the spinal cord to evaluate back pain.

**PET.** Positron emission tomography scans can reveal details about the chemical activity of organs, so doctors can see how well they are functioning. These images are taken by detecting the energy from particles released by a short-lasting radioactive substance put inside the body.

PET scans can help doctors detect cancer, monitor its treatment, or study the heart or the brain.

**ADVANCING AND EXPANDING** Keep in mind that these imaging techniques have many more uses.

As technology advances, the ways in which imaging is used to diagnose and help treat conditions are expanding all the time.

Sources: American College of Physicians; American College of Radiology; Radiological Society of North America

## LYMPHEDEMA

# WHY IT HAPPENS AND WHAT YOU CAN DO

**YOUR BODY RELIES** on its lymph system to carry fluid away from soft tissues.

Sometimes breast cancer treatment can damage this system and cause lymphedema—a buildup of fluid in the fatty tissues just under the skin in the chest, breast or arm.

There may not be a way to prevent lymphedema, but early treatment may help reduce swelling and keep it from getting worse.

**THE CANCER CONNECTION** After it flows through tissues, the fluid drains back into your bloodstream through a one-way system of lymph vessels.

This fluid (called lymph) is filtered by nodes located throughout the body and clustered in the neck, underarm, abdomen, pelvis and groin.

Radiation treatment for breast cancer can damage nodes, and nodes are also removed during surgery. In either case, remaining healthy nodes may not be able to drain all of the lymph away, raising your risk of lymphedema.

The fluid usually builds up slowly over time. It can start soon after surgery or radiation, or it can start many

months or even years after treatment. The more nodes that are affected, the higher your risk. Your chance of developing lymphedema is highest if you have multiple nodes removed and also undergo radiation therapy.

Doctors don't know why some women get lymphedema and others don't. But you are at higher risk of developing it if you:

- Are overweight or obese.
- Are slow to heal or you develop an infection after surgery.
- Have scar tissue in your lymph ducts.
- Have a tumor that affects your lymph nodes.

**FIND RELIEF** Talk with your doctor right away if you have signs or symptoms of lymphedema. They include:

- Swelling in the breast, chest, shoulder, arm or hand.
- An achy or full feeling in the affected area.
- Skin that feels tight or hard.
- Clothing or jewelry that feels tight although you haven't gained any weight.

Treatment may involve complex decongestive therapy (CDT). CDT involves working with a physical therapist to

learn special exercises and develop a skin care regimen. It also includes manual lymphatic drainage, a light massage that can help move lymph out of swollen tissues. Being fitted for a special type of sleeve that compresses the arm is another option.

Sources: American Cancer Society; National Cancer Institute

## The causes of lymphedema

Lymphedema happens in one of two ways. It can be acquired. This is called secondary lymphedema. It results from damage to the lymph system caused by:

- Surgery or radiation for cancer.
- Blood vessel surgery.
- Other surgical procedures, such as liposuction.
- Cancer that causes a blockage of the lymph system.
- Injury or infection of lymph nodes.

Lymphedema can also be inherited. Abnormal development of the lymph system can cause primary lymphedema. It may cause swelling at birth or later in life.

Sources: American Cancer Society; Society for Vascular Surgery

# COMMON LAB TESTS: WHAT YOU NEED TO KNOW

If you've ever rolled up your sleeve to have blood drawn or opened your mouth to have your throat swabbed, you've had a lab test. ♦ Doctors use these tests—which require samples of blood, urine or body tissues—for several different reasons. A key one is to diagnose diseases before they produce signs or symptoms. Your doctor might also order a lab test to plan your treatment for a disease that's already been diagnosed or to be sure a current treatment is working. ♦ The chart that follows can help you better understand five common lab tests.



Test	Preparation	What's tested	How it's done	Why it's ordered
<b>Complete blood count (CBC)</b>	None.	A CBC provides detailed information about three types of cells in your blood: red blood cells, white blood cells and platelets.	Blood is drawn from a vein in your arm.	A CBC test helps detect blood diseases and disorders, such as anemia, infections, clotting problems and blood cancers. If you're having signs or symptoms such as fatigue, weakness, bleeding or bruising, your doctor may order this test to find out why. It can also be used to monitor diseases and drug treatments such as chemotherapy.
<b>A1C test</b>	None.	Your average blood sugar level for the past two to three months.	Blood is drawn from a vein in your arm or by puncturing the skin on a fingertip.	If you have diabetes, an A1C test can tell you how well your blood sugar is controlled—in other words, if your treatment plan is working. It can also be used to diagnose prediabetes (a condition in which blood sugar is higher than normal but not high enough to be diabetes) and diabetes.
<b>Urinalysis</b>	Follow any instructions for producing a clean-catch urine sample.	A urinalysis checks your urine for abnormalities, such as elevated levels of protein, red blood cells or bacteria.	A urine sample is collected in a container.	A urinalysis may be done as part of a wellness exam, a new pregnancy evaluation or a workup for planned surgery. Chances are your doctor will also order one if he or she suspects a problem in your urinary system, such as a urinary tract infection or kidney disease.
<b>Comprehensive metabolic panel (CMP)</b>	Fasting for 10 to 12 hours before a CMP is often required. Ask your doctor.	This group of 14 tests measures different chemicals in your blood. It's usually done on the fluid (plasma) part of blood. A CMP includes tests that check blood sugar, calcium and electrolytes (minerals that help maintain fluid levels). It also includes tests that measure kidney function.	Blood is drawn from a vein in your arm.	Your doctor may order a CMP as a blood workup for a yearly physical. It can reveal important information about your muscles (including your heart), bones, kidney and liver and check for diseases such as diabetes. It can also monitor conditions that are already diagnosed, such as high blood pressure.
<b>Lipoprotein, or lipid, panel</b>	Fasting 9 to 12 hours before this test is required.	This group of tests measures your total cholesterol, LDL (bad cholesterol), HDL (good cholesterol) and triglycerides (a type of fat in your blood).	Blood is drawn from a vein in your arm or by puncturing the skin on a fingertip.	A lipid panel helps determine your risk of heart disease. It can also help your doctor determine what treatment may be best for you if you are at high risk of heart disease.

Sources: American Association for Clinical Chemistry; National Institutes of Health

## Accuracy starts with you

If a lab test is in your future, you might need to do more than simply show up at the right time. Some tests require special preparation. For example, your doctor might tell you to:

- Fast for several hours, or even overnight, before the test.
- Avoid certain foods or medicine.
- Not smoke or exert yourself too much beforehand.

Whatever instructions you're given, follow them carefully. Your instructions serve a very important purpose: They help ensure accurate test results. Any deviation from them may affect the results, which might delay a diagnosis or even lead to a wrong one if your lab test was ordered to get to the bottom of a medical problem.

And if for some reason you weren't able to follow the instructions to the letter, alert the person who collects your sample—and explain exactly what you did or didn't do. Also:

- If you're ever unclear about how you should prepare for a lab test, speak up and ask your doctor for clarification.
- Whenever your doctor orders a lab test, tell him or her about any medicines you take. This information could be important later on if your doctor has any questions about your test results.

Source: American Association for Clinical Chemistry

**Our laboratory offers a full menu of medical testing services. To learn more, go to [www.stjosepheureka.org](http://www.stjosepheureka.org) and click on "Laboratory—Outpatient Services" under "Our Services."**

BE PREPARED

THE ENDOCRINE SYSTEM

# A CRUCIAL NETWORK FOR GOOD HEALTH

**WHAT EXACTLY DOES** your endocrine system do for you? A better question might be, what doesn't it do?

This essential system regulates some of your body's most important functions, including growth, metabolism and sexual development. It also controls your appetite, how you sleep, your blood pressure, the way you handle stress, and the amount of calcium in your blood and bones. And these are only a few of its tasks.

It does this work with the help of a network of glands and organs that secrete hormones—or chemical messengers—into the bloodstream. Hormones travel to cells, tissues or organs and guide their activities.

Want to learn more? Here are answers to some questions you might have about your endocrine system.

**Q** How else do glands contribute to this system?

Endocrine glands act like factories. The major glands are mostly dedicated to the production of various hormones. These glands include the pituitary, thyroid, parathyroid, pancreas and adrenal glands and the ovaries and testes. To function normally, the body needs the glands to work correctly.

Find reliable, up-to-date information on a wide variety of health issues by going to [www.stjosepheureka.org](http://www.stjosepheureka.org) and clicking on "Health Resources."

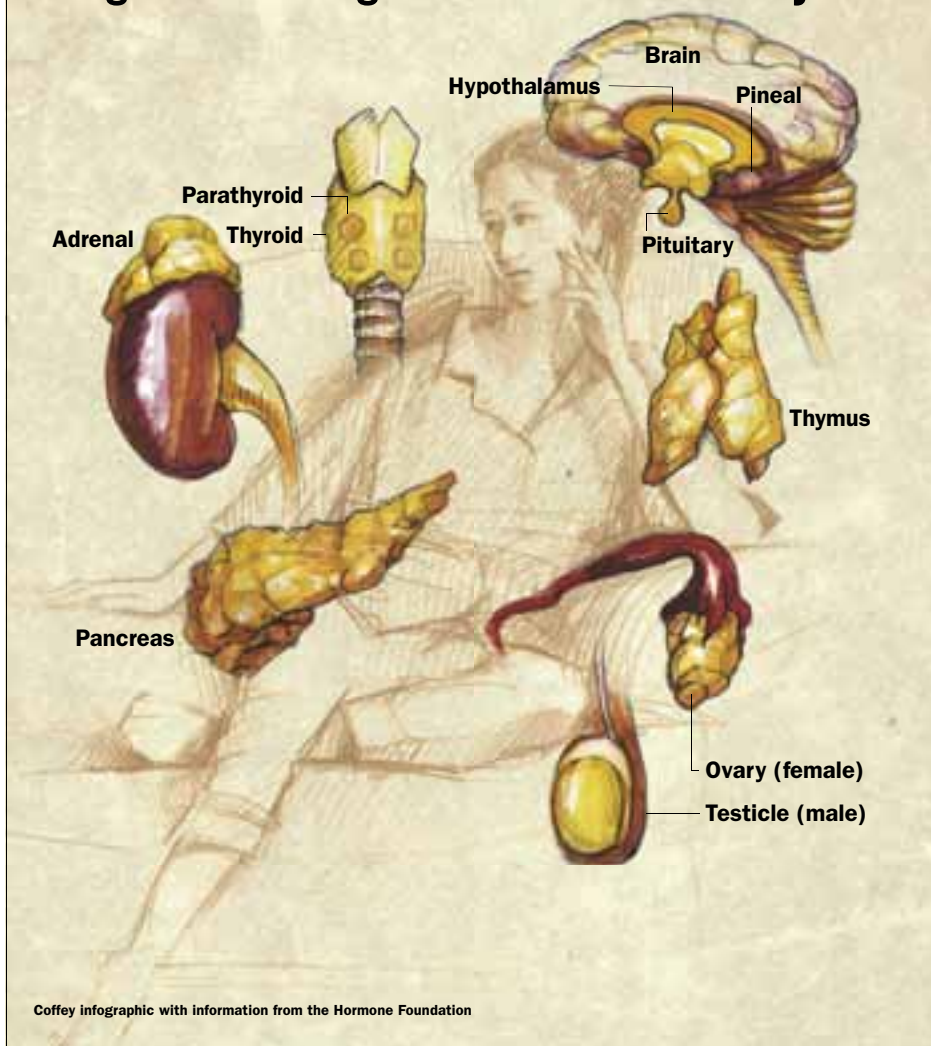
**Q** What is the purpose of some of these major glands?

The pituitary gland is sometimes called the master gland because it produces hormones that control other glands and many crucial body processes. One of the adrenal gland's functions is to produce hormones that heighten our alertness and help us react to danger. The thyroid gland makes many of the hormones that regulate metabolism, including how our bodies use energy. And the pancreas secretes the hormone insulin, which controls the body's use of blood sugar.

**Q** What can go wrong with the endocrine system?

Hormones may be released in amounts that are too great or too small for the body to work normally. Doctors

## The glands and organs of the endocrine system



## A doctor for hormone problems

An endocrinologist is a specially trained physician who can diagnose and treat diseases and other problems brought on by hormonal imbalances. These might include:

- Diabetes.
- An overactive or sluggish thyroid.
- Cancers involving the endocrine glands.
- High blood pressure or cholesterol disorders, which can sometimes be caused by the overproduction of certain hormones.

Not everyone who has a hormonal imbalance will need to see an endocrinologist, but this doctor's expertise is often essential for complicated conditions, such as uncontrolled diabetes or thyroid cancer.

Sources: American College of Physicians; Hormone Foundation

call this irregularity a hormone imbalance. For example, too much growth hormone—which the pituitary gland produces—can cause gigantism, or excessive growth. Too little of this hormone may trigger dwarfism.

Diabetes is another example of a hormone imbalance. In this case, the body either doesn't make enough insulin or loses its sensitivity to this hormone.

If your thyroid doesn't secrete adequate amounts of the hormones that control metabolism, you could feel sluggish and cold all the time and have a slow heart rate—a condition known as hypothyroidism. But if your thyroid spews out these hormones in excess, you might

feel anxious, lose weight and have a rapid heartbeat—a condition called hyperthyroidism.

**Q** What affects this system?

Though the endocrine system still functions well in most older people, aging affects nearly every gland. A case in point: The pituitary gland can grow smaller as you age and produce less growth hormone. As a result, you may lose lean muscle and some heart function.

An infection, injury or a tumor can also disrupt your endocrine system and create a hormone imbalance.

Sources: American College of Physicians; American Medical Association; Hormone Foundation

# BREAST CANCER: IT'S NOT JUST FOR WOMEN

**IT'S ONLY NATURAL** to think of breast cancer as a female disease. After all, it does primarily strike women. But it's important to know that men get breast cancer too. And they can die from it.

So if you're a man—or you know a man—who has a lump or other abnormality in his breast, it's worth a visit to the doctor.

**SYMPTOMS NOT TO IGNORE** Most men prefer the term chest, but the anatomic fact is that men have breasts—with breast tissue, nipples and ducts. Cancer cells can develop in any of those places.

As in women, breast cancer in men doesn't always announce itself with obvious signs or symptoms. When it does, however, they may include:

- A lump or swelling in the tissue of the breast.
- Redness, scaliness, puckering or other abnormality on the skin or nipple.
- Any oozing or discharge from the nipple.

Other, noncancerous conditions can cause abnormalities in male breasts. One of the more common is called gynecomastia, which is an increase in male breast tissue. The disorder is linked to hormonal changes, so it's most likely to occur in teenage boys or older men. But with

symptoms similar to breast cancer, even gynecomastia warrants an early evaluation by a doctor.

**WHO IS AT RISK?** Some men are at higher risk than others for breast cancer. According to the American Cancer Society and the American Society of Clinical Oncology, risk factors for male breast cancer include:

- A strong family history of breast or ovarian cancer.
- Older age. On average, men are in their 60s when diagnosed with the disease.
- Increased estrogen levels due to disease or medical treatment.

## Welcome to the new physicians joining our staffs

St. Joseph (SJH) and Redwood Memorial (RMH) hospitals have had the pleasure of welcoming several physicians to their medical staffs in recent months. We proudly welcome the following physicians, from specialists in pediatrics to cardiology, now practicing in Humboldt County.



### EVAN BUXBAUM, MD

*Pediatrics*

Dr. Buxbaum joined Erika Rosenberg, MD, and Jim Killfoil, MD, at Redwood Pediatrics in August. Dr. Buxbaum completed his medical degree at Duke University, followed by pediatric training at the University of Vermont. He also earned a master's degree in epidemiology from the University of North Carolina.



### STEPHEN DIEKER, MD

*Cardiac anesthesiology*

Dr. Dieker recently joined Humboldt Medical Specialists—Cardiology in Eureka. He received his medical degree from the University of Texas Medical Branch. He completed residencies in clinical anesthesiology, pain management and critical care. He also completed fellowships in surgical critical care and cardiothoracic anesthesiology at Barnes-Jewish Hospital in Washington.



### STEPHANIE DITTMER, MD

*Family medicine*

A family practitioner, Dr. Dittmer recently joined Humboldt Medical Group in Fortuna and provides OB services one day a week at Redwood Women's Center. Dr. Dittmer comes to Humboldt County from Tacoma, Wash. She earned her medical degree at the University of California, Irvine, School of Medicine and completed her residency in family medicine with cesarean section training in Tacoma.



### COURTNEY LADIKA, MD

*Family medicine*

Dr. Ladika recently joined Redwood Family Practice in Eureka. Originally from Harrisburg, Pa., Dr. Ladika received her medical degree from Wake Forest University and completed her internship and residency in family medicine at McKay-Dee Hospital Center.



### MATT MILLER, MD

*Hospitalist*

Dr. Miller returns to Humboldt County after serving as associate medical director of a hospitalist medicine program at Salem Hospital in Oregon. Dr. Miller is Patient Safety Officer at St. Joseph Hospital and also works for Team Health. Dr. Miller helped found the hospitalist program at SJH and was ICU medical director for eight years.



### HUGH PARKER, MD

*Cardiology*

Dr. Parker recently joined Humboldt Medical Specialists—Cardiology after completing a fellowship in cardiology at the Ochsner Heart & Vascular Institute in New Orleans. Dr. Parker completed his medical degree at Mercer University School of Medicine and a residency in internal medicine at Yale New Haven Health Bridgeport Hospital.



### JAMES SCHIPPER, MD

*Cardiology*

Dr. Schipper comes to Humboldt County from Metairie, La. After completing his medical degree from Eastern Virginia Medical School, Dr. Schipper finished residencies in internal medicine at Kaiser Permanente San Francisco Medical Center, followed by fellowships in cardiology and interventional cardiology at Ochsner Foundation Clinic.



### CLIFFORD TSE, MD

*Family medicine*

Dr. Tse joined Redwood Family Practice earlier this year. Originally from Los Angeles, Dr. Tse completed his medical degree at Ross University School of Medicine, followed by an internship and residency in family medicine at San Jacinto Methodist Hospital near Houston.



### TIFFANY WARD, MD

*Neurology*

Dr. Ward joined Humboldt Neurology in Eureka in August after recently finishing a fellowship in neurophysiology at the University of California, San Diego. She received her medical degree from Meharry School of Medicine and completed her residency in neurology at Loma Linda University.



**A LOCAL BLOOM:** Pam West, DAISY Award winner at St. Joseph Hospital.

## Nurse Pam West earns DAISY Award

Pam West, RN, a nurse at St. Joseph Hospital (SJH), has been honored with a prestigious DAISY Award for her work in providing compassionate care for hospital patients.

West works on the hospital's third-floor medical-surgical unit.

She was nominated by her colleagues for her professionalism, dignity and personal interest in caring for her patients. She was also recognized for her teamwork, being a great resource for her colleagues and exemplifying the hospital's core values of dignity, justice, service and excellence.

Originally from Great Britain, West has been a nurse at SJH since 2006 and earned her nursing degree at Humboldt State University.

DAISY (Diseases Attacking the Immune System) awards recognize outstanding patient care provided by individual nurses at hospitals around the country. To learn more, go to [www.daisyfoundation.org](http://www.daisyfoundation.org).



**FAIR HELP:** Tina Berns, a nurse at Redwood Memorial Hospital, takes a fairgoer's blood pressure.

## A family fair for all in Fortuna

People attending the Apple Harvest Festival in Fortuna in October got their apple a day and much more at the Eel River Valley Family Health & Resource Fair.

The fair was organized by Redwood Memorial (RMH) and St. Joseph (SJH) hospitals. Booths provided information about health resources available in the area. In addition, hospital staff members provided free and low-cost screenings and services.

Flu shot stations were particularly popular, as were tests of bone density, body

fat and cholesterol.

The Eel River Valley fair is sponsored by RMH and SJH to make affordable health care available to underserved residents as part of the hospitals' commitment to community service.

The next event will be the Annual Health & Resource Fair, scheduled for Feb. 4, 2012, at the Bayshore Mall in Eureka.

For information about this and other events sponsored by SJH and RMH, go to [www.stjosepheureka.org](http://www.stjosepheureka.org) or [www.redwoodmemorial.org](http://www.redwoodmemorial.org).



Please accept our

# Gratitude

*St. Joseph Hospital and Redwood Memorial Hospital are able to offer high-quality health care to our community because of your generosity and support. Thanks to you, our faithful donors, the possibilities are endless for health care in Humboldt County. Please accept our gratitude for your contribution, and join us in recognizing our many donors from July 1 through September 30.*



**ST. JOSEPH HOSPITAL FOUNDATION**

## Save the date for a hoppin' good time

Mark your calendar for the **2012 Peter Cottontail & Friends Easter Celebration!** This family event is set for **March 24, 2012**, at the **Arcata Community Center** and will undoubtedly be the happiest place in Humboldt County. Everyone is invited to enjoy a day of Easter fun featuring carnival games, delicious food, costumed characters and much more. More details will be available in early 2012 at [www.stjosepheureka.org](http://www.stjosepheureka.org).

### St. Joseph Hospital Foundation

#### TRIBUTES

**In memory of George and Marie Baker**

Dave and Ronda Keating

**In memory of John Dellabalma**

Mitchell and Helen Torgersen

**In memory of James Ely**

Yvonne White

**In memory of Russel Pardoe, MD**

Frye's Care Home

**In memory of John Patterson**

Mendes Mini Storage

**In memory of Alyce Senestraro**

Hector Senestraro

**In memory of Gertrude Siggins**

Dick and Carol Lauer

**In honor of Mary Bertolini**

Louis and Kathy Bertolini

#### IN-KIND DONORS

101 Things To Do  
Baywood Golf & Country Club  
Belle Starr

Bien Padre Foods, Inc.

Bless My Soul Cafe

Cassaros Catering

Coastal Pathology Medical Associates, Inc.

Detail Doctor

Forever Young Beauty Salon

Gill's By The Bay

Grundman's Sporting Goods

Rory and JoAnn Hanson

Janeth and Howard Hunt, DDS

Hurricane Kate's  
John's Cigars

Keenan Supply

Timothy and Kimberly Laney

Neil and Karen McDonald

Miller Farms Nursery

Mimi Mouche

Mirador Glass Company

Moonstone Grill

Jack and Wynona Nash

Richard and Jeanne Nash

Northcoast Co-op

Old Town Auto and Muffler

Old Town Coffee & Chocolates

Original Basket Boutique

Pierson's Building Center

Praxis Fitness

Redwood Empire Golf & Country Club

Reflections Jewelry, Inc.

Sassafras

See's Candy Community Fund

Jack and Leslie Selvage

Sequoia Orchids

Shamus T Bone

Six Rivers Brewery

Kenneth Smith and Ahn

Fielding

The Spa at Personal Choice

St. Joseph Hospital Volunteers

Scott and Alison Talbott

Congressman Mike Thompson

Paul and Dianne Vallee

Verizon Wireless

Vern's Furniture

Visiting Angels

Rachel Waters

Wayne Maples Plumbing and Heating

Wooldridge Creek Winery

#### CASH DONORS

Alicia Adrian

Dorie Ahboltn

Dawn Albrecht

Ron Alexander

Rhonda Amis

Pati Anderton

Rita Andrews

Anonymous

Anna Antonsen

John and Valerie Arminio

Summer Armstrong

Frank and Jean Arruda

Auxilio, Inc.

Gary and Pam Barker

Edith Barlow

Scott and Gina Bauer

Bayside Dental Lab

Marilyn Bazor

Andy Beard

Phillip Beaudry

Jesse and Julia Bednar

Judy Begley

Ben B. Cheney Foundation

Robin Berman

Sandra Berry

Robert Bertholf

Louis and Kathy Bertolini

Kurt and Sherie Bialous

Jacob and Ashley Bolton

Keith and Cori Borges

Jere and Carol Bowden

Dave and Kirsten Bowns

Susan Brayton

Leslie Broomall

Erin Brown

Richard Brown

Amy Bubenik and Rebekah

Harmon

Stephanie Bundschuh

Katherine Burgess

Phillip and Allison Burton, MD

Ronald Cain

Toni Camarata

Campton Electric Supply, Inc.

Melanie Carl

Martha Carpenter

Francis and Carole Carrington

Nancy Carter

Tom and Connie Cartwright

CEP America

Veronica Cherry

Stephen and Jan Claasen

Kevin Clougherty

Coastal Business Systems, Inc.

Coastal Pathology Medical

Associates, Inc.

Roberta Collins

Communications Cabling

Systems, Inc.

Community Health Alliance of

Humboldt—Del Norte, Inc.

Kenneth and Linda Cook

Rebecca Corcovelos

Nicholas Cordero

County Medical Services

Program

Timothy and Julie Cruz

Donald and Marguerite

Cummins

Amy Curtis

Mike Dakis

Danco Builders

Shanda Daniel

David and Charla Davis

Rachel Davis

Carrie DeGutis

Darcy Demello

Amy Dillon-Sewell

Ron DiLuigi

Rose Dinsmore

Ed and Dorothy Domenichelli

Tracy Dominick

Emma Donovan

Lawrence and Cassandra Doss

Fredo and Shannon Dwyer

Crystal Erickson

Teresa Evans

Christy Fausone

Michael and Jennifer Finamore

Joanne Finigan

Linda Fite-Martin

FloorTec Northcoast, Inc.

Peggy Floraday

Amber Flowers

Michael and Jean Flynn

Audrey Foote

Joe Franceschi

Dawn Fredrick-Seibert

JoAnne Frick

Frye's Care Home  
 Howard and Peg Gardner  
 Halby and Laurie Garrison  
 Janette Garrison  
 Robert Gierek  
 Steve Gilbert  
 Tim Gilbride-Read  
 John and Teri Goossens  
 Jerry Graves  
 Michael Grimaldo  
 Ryan and Mandi Griswold  
 Laura Haig  
 Julie Hall  
 Morgan Hanson  
 Betty Harper  
 Cindy Harris  
 George and Kathy Hayes  
 Chris and Julie Hickman  
 Marc Higgins  
 Becky Hill  
 Donald and Constance Hill  
 M. Barbara Hill  
 Kenneth Hoard  
 DD and Greg Holst, MD  
 Carol Holzberger  
 Robert and Katherine Hook  
 Humboldt Area Foundation  
 Kristie Hunter  
 Pamela Iorg  
 Renee Jackson  
 Julie Johnson  
 Jill Kamrud  
 Bruce Kane  
 Dave and Ronda Keating  
 Steve and Heather Kelley  
 Thomas and Hellen Kelly  
 Pamela and Bruce Kessler, MD  
 Peter Kessler  
 Mary Kingston  
 Ted LaBelle  
 Jenny Lamont  
 Carolyn Lane  
 Mary Langley  
 Dennis Larsen  
 Dick and Carol Lauer  
 Maureen Lawlor  
 Reggie and Paula Lawson  
 Heather Leinen  
 Les Schwab Tires  
 Elliott Levin  
 Marilyn Lilley  
 John and Sherry Livingston  
 Scott Llewellyn  
 Christine Lougher  
 Linda Lucchesi  
 Mary Machi  
 Donald MacMillen  
 M. Ellen Mahoney, MD, and  
 Luther Cobb, MD  
 Stephen Maiorano  
 Timothy and Loralee Malone  
 Nora Malone Bragia  
 Christopher and Dora Marchi  
 Joseph and Peggy Mark  
 Jorge Matias  
 Rigoberto Matias-Mendez  
 Audrey Maynor  
 Karen Mayville  
 William III and Pamela  
 McClendon  
 Debbie McFarland  
 Dwight McGillivray  
 Paul and Aimee McGinty  
 Catherine McLean  
 Robert and Barbara McLean  
 Beth McPherson  
 Donna McQueen  
 Richard and Ann McWhorter  
 Shannon and Dedee McWhorter  
 MedAssets  
 Liana Medina  
 Mendes Mini Storage  
 Oscar Mendez  
 Alicia Mendoza  
 Kelley Metcalf  
 Dean and Shirley Meyer  
 Tony and Shalise Miles

Helen Mills  
 Douglas and Sylvia Milota  
 Mission Linen Service  
 Andrea Mosiej  
 Thomas Mulder  
 M.J. and Janette Muldoon  
 Myrtle Ave. Pet Center  
 Marian Nelson  
 New Life Service Co.  
 Gregory Orsini  
 Tawne Osborn  
 Gene Owens and Joan  
 Capobianco-Owens  
 Julie Owens  
 Sue Patterson  
 Danny and Amy Paul  
 James Peaker and Denise Javet  
 Pearson's Grocery  
 Pete Belak Construction  
 Andrea Pfaff  
 Robert and Leonila Porter  
 Domenic and Sue Previte  
 Leslie and Janett Price  
 Cheryl Pries  
 Deborah Proctor  
 Joe and Stacy Randolph  
 Redwood Memorial Hospital  
 Medical Staff  
 Andrea Reed  
 James and Dereesa Reid  
 Robin and Penny Renner  
 Rogan and Vicki Rice  
 Richard and Emily Levin  
 Foundation  
 Rollin and Ann Richmond,  
 PhDs  
 Jack and Michele Rieke  
 Maria Rios  
 Larry and Susan Roberts  
 Yvonne Rocha  
 Marisa Rodriguez  
 Joe Rogers  
 Patti Roth  
 Jan Rowen  
 Jessica Russell  
 Javier Salas  
 Chris Sandell  
 Kim Santsche  
 Karen Schaefer  
 David Schlosser and Kay  
 Cutcheon  
 Desiree Schmidt  
 Joan Schwenk  
 Meri Scolari  
 Russell Scudder  
 Chloe Secor  
 Hector Senestraro  
 Lisa Shirk  
 SHN Consulting Engineers  
 Harold Jr. and Pat Smith  
 Tina Smith  
 Toni Smith  
 Natalia Sobota  
 Ralph Sorenson  
 Shandell Sosna  
 Ginger Sotelo  
 Elizabeth Souza  
 Warren Spalding  
 St. Joseph Heritage Healthcare  
 Marie Stamm, Charitable Trust  
 Tory Starr  
 Steven Stauch  
 William and Marlyn Stewart  
 Teri Stites  
 Marvyn and Phyllis Stockel  
 Stephen Struthers  
 Maryruth Stubbs  
 Brett Sumner  
 Jan Surrell  
 Derald Taggart  
 Scott and Alison Talbott  
 George and Bernice Taylor  
 Wendy Thorpe  
 TLC Company  
 Mitchell and Helen Torgersen  
 Janet and Victor Wallenkampf,  
 MD



## REDWOOD MEMORIAL FOUNDATION

### Benefit Ball marks 30 years of giving

The Benefit Ball, Redwood Memorial Hospital's (RMH) largest annual fundraiser, celebrated a very special anniversary this year.

On Saturday, Nov. 5, the ball marked 30 years of supporting patient care at RMH. During that time, the event has raised more than \$2 million through the generosity of hospital benefactors—money that has gone directly to improving patient care. This year, proceeds went to help purchase endoscopy equipment for RMH's surgery department.

Organized by the Redwood Memorial Foundation, this year's event featured a 1930s and '40s theme with guests dancing the night away to live music.

Don't miss next year's event, scheduled for the River Lodge in Fortuna on Nov. 3, the first Saturday of the month.

Mary Warner  
 Michelle Warren  
 Ina Watson  
 Laurie Watson Stone and David  
 Stone  
 Wayne Maples Plumbing and  
 Heating  
 William Weideman, MD, and  
 Clarice Alderdice  
 Pamela West  
 Marc Whinnem  
 Ellen White  
 Yvonne White  
 Mark and Susan Whittaker  
 Roger and Caroline Wilcox  
 Clarisse Wilkinson  
 Caroline Williams  
 Christie Wold  
 Wendy Woodward  
 Ronald Yaw  
 Jennifer Young  
 Marilyn and George Ziblich, MD  
 Carole Ziskin  
 Judith Zyskowski

### Redwood Memorial Foundation

#### TRIBUTES

**In memory of Hector  
 Godoy**  
 Larry Jr. and Elizabeth Hall

**In memory of John Henry  
 Grice**  
 Debra Dockins

**In memory of Angelo  
 Leonardi**  
 Larry and Linda Biondini

**In memory of Dolores  
 Palmer**  
 Jenelle Palmer

**In memory of Marie Parlato**  
 Rick and JoAnne Center  
 Green's Pharmacy

**In memory of William and  
 Lita Rogers**  
 Joe Rogers

**In memory of Ray Terkelsen**  
 Dave and Ronda Keating

**In memory of Marva  
 Turkovich**  
 Jeannine Bentley

**In memory of Janet Wegg**  
 Linda and Kenneth Cook

**In memory of Claribel  
 Wenborn**  
 Carolyn Lane

**In memory of Jack Wenborn**  
 Carolyn Lane

**In memory of Catherine  
 Wilson Lewis**  
 Cheryl Johnson

**In honor of Joe Mason**  
 Michael and Pamela Cassady

**In honor of Rachel Mason**  
 Michael and Pamela Cassady

#### IN-KIND DONORS

American Almond Orchards  
 Best Western Country Inn  
 Loving Hands Institute

#### CASH DONORS

Anderson, Lucas,  
 Somerville & Borges  
 Steve and Fidda Atallah  
 Maryalice Baker and  
 Diane Sandigo  
 Beacom Construction  
 Phillip Beaudry  
 Judy Begley  
 Jeannine Bentley  
 Roxane Bessette  
 Larry and Linda Biondini  
 Don Brown  
 Katherine Burdick  
 Caledonia Plumbing  
 Theresa and Brian Calvert,  
 OD  
 Michael and Pamela Cassady  
 Rick and JoAnne Center  
 Jean Chamberlain  
 Ken and Denise Christen  
 City Ambulance of Eureka,  
 Inc.  
 Coast Central Credit Union  
 Linda and Kenneth Cook  
 Frank and Wanda Cope  
 Dorothy Cowan  
 DCI Builders  
 Debra Dockins  
 Grant Dorsey and Susan  
 Fraser  
 Erin Dunn  
 Douglas Edgmon  
 Edward Jones

## Celebrate with a milestone donation

Do you have something to celebrate or someone to remember and want a special way of doing so?

Then consider a milestone donation to our hospital foundation, which is dedicated to improving health care in our community.

Examples of milestone donations include:

- Asking people to honor your birthday with a gift to the foundation in your name.
- Making a memorial donation in honor of a loved one.
- Donating time volunteering with your spouse or family as a creative way to spend an anniversary or holiday.

Depending on the nature of your gift, there are many ways in which we can recognize and honor you or your loved one. Call us at 707-269-4283 to learn more.

Eel River Disposal Co., Inc.  
 Eel River Sawmills  
 John Egan and  
 Rene Imperiale Egan  
 Christy Fausone  
 Ferndale Clothing Company  
 Forbusco Lumber  
 Fortuna Rotary  
 JoAnne Frick  
 Judy Gallagher  
 Halby and Laurie Garrison  
 George Petersen Insurance  
 Agency, Inc.  
 Gerald Becker Insurance  
 Donald and Elsie Giacomini  
 Walter and Becky Giacomini  
 Jeff and Mary Glavich  
 Ann Glenn  
 Green's Pharmacy  
 Tom and Allison Grundman  
 Larry Jr. and Elizabeth Hall  
 Steven and Cynthia Hart  
 Chris and Julie Hickman  
 Marc Higgins  
 Darold Jr. and Christina Holman  
 DD and Greg Holst, MD  
 Carol Holzberger  
 Hospice of Humboldt  
 Humboldt Auction Yard, Inc.  
 Dean and Dana Hunt  
 Richard and Carolyn Hunt  
 Tamara Jenkinson  
 Cheryl Johnson  
 Bill and Sharon Johnson  
 Gregory and Ronna Johnson  
 Robert and Mary Johnson  
 Dave and Ronda Keating

- |   |   |
|---|---|
| Cassandra Kennedy, MD, and Ashley Largen      | Joe Rogers                                      |
| Mel Krause                                    | Lauri Rose                                      |
| Kriterion Construction Services               | Connie Ross                                     |
| Donald and Joyce Kudrna                       | Daniel and Abigail Roysse                       |
| Jeannette Lackett                             | Jack and Linda Russ                             |
| William and Sandy Lambo                       | S & H Auto Machine                              |
| Carolyn Lane                                  | Thomas and Lois Schultz                         |
| Beverley Langdon                              | Shaw & Petersen Insurance, Inc.                 |
| Law Offices of Thomas Herman                  | SHN Consulting Engineers and Geologists         |
| Low's Furniture                               | Jerry and Gail Sisson                           |
| Leo Mack                                      | Joseph Smith                                    |
| Joseph and Peggy Mark                         | David and Elizabeth Somerville                  |
| Elizabeth Martin                              | David and Gabriele Somerville                   |
| John Matthias                                 | Sonoma Imaging Medical Associates, Inc.         |
| Robert and Debra McBeth                       | Ralph Sorenson                                  |
| John and Lesa McDowell                        | Stanfield Properties Inc., Landmark Real Estate |
| Mendes Mini Storage                           | Van and Patricia Stanley                        |
| Gary and Kathy Moore                          | William and Marlyn Stewart                      |
| Stanwood Jr. and Pam Murphy                   | Kenneth and Judith Stoffer                      |
| Angela Nitsche                                | Taco Loco                                       |
| Sid and Diana Noyes                           | Taylor Made Organizing                          |
| Sean and Kathy O'Day                          | Linda Treadwell                                 |
| Jenelle Palmer                                | Ralph and Martha Vertrees                       |
| Sue Patterson                                 | Patricia Waldron                                |
| Domenic and Sue Previte                       | Janet and Victor Wallenkampf, MD                |
| Cheryl Pries                                  | Elizabeth Wardell and Fred Long                 |
| Deborah Proctor                               | Laurie Watson Stone and David Stone             |
| Joe and Stacy Randolph                        | Marc Whinnem                                    |
| Frances Rabin                                 | Mark and Susan Whittaker                        |
| Janet Rau                                     | James and Elaine Widdoes                        |
| Redwood Memorial Hospital-EE Advisory Council | Roger and Caroline Wilcox                       |
| Redwood Memorial Hospital Auxiliary           | Nancy Wizner                                    |
| Redwood Memorial Outreach Committee           | Hec Wood and Carol Niles                        |
| James and Dereesa Reid                        | Wyatt & Whitchurch, E.A. Inc.                   |
| Lawrence and Merryl Renner                    | Kenneth and Ellen Zanzi                         |
| Mike and MariLou Renner                       |   |
| Renner Petroleum                              |   |
| Renee Rezentos                                |   |
| Rings Pharmacy                                |   |
| Robert Colburn Electric, Inc.                 |   |
| Robert Zigler, Attorney At Law                |   |
| John and Sallie Robey                         |   |



REDWOOD MEMORIAL FOUNDATION

## Hospital gets a big boost from annual golf tournament

Golfers in the Scramble for Redwood Memorial Hospital made the hospital a big winner on Friday, Sept. 30, at Redwood Empire Golf & Country Club in Fortuna.

Organized by the Redwood Memorial Foundation, the second annual benefit tournament attracted 26 four-player teams for a day of fun and friendly competition that raised more than \$38,500 to help the hospital purchase endoscopy equipment for the surgical department.

Team winners were:

- **First place:** Keith Demello, Gary Moore, Joe Rogers and Kip Wandler, from the Demello, McAuley, McReynolds & Holland team.
  - **Second place:** Scott Cloepfil, Jeff Glavich, Keith Kons and Paul Kraws from Shear Designs.
  - **Third place:** Travis Bohn, Jerry King, Jack Rieke and David Stone from Schafer's Ace Hardware.
- If you want to be a part of next year's Scramble for Redwood Memorial Hospital, look for information in early 2012 at [www.redwoodmemorial.org](http://www.redwoodmemorial.org).

### SUPPORTING HEALTHY COMMUNITIES

# THE STRONG ROLE OF HOSPITAL FOUNDATIONS

**ST. JOSEPH AND REDWOOD MEMORIAL** hospitals do a lot of wonderful things for health care in our community. Much of the credit is due to the foundations that serve them and to charitable giving.

**WHAT ARE THEY?** Hospital foundations are nonprofit groups that raise money for hospitals. Those dollars go back into the community through programs and services that meet local health care needs, says William C. McGinly, PhD, president and CEO of the Association for Healthcare Philanthropy.

"In many communities, it's a huge burden that philanthropy shoulders," he says.

For example, both the St. Joseph Hospital and Redwood Memorial foundations raise money that helps pay for:

- Expanded services and building upgrades, such as cancer care centers, neonatal units and community clinics.
- New equipment and technologies that help improve and save lives.
- Medical care for those who lack insurance. In 2009, U.S. hospitals provided more than \$39 billion in uncompensated care.
- Education programs and events—from diabetes prevention and care to CPR classes.

**HOW IT'S DONE** The St. Joseph Hospital and Redwood Memorial foundations raise money in many ways, including:

- Special events, such as gala nights, auctions or fun runs. These also increase awareness of the foundations and the hospitals.
- Annual campaigns. These efforts seek contributions from regular donors and also attract first-time supporters.
- Capital campaigns. These efforts raise a significant amount of money for a specific project—such as a new facility—over a certain period of time, sometimes years.

**To learn about the St. Joseph Hospital and Redwood Memorial foundations, go to [www.stjosepheureka.org](http://www.stjosepheureka.org) and click on "Foundations."**

**REASONS TO GIVE** More than 80 percent of hospital donations come from individuals, McGinly says. Often, people simply want to give back.

"Also, somehow that hospital has had an impact on their family or them directly," he explains. "The fact that the hospital was there made a difference."

Today's economic climate has had far-reaching effects, and hospitals are not immune to the downturn in the

economy. "That same crunch is being felt by caregivers and providers," McGinly says.

Many hospitals face financial challenges, including Medicaid reimbursements that fall short of the cost of care.

**HOW TO GIVE** Even small donations to a foundation can add up, and there are many ways to show your support.

- Options include:
- Giving cash.
  - Donating gifts of stocks, bonds, real estate or other property.
  - Including a gift to the hospital in your will.
  - Establishing a charitable remainder trust. With this donation, you give appreciated stock or other assets and receive interest income for life. The remainder goes to the hospital as a future gift.

**AN IMPORTANT INVESTMENT** Think of it this way: Donating to a hospital is an investment in the health of your community, says McGinly.

St. Joseph and Redwood Memorial hospitals provide health care when you need it and resources to help you and your loved ones stay well. Your donation really can make a difference.

Additional source: American Hospital Association

## THE HOLIDAYS STRESS LESS THIS SEASON

**YOU'RE IN HOLIDAY** overdrive, baking cookies, running to the mall, then rushing back home in hopes that you'll arrive in your driveway before your out-of-town guests.

Is the gift you want most for yourself a nap?

Go ahead and treat yourself. After all, this is supposed to be a season of peace, not pressure.

Carving out some downtime—whether it's to recharge with a nap, take a walk or even play a board game with your family—can make your holidays less stressful. And by slowing down, you just might wind up with more energy to enjoy those guests.

What else can you do to feel less tense this holiday season? Try these tips:

**Prune your to-do list.** You don't need to accept every invitation that comes your way or try to squeeze every holiday tradition into one or two days. Too many tasks or commitments can make the holidays seem like a marathon. Reserve time for what matters most, and don't feel obliged to bake cookies if baking just isn't your thing.

**Lower your expectations a bit.** Say the word *holiday* and a lot of us imagine picture-perfect celebrations. That's a fantasy—and one that is almost certain to stress you out if you buy into it. It's really OK if this year's tree is a little lopsided or the brisket burns. Focus on what truly gives the holidays their meaning: time spent with friends and loved ones.

**Don't expect family tensions to magically disappear.** Lowering your expectations also means being realistic about any strained relationship you might have with a family member. If the two of you haven't gotten along for the rest of the year, chances are you won't click now just because the holidays are here. One way to cope may be to limit the time you're together.

**Finally, don't feel like Scrooge if you can't afford pricey presents.** You're still a good—and caring—parent if you tell your child that a toy is too expensive. And you're helping your youngster learn to be realistic. Give your son or daughter an affordable present and the gift of your company. Read an extra story at bedtime tonight or check out the holiday lights in your neighborhood—both activities are free.

Sources: American Psychological Association; Mental Health America



**Focus on what truly gives the holidays their meaning: time spent with friends and loved ones.**

## Toy safety: Buy wisely

Toys can be hot one year and cold the next, but there's always one that's right in vogue—the safe toy.

Keep these safety tips in mind as you hunt for the perfect gift for the tykes on your holiday list:

**1 Read the label.** Follow age and safety information on warning labels. Also, make sure toys are marked *nontoxic* and that electrical toys are marked *UL Approved*.

**2 Look for quality.** Avoid toys made from thin plastic that can shatter into dangerous pieces and toys with parts that can come off and become a choking hazard.

**3 Keep ages in mind.** Children younger than 8 years should not be given electrical toys, which can cause burns. Chemistry and hobby sets may contain chemicals—reserve these for responsible kids older than 12.

**4 Spot potential perils.** According to Safe Kids USA and other agencies, these are particularly dangerous for children:

- Strings, cords and ribbons, which can cause strangulation.
- Propelled or flying objects, which can injure eyes.
- Noisy toys, which can hurt a child's hearing.
- Small parts, which can become lodged in a child's windpipe, nose or ears.

## EAT HEALTHY AND BE MERRY

**THE HOLIDAYS ARE** a high-risk season if you need to watch what you eat. Temptation is everywhere, from the overloaded buffet table at your neighbor's annual party to the candy bowl on your co-worker's desk.

So how do you cope if you have a chronic medical condition such as diabetes or heart disease that necessitates eating well or you simply want to avoid packing on pounds?

“Remind yourself that the holidays are not just about

food. What they're really about is the joy of spending time with family and friends,” says Angela Ginn, RD, a spokesperson for the American Dietetic Association (ADA).

This doesn't mean that your favorite holiday foods need to be off-limits. Any food (even creamy eggnog or sugary pecan pie) can be a part of healthy eating. The secret to surviving the holidays without derailing your diet is moderation and balance—not deprivation.

To find that balance, try the following tips from Ginn, the ADA and the American Diabetes Association:

**Be fussy.** Save high-calorie, fatty or sugary splurges for foods that you generally only eat during the holidays. Translation: Say no to potato chips and yes to a small slice of pie. Portion control is key when you indulge in desserts and similar goodies. Rather than overeating, sample.

**Eat before you eat.** It may seem like a good idea to

skip meals earlier in the day so that you can eat more later at a party. “But going hungry to any event where food is served almost always backfires,” Ginn cautions. “You set yourself up for overeating.”

Skipping meals can also make your blood sugar hard to control if you have diabetes. A better strategy: Curb your hunger before parties with a small, healthy snack.

**Take control.** Meet and greet at holiday parties before rushing to the food; conversation is calorie-free. And instead of worrying about what will be served, arrive with a dish that you can enjoy guilt-free, such as a low-fat or low-calorie version of traditional holiday fare.

**Get back on track if you eat more than you intended.** Instead of telling yourself you've blown it and helping yourself to even more cookies, cake or candy, treat your slipup as a cue to put the brakes on overindulging.

## The road to recovery

You've survived a stroke. Welcome to a club of about 4 million strong.

That's how many Americans are alive after a stroke today, according to estimates from the National Institutes of Health. And many of these survivors benefited from a stroke rehabilitation, or rehab, program.

### A team effort

Rehab after a stroke can take place in a hospital, in a nursing facility, as part of an outpatient program or even in your own home.

The goal: to return you to a life that's as independent as possible.

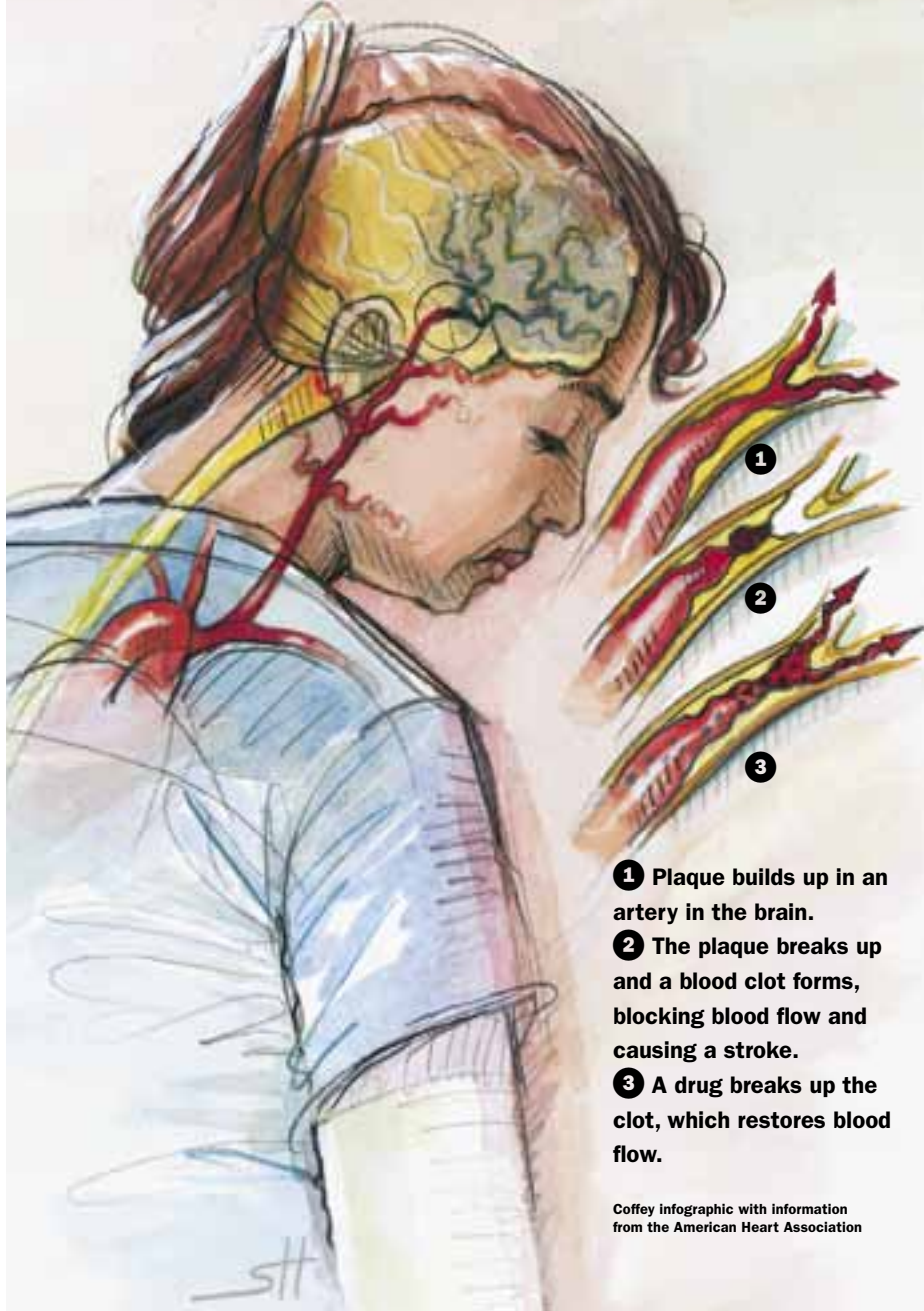
The people who will help you get there are a team of experts, each of whom focuses on a particular skill. This group may include:

- A physiatrist, a doctor who specializes in rehabilitation.
- Occupational, speech and physical therapists.
- A rehabilitation nurse.
- A psychologist or other type of mental health counselor.

As rehab progresses, your family and friends may join the team. In fact, a loving and helpful support system can be one of the most important factors in successful recovery from stroke.

Another key feature of successful rehab is starting it early—often within a day or two after the stroke.

## A common cause and treatment of stroke



- 1 Plaque builds up in an artery in the brain.
- 2 The plaque breaks up and a blood clot forms, blocking blood flow and causing a stroke.
- 3 A drug breaks up the clot, which restores blood flow.

Coffey infographic with information from the American Heart Association

## STROKE

# KNOW THE SIGNS. GET HELP FAST.

On the list of top causes of death in this country, stroke used to sit at No. 3. ♦ It recently fell down a notch to No. 4. That good news comes from the Centers for Disease Control and Prevention. And if more people learn to recognize the symptoms of stroke and get help fast, those numbers may keep moving in a healthy downward direction.

**WHAT IS STROKE?** Stroke usually occurs in one of these two ways:

- When the supply of blood to part of the brain is suddenly interrupted.
- When a burst blood vessel leaks blood into or around the brain.

The first type is the most common. Called an ischemic stroke, it occurs when an artery supplying the brain with blood becomes blocked or narrowed, often by a clot. About 80 percent of strokes are ischemic in nature, reports the National Institutes of Health (NIH).

Hemorrhagic strokes account for the other 20 percent. Sometimes these occur because a weak spot in an artery's wall stretches to the breaking point. At other times, a hemorrhagic stroke is the result of an artery wall growing thin and brittle over time and then breaking apart.

In both types of stroke, brain cells die—either because they are starved of oxygen and nutrients or because of damage caused by the pooling blood. And once a brain cell dies, it can't come back to life.

**WHAT ARE THE SYMPTOMS?** There was a time when not much could be done to help people having a stroke, notes the NIH. But that's no longer the case.

Today, quick treatment can stop most strokes as they're occurring. If you get to the hospital fast, you may be able to walk out of it later with little or no disability.

The emphasis, however, is on *fast*. You have three hours from the stroke's onset to be given a clot-busting medication called tissue plasminogen activator, or TPA. And some of that time will be spent getting to the hospital and then being evaluated.

So it's vital to recognize the signs of a stroke. They are sudden and may include:

- Numbness or weakness of the face, arm or leg, often on one side of the body.
- Confusion or trouble speaking or understanding speech.
- Difficulty seeing in one or both eyes.
- Trouble with balance or walking.
- Severe headache for no known cause, sometimes with nausea or vomiting.

Only about 5 percent of people having a stroke get to the hospital in time for treatment, reports the American Stroke Association. You can make sure you're not one of them by calling 911 at the first sign of any of the above symptoms.

**ARE YOU AT RISK?** Being older is one risk factor for stroke—the risk of having a stroke approximately doubles for each decade of life after age 55, reports the American Heart Association.

Others risk factors include: ● Having high blood pressure. ● Smoking. ● Having heart disease or diabetes. ● Having abnormal cholesterol levels. ● Having a history of brief, warning strokes called transient ischemic attacks. ● Having a personal or family history of stroke.

Talk to your doctor about your risk for stroke and what you can do to lower it. You can't change some risk factors, such as your age, but you can modify your lifestyle to help reduce the chances of having a stroke.

Today, quick treatment can stop most strokes as they are occurring. That's why you need medical help ASAP.

## Paso a Paso marks 10 years of stellar community service

A decade after its beginning, the Paso a Paso (Step by Step) program is still going strong.

Paso a Paso, which offers free childbirth and parenting support classes to Spanish-speaking families within the communities served by St. Joseph and Redwood Memorial hospitals, celebrated its 10th anniversary this year.

Since its inception in 2001, the program has served nearly 530 clients with Spanish-language childbirth education classes, new parent classes, breastfeeding support groups, positive discipline classes

and other services.

“The Paso a Paso program truly represents the Sisters of St. Joseph of Orange’s mission to identify and meet needs in the community,” says Elvia Saavedra, co-coordinator of the program.

Besides Saavedra and program co-coordinator Soledad Torres, the staff includes childbirth educators Margarita Lopez (who was one of the program’s first clients), Juana Micaela Garcia and Jorge Matias; and social worker Haydee Hopkins.



**TEN YEARS AFTER:** The Paso a Paso staff celebrated the program’s 10th anniversary during an open house celebration in September.



**A NEW PLACE:** Healthy Kids Humboldt, along with outreach workers Lucy Silveira (left) and Marcelina Mejia de Castillo, has moved to St. Joseph Health System’s General Hospital campus.

## Healthy Kids Humboldt moves

Healthy Kids Humboldt has a new home.

Part of St. Joseph Health System–Humboldt County, the program’s office was recently moved from Old Town Eureka to the lower level of St. Joseph Health System’s General Hospital campus at 2200 Harrison Ave. in Eureka.

Healthy Kids Humboldt outreach workers Marcelina Mejia de Castillo and Lucy Silveira help families with a wide range of programs and services, including:

- Health insurance enrollments for

children (Healthy Families, MediCal and CalKids). ● Insurance for pregnant women. ● Applications for PG&E’s CARE program and food stamps.

Healthy Kids Humboldt also provides referrals to such services as:

- WIC. ● Head Start. ● Paso a Paso.
- FIRST5 Playgroups. ● Food bank.
- Diabetic support groups. ● Free tax preparation sites.

To learn more about Healthy Kids Humboldt, call 707-442-6066.

### Join our team!

We’re always looking for committed professionals to join us at St. Joseph and Redwood Memorial hospitals. At any given time, excellent career opportunities await the right candidate.

If you are interested in a rewarding career at one of our hospitals, call human resources at 707-445-8121, ext. 7422, or check our list of available positions at [www.stjosepheureka.org/careers](http://www.stjosepheureka.org/careers).



## Helping kids, one backpack at a time

More than 100 Humboldt County schoolchildren went back to class this fall with brand-new backpacks filled with school supplies, thanks to donations from physicians, staff members and volunteers at St. Joseph and Redwood Memorial hospitals.

The backpacks and supplies were the result of the hospitals’ annual drive to help kids make a good start to the school year.



**PACKING UP:** Staff members at St. Joseph and Redwood Memorial hospitals donated a total of 101 backpacks and several bags of school supplies. Showing some of the donated items are Marina Cortez-Hash (left) and Arlene Capeder, employees of St. Joseph Health System–Humboldt County.

## Learn more about weight-loss surgery

Looking to learn about weight-loss surgery?

A free support group sponsored by St. Joseph Health System (SJHS) can help.

The group meets on the second Wednesday of each month from 6:30 to 8 p.m. in the Burre Conference Room on SJHS’ General Hospital campus. The group hosts guest speakers and provides education and support to people who may be considering weight-loss surgery.

To find out more about the group, email Lesley Manson, PhD, at [drmanson@msn.com](mailto:drmanson@msn.com).



## Sharing healthy habits is good for the whole family—and fun too

Research suggests that the habits—whether healthy or unhealthy—of those around us can influence our own habits.

So, in the spirit of spreading good health, why not make sure the habits you’re sharing will benefit everyone in your circle of health? Try these ideas from the Centers for Disease Control and Prevention.

**Band together to shed unwanted pounds.** You might arrange a friendly

weight-loss competition at work. Or you and a friend may decide to keep food journals. Sharing that information can help you both stay accountable for your food choices.

**Create a healthy food contest.** For family meals and friendly get-togethers, make it a challenge to plan a menu that is both healthy and satisfying.

**Make exercise a team effort.** Let’s face

it—we’re all much less likely to blow off a workout if someone is waiting on us. So make exercise dates with a friend, your spouse or kids. You’ll be able to enjoy each other’s company and improve your health at the same time.

If a little healthy competition is what motivates you to stay active, set up a video game fitness tournament.

**Kick the habit collectively.** It can be

extremely difficult to quit smoking if those around you are still lighting up. Recruit your smoking buddies to set a group quit date. You can visit each other’s homes to be sure all lighters, ashtrays and cigarettes are tossed out. Your fellow quitters will be an invaluable source of support. You can call each other when cravings kick in, and you can share the coping strategies that keep you from lighting up.

# SPIRITUALITY AND HEALTH

*What gives meaning to your life may help your physical well-being*

**HOW'S YOUR HEALTH?** Chances are, you'll think about your physical health when answering that question. But your spiritual health is important too. In fact, increasingly, experts are coming to believe that body, mind and spirit are all connected.

Spirituality is different for everyone. For some people, it's centered around their religious beliefs. But others find it in things such as music, art, nature, their relationships or even their personal values. According to the American Academy of Family Physicians (AAFP), spirituality can be anything that brings meaning, peace or hope to your life.

**THE POWER OF POSITIVITY** Exactly how spirituality affects physical health isn't clear. But the National Cancer Institute (NCI) reports that some research suggests it contributes to a positive mental attitude.

That can lead to less anxiety, depression and discomfort. And, at the same time, it can promote greater optimism and satisfaction with life—even in the face of serious illness.

Spirituality alone may not cure illness, but it's possible that it will help you feel better, prevent certain problems and improve your ability to cope. Overall, spiritual well-being may lead to a better quality of life, according to the NCI.

**GIVE YOUR SPIRITS A LIFT** If you're looking to boost your spiritual health, the AAFP recommends that you think about those things that bring you comfort, joy



**Don't hesitate to discuss your spiritual needs with your health care team.**

or strength. Then make some time for them in your everyday life.

Perhaps it will be time to pray, to walk on your favorite nature trail or to volunteer in your community for a cause that's close to your heart. For some people, it might be time to read things they find inspiring or to take a short

break every now and then and spend a few moments in quiet reflection.

Just as everyone's spirituality is different, so too may be the way you take care of your spiritual health.

Don't hesitate to discuss your spiritual needs with your health care team.

## 4 TESTS WORTH TAKING

**IN TODAY'S WHIRLWIND** world, it's easy to look at schedules for home and work and think that something just has to give. And maybe one of the things you are considering giving up—or at least cutting back on—are those routine screening tests your doctor is always recommending.

Before you put those tests on hold, however, consider this: Getting screened for serious diseases

**Screening tests can often find diseases early, when treatment is likely to work best.**

could literally save your life. Screening tests can often find diseases early, when treatment is likely to work best.

Here are four common conditions for which screening is vital for both men and women. All of them are well worth your time.

**1 High blood pressure.** Stroke. Heart attack. Kidney

failure. Those are just some of the potentially deadly diseases triggered by high blood pressure. You should have your blood pressure checked by a medical professional at least once every two years.

**2 Diabetes.** The list of potential health problems associated with diabetes is a long one and includes heart disease, stroke, blindness and the loss of limbs. You should be screened for diabetes if your blood pressure is higher than 135/80 or you take medication for high blood pressure. A simple blood test can detect if your blood sugar level is too high.

**3 High cholesterol.** The trouble with having too much cholesterol in your blood is that it can clog blood vessels and lead to a heart attack or stroke. You should have a fasting cholesterol test every five years starting at age 20. You may need to be tested more often if: ● Your total cholesterol is 200 mg/dL of blood or more. ● Your HDL (good) cholesterol is less than 40 mg/dL. ● You are a man over age 45 or a woman over 50. ● You have other risk factors for heart disease and stroke, such as high blood pressure.

**4 Colorectal cancer.** You may groan at the idea of



getting tested for colorectal cancer, but screening definitely has its benefits: It can find abnormal growths in the colon before they become cancerous, and it can detect signs of the disease before they cause symptoms. You should get tested for colorectal cancer once you reach age 50. Your doctor can tell you which screening test for this disease is best for you.

Sources: Agency for Healthcare Research and Quality; National Institutes of Health



**COLDS**

# 5 TRUTHS YOU SHOULD KNOW

**HOW MUCH DO YOU KNOW** about one of the most common illnesses around? Take this true-or-false quiz to test your know-how about colds.

**TRUE OR FALSE** Colds are caused by bacteria.

**FALSE** Colds are actually caused by viruses—in fact, more than 200 types of viruses can cause those sniffing, sneezing, coughing symptoms. Because colds are not caused by bacteria, taking antibiotics won't help cure a cold. The only time you might need an antibiotic is when a cold gives rise to complications, such as an ear or sinus infection.

**TRUE OR FALSE** Taking decongestants or antihistamines will help you get over a cold more quickly.

**FALSE** Over-the-counter medicines can help you manage symptoms for the duration of your illness. But that cold will last about one to two weeks, no matter what medicines you take. It just has to run its course. Other ways to feel better in the meantime: Get plenty of rest, drink lots of fluids, gargle with warm salt water to soothe a sore throat or use petroleum jelly to relieve a sore, raw nose.

**TRUE OR FALSE** Most colds occur in the fall and winter months.

**TRUE** This may be because cold weather keeps people indoors, which increases the chance that you'll come

in contact with someone who has a cold and who can spread the virus to you. Humidity may play a role too—cold viruses survive better in the drier winter months than in more humid weather. Cold air may also dry the inside of your nose, making you more susceptible to infection.

**TRUE OR FALSE** Washing your hands is one of the most effective ways to keep colds from spreading.

**TRUE** Some cold-causing viruses can live up to three hours on the skin and on surfaces such as doorknobs and stair rails. If you touch an infected surface and then touch your nose or eyes, the virus can enter your body and increase your risk of coming down with a cold. You can lower that risk by frequently washing your hands with soap and water, which helps stop the spread of viruses.

**TRUE OR FALSE** Taking large doses of vitamin C can keep you from catching a cold.

**FALSE** Numerous studies have failed to show that vitamin C will prevent colds. At best it may shorten a cold or lessen the severity of symptoms, though that effect has

**Because colds are not caused by bacteria, taking antibiotics won't help cure a cold.**

not been clearly proven either. Talk to your doctor before taking or giving high doses of vitamin C. Too much of this vitamin can cause problems, such as diarrhea, which can be a health threat to children and older adults.

Sources: American Lung Association; National Institute of Allergy and Infectious Diseases

**HEART ATTACK**

# DON'T WAIT TO GET HELP

**WATCHFUL WAITING CAN** be a smart strategy in certain medical matters. A heart attack isn't one of them. In fact, it's just the opposite. When heart attack symptoms appear, fast action is required.

Why the need for speed? Because every second without treatment means more damage to the heart muscle.

A heart attack occurs when the blood supply to the heart is cut off. That's often caused by a sudden clot forming in a narrowed coronary artery.

Without nutrients and oxygen, the area of the heart affected starts to die. If a large enough section is weakened, the heart can't pump blood as effectively as it should. That can lead to heart failure or even death.

Treatments that can restore blood flow and stop a heart attack are available, but they must be given soon after symptoms start—ideally within an hour of the first sign of trouble.

That's why it's crucial for you to recognize the signs of a heart attack and to act fast when they occur.

According to the National Heart, Lung, and Blood Institute, warning signs include:

- Discomfort in the center of the chest. This is the most common symptom of a heart attack. It can feel like pressure, squeezing, fullness or pain that lasts more than a few minutes.



- Upper body discomfort, such as pain in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. This may occur with or before chest discomfort.
- Breaking out in a cold sweat or feeling nauseated or light-headed.

Not everyone has every symptom of a heart attack, and symptoms may come and go.

If you think you or someone else is having a heart attack, wait no more than five minutes to call 911. Even if you're not sure it's a heart attack, be safe and let a doctor decide what's wrong.

**St. Joseph and Redwood Memorial hospitals both offer emergency medical services, provided 24/7 by a trained, certified staff.**

## Be prepared to survive

No one wants to have a heart attack. But making preparations now may help you survive if you do.

Some preparations are mental. Ask yourself what you'd do if you had a heart attack at home or work or in the middle of the night. Be sure you know the symptoms and have a phone nearby in case you need to call 911.

Teach your family and friends to spot heart attack warning signs. Emphasize the need to quickly call for emergency help if the signs continue.

Also, make a list of the medicines you take and any medicines you're allergic to. Put that list in your wallet, along with contact information for the person who should be called if you need to go to the hospital.

Source: National Heart, Lung, and Blood Institute

Look us up at [www.stjosepheureka.org](http://www.stjosepheureka.org) or [www.redwoodmemorial.org](http://www.redwoodmemorial.org).

# CALENDAR

For a complete listing of classes, please visit our website at [www.stjosepheureka.org](http://www.stjosepheureka.org) or [www.redwoodmemorial.org](http://www.redwoodmemorial.org).



## COMMUNITY

**Divas on Parade**  
**Monday, Dec. 5, 11:30 a.m.**  
 Join us for Redwood Memorial Foundation's luncheon and fashion show. Proceeds benefit patient care at Redwood Memorial Hospital. Tickets are \$50. To purchase, call **707-725-7270**.

**Health & Resource Fair 2012**  
**Saturday, Feb. 4, 2012**  
 Mark your calendar for this yearly event held at the Bayside Mall in Eureka.

**St. Joseph Hospital Open House**  
 ■ **Saturday, Jan. 21, 11:30 a.m. to 5 p.m.;**  
**ribbon-cutting, 11 a.m.**  
 ■ **Sunday, Jan. 22, 10 a.m. to 3 p.m.**

In celebration of the completion of St. Joseph Hospital's Northeast Tower, come see the new state-of-the-art medical facility, speak with staff and learn about the cutting-edge technology.

## HEALTH AND WELLNESS

**Cardiac Clinics**  
 ■ **Fortuna:**  
**Tuesday, Dec. 20**  
**9 a.m. to noon**

■ **Crescent City:**  
**Tuesday, Dec. 20**  
**10 a.m. to 2 p.m.**  
 The cardiac clinics will be conducted by Humboldt Medical Specialists—Cardiology. For more information, call **707-442-1182**.

**Diabetes Support (Eureka)**  
**First Monday of each month, 6:30 to 8 p.m.,**  
**General Hospital campus, Burre Room**  
 Get support each month with up-to-date information and guest speakers who help people with diabetes manage their disease. Free.

**Parent to Parent Autism Network**  
**Second Wednesday of each month, 6:30 to 8 p.m.,**  
**St. Joseph Hospital, Conference Room 1**  
 A support group for families and caregivers raising and caring for children and adults with autism. All are invited. Call Pam at **707-845-6115**. Free.

**Weight Loss Surgery Support Group**  
**Second Wednesday of each month, 6:30 to 8 p.m.,**  
**General Hospital campus, Burre room**  
 People interested in weight loss surgery and

pre- and post-surgery support are invited. Hear guest speakers and receive educational materials and support. For more information, email Lesley Manson, PhD, at [drmanson@msn.com](mailto:drmanson@msn.com). Free.

**Stroke Support Group**  
**First Monday of each month, 10 to 11 a.m.,**  
**General Hospital campus, Conference Room (second floor)**  
 For more information, call Susan Brayton at **707-445-8121, ext. 5655**.

**Mended Hearts**  
**Second Wednesday of each month, 7 p.m.,**  
**St. Joseph Hospital, Conference Room 1**  
 Call Stan at **707-443-2529**.

## RESOURCE CENTER

St. Joseph Health System—Humboldt County has resource centers in Blue Lake, Eureka, Loleta, Rio Dell and Willow Creek. They offer a variety of assistance programs—including prescription assistance programs, Healthy Families, Medi-Cal, AIM, health care referrals, hygiene supplies and more—to all members of our community. To find out which services are available at a center near you, call **707-442-5239**.

## CHILDBIRTH CLASSES AT SJH

Call **707-269-3605** to register. For a complete list of classes, visit our website, [www.stjosepheureka.org](http://www.stjosepheureka.org). Llame al **707-441-4477** para obtener información acerca de nuestras clases en español.

**Hospital Orientation**  
 ■ **Second Tuesday of each month, 6 to 7:30 p.m.**  
 ■ **Fourth Sunday of each month, 3 to 4:30 p.m.**  
 An in-depth look at the Childbirth Center at St. Joseph Hospital. Meet in the waiting room.

**Infant Massage and Communication**  
**Thursdays, Dec. 1, 8 and 15, 10 to 11:30 a.m.**  
 Learn effective massage techniques to use with your baby, recognize and respond to infant cues, facilitate bonding and communication.

**Parents Night**  
**Second, third and fourth Thursday and each month, 6 to 8 p.m.**  
 Join other parents and expecting moms for a series of classes about baby wearing, sleep issues, child care, and other concerns.

## Refresher Class

**Tuesday, Dec. 13, 6:30 to 8:30 p.m.**

A one-evening class covering and practicing coping and relaxation techniques for labor and birth.

## CHILDBIRTH CLASSES AT RMH

Call **707-725-7322** to register. Las clases acerca de la educación prenatal están disponibles en español también. Llame al **707-441-4477** para obtener más información.

**Hospital Orientation**  
 If you are around 37 weeks, call for a pre-admission appointment and a tour.

**Childbirth Refresher Class**  
**Please call for class dates and times.**

If you have had prenatal classes within the past five years, you may wish to take a refresher class only.

**Prepared Childbirth**  
**Saturday, Dec. 17, 10 a.m. to 4 p.m.**  
 Includes information about labor and delivery, relaxation, breathing techniques, medication and anesthesia, and cesarean births.

## CONTACT US

**St. Joseph Hospital** . . . . . **707-445-8121**  
**Redwood Memorial Hospital** **707-725-3361**  
**Community Resource Centers**  
**(Eureka, Fortuna, Willow Creek, Blue Lake, Rio Dell and Loleta)** . . . . . **707-442-5239**  
**Heart Institute**  
**(Information line)** . . . . . **707-269-3770**  
**Cancer Program** . . . . . **707-269-4242**  
**The Surgery Center** . . . . . **707-444-3882**

For more about our services, classes and events, visit us online at [www.stjosepheureka.org](http://www.stjosepheureka.org) or [www.redwoodmemorial.org](http://www.redwoodmemorial.org).  
 For questions and comments about *Health Scene*, please call **707-269-4243** or email [leslie.broomall@stjoe.org](mailto:leslie.broomall@stjoe.org).

### Our Vision and Values

Our Vision: We bring people together to provide compassionate care, promote health improvement and create healthy communities. We demonstrate this through our four core Values: Dignity, Excellence, Service, and Justice.

**Dignity**  
 We respect each person as an inherently valuable member of the human community and as a unique expression of life.

**Excellence**  
 We foster personal and professional development, accountability, innovation, teamwork, and commitment to quality.

**Service**  
 We bring together people who recognize that every interaction is a unique opportunity to serve one another, the community, and society.

**Justice**  
 We advocate for systems and structures that are attuned to the needs of the vulnerable and disadvantaged and that promote a sense of community among all persons.

HEALTH SCENE is published as a community service for the friends and patrons of ST. JOSEPH HEALTH SYSTEM—HUMBOLDT COUNTY (SJHS—HC), 2700 Dolbeer St., Eureka, CA 95501-4799, telephone 707-445-8121, [www.stjosepheureka.org](http://www.stjosepheureka.org), [www.redwoodmemorial.org](http://www.redwoodmemorial.org).

**Joe Mark**  
 President and CEO,  
 SJHS—HC

**Jim Strong**  
 CFO, St. Joseph and  
 Redwood Memorial hospitals,  
 COO, St. Joseph Hospital

**Joe Rogers**  
 VP and COO,  
 Redwood Memorial Hospital

Information in *HEALTH SCENE* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.  
 Copyright © 2011  
 Coffey Communications, Inc. HST27386H

# HEALTH SCENE

FALL  
 2011