

# GOODHEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 13 • SUMMER 2015

**UNCOVERING CANCER  
IN OUR GENES**

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**REVOLUTIONIZING  
BREAST CANCER SURGERY**

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**ADVANCE CARE  
PLANNING**

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**LIVE WELL WITH  
DIABETES**

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**ADVANCED  
RADIATION THERAPY**





## Dear Patients,

We are living in a time of the greatest change in healthcare since the establishment of Medicare 50 years ago. The change comes with the ongoing rollout of the Affordable Care Act, which started several years ago with some modest changes in the rules surrounding insurance benefits, but went into full swing in 2014 with the expansion of Medicaid (Medi-Cal in California or Cen-Cal in Santa Barbara) and the introduction of Healthcare Insurance Exchanges (called Covered California in our state).

In our region of the state, there have been about 50,000 newly insured people in the Medi-Cal program and many newly insured in Covered California. With that, the first step of healthcare reform, which is an expansion in coverage, has started.

I was recently in Washington, DC at a White House event, in which President Obama and Secretary of Health & Human Services Sylvia Mathews Burwell spoke about the next step in healthcare reform, which will be a change in the way Medicare pays for services. The goal is to transition from a fee for service payment model to a payment system based more on quality and caring for a population of patients—a system intended to increase transparency and quality while lowering costs.

At Sansum we have already been doing much of this work by taking care of many patients in Medicare HMO plans and by participating in quality programs with Medicare already. We have done well in terms of cost efficiency and quality in those programs.

While medicine faces unprecedented changes, I am comforted thinking about the long history of Sansum Clinic. We have done our work before there was employer-sponsored insurance, before Medicare, and for almost 100 years before the Affordable Care Act. Throughout our history, we have stayed true to our goals of taking exceptional care of our patients and continuing to provide our great doctors with state-of-the-art technology and facilities.

Even during the recent uncertain activity, we have opened a new campus on Foothill Road, and installed a best in class electronic medical record (to which more than 60,000 of you have chosen to connect). We are planning a major upgrade of our facility at 215 Pesetas Lane, and will be building a new world-class Cancer Center of Santa Barbara, breaking ground next year.

These are exciting, changing times in medicine on a societal scale and we embrace those changes, and yet we continue to focus on our patients and our community, doing what we have done for so long, all the while working for your good health.

Sincerely,

Kurt N. Ransohoff, MD  
CEO and Chief Medical Officer

## GOOD HEALTH™

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August and November

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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*

Chad Hine, MBA  
*Chief Operating Officer*

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## GOODHEALTH

## Contents + Summer 2015

### FEATURES

#### 6 New Cancer Center

*Landmark Gift from Lady Leslie Ridley-Tree*

#### 12 The Most Appropriate Care

*Primary Care, Urgent Care, Emergency Care*

#### 14 Breast Cancer Surgery

*Faxitron® Revolutionizes Breast Surgery*

**On the cover:** Danielle Sharaga, MS, LCGC, Genetic Counselor and Program Coordinator, Erica Wellington, MS, LCGC, Genetic Counselor and Hannah Andrews, MS, Genetic Counselor, *page 2.*



### DEPARTMENTS/PROGRAMS

#### 15 Sports Nutrition

#### 16 Health Education

#### 18 Treating Diabetes

#### 20 Prescription Assistance

#### 23 Delivering Excellence

*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.*

# Uncovering Cancer in Our Genes

## Expanded Genetic Counseling Program

**T**he Genetic Counseling Program at the Cancer Center of Santa Barbara has recently expanded to three onsite genetic counselors, making it one of the largest programs in California. The Cancer Center expanded the program in response to growing demand from patients and physicians for help identifying and supporting individuals with genetic predispositions to cancer.



Danielle Sharaga, MS, LCGC,  
Genetic Counselor and  
Program Coordinator

entirely. They also counsel family members who might also benefit from genetic testing.



Hannah Andrews, MS,  
Genetic Counselor

the Dr. Howard R. Bierman and Anthony (Andy) Granatelli

Approximately 5-10% of cancer patients carry in their genes an identifiable hereditary predisposition to cancer. Genetic counselors help identify which patients should be tested for one of these mutations and for which mutations they should be screened. When a mutation is found, the genetic counselors assist patients and their doctors by identifying the specific cancers to which they are susceptible and the means by the occurrence of these cancers might be detected at an early stage or prevented

“Our robust Genetic Counseling Program helps patients and families with a history of cancer better understand and manage their cancer risk,” said Danielle Sharaga, MS, LCGC, Genetic Counselor and Program Coordinator at the Cancer Center. “This spring we welcomed two new genetic counselors.”

Thanks to a grant through Richard V. Gunner, trustee of

Fund, the Genetic Counseling Program has expanded to support our community by identifying and supporting individuals with Lynch Syndrome, the most common hereditary colorectal cancer syndrome. Colon cancer genetic testing referrals are not as common as breast cancer referrals because many people are unaware of the option to test for hereditary colon cancers. This means there are people in the community who may not know they should be evaluated for hereditary colorectal cancer conditions.

“Lynch Syndrome accounts for 1-3% of all colon cancers. The prevalence of Lynch Syndrome is approximately 1 in 440, so it is not very common and many people may not know about the syndrome,” explained Hannah Andrews, MS, Genetic Counselor, who will support this part of the program. Andrews will also reach out to local physicians to provide education, increase awareness, and provide the option of genetic testing for hereditary colon cancer. The Genetic Counseling team will also work with the Cottage Health Pathology Department to develop a program that screens patients with colon and endometrial cancer tumors. The screening tests will identify individuals that may have Lynch Syndrome, which guides

outreach for appropriate genetic counseling and testing. “The screening of tumor tissue in colon and endometrial cancers will identify individuals who may have Lynch Syndrome, which can indicate what other cancers they are at risk for – potentially saving lives in their families,” said Andrews.



Erica Wellington, MS, LCGC,  
Genetic Counselor

Erica Wellington, MS, LCGC, Genetic Counselor supports patient assessment of a wide variety of inherited cancer syndromes.

“Cancer genetic risk assessment – the process of taking a family history and predicting cancer risks based on that history and genetic testing – is an important tool in the fight against cancer.



It allows us to identify those individuals who are at risk for early onset cancer, multiple cancers, and rare cancers. Once armed with this information, we can do much more for prevention, early detection, and treatment of those cancers,” Wellington explained.

With a newly expanded team, the program now also offers these services in Solvang.

“It is wonderful to be a part of this program, especially as research continues for genetic syndromes,” said Wellington. “The medical community is continually learning about genes that can cause hereditary cancers. This is important for patients, because more families that exhibit a clear hereditary pattern of cancer will be able to get an explanation from genetic testing. The challenge now is to gather more data on newer genes—the same type of data that we have for the more well known BRCA1 and BRCA2—that allows us to predict cancer risks and implement increased screening or preventive measures that improve health outcomes for patients.”

Many factors must be considered when discussing cancer risk with a genetic counselor, including your personality, coping style, and your family’s experience with cancer. The Genetic Counseling Program offers confidential information, reassurance, and support to patients and their families. It also offers comprehensive genetic counseling and testing services by one of our genetic counselors to patients and families at suspected risk for hereditary cancer.

*If you have a personal or family history of cancer, talk to your doctor about whether or not a referral to Genetic Counseling would be appropriate. For more information visit [ccsb.org](http://ccsb.org).* 🌻

If you answer “yes” to any of the following questions, genetic counseling may be especially beneficial to you and your family:

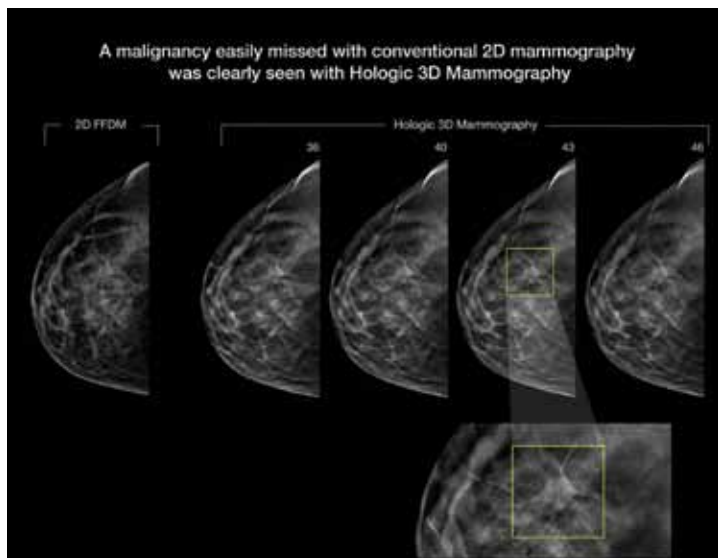
- Have you or any of your relatives been diagnosed with cancer before the age of 60?
- Have you or any of your relatives had more than one type of cancer or bilateral cancers (i.e. both breasts)?
- Do you or any family members have rare cancers, such as male breast cancer?
- Has the same type of cancer been diagnosed in two or more relatives?
- Does your family have a known hereditary cancer syndrome?
- Does your family history of cancer cause you to worry about the risk for you or your children?

# Advanced Cancer Screening

## Early Detection is Key to Success

**JONATHAN ANDREWS, ASSOCIATE VICE PRESIDENT OF ANCILLARY SERVICES**

**A**dvanced Imaging has become a very important tool in the early detection of cancer. At Sansum Clinic, we are utilizing our high-tech imaging capabilities with both computed tomography (CT) and mammography to effectively screen our patients in the interest of detecting cancer as soon as possible. Early detection is key to the most successful treatment and outcomes. **Here are some updates on our services.**



from the *Journal of the American Medical Association* (JAMA—June 25, 2014) highlights the distinct benefit of the technology after a total of 454,850 examinations (281,187 conventional mammograms compared to 173,663 3D mammograms) were conducted. A few of the significant findings are:

- A 41% increase in the detection of invasive breast cancers
- A 29% increase in the detection of all breast cancers
- A 15% decrease in women recalled for additional imaging

An increase in the number of cancers detected is significant and the benefit may seem obvious to those reading this article. Maybe not so obvious in significance is the decrease in the number of women recalled for additional imaging. This means that we can effectively reduce the radiation exposure from additional imaging, and perhaps more importantly, reduce the worry, anxiety and stress among our patients associated with those callbacks.

*To learn more about this exciting new technology, please visit [www.hologic.com](http://www.hologic.com) or [sansumclinic.org/mammography](http://sansumclinic.org/mammography).*

## Breast Cancer Screening

### 3D Mammography/Breast Tomosynthesis

With a continued and dedicated interest in supporting and caring for the women in our community, Sansum Clinic has—with the help of gifts from grateful patients—invested in new 3D Mammography technology, or Breast Tomosynthesis. Our standard 2D digital mammographic imaging has been, and is, an amazing tool for the early detection of cancers. Upgrading to this new 3D technology, the Selenia Dimensions from Hologic®, can help us detect cancers much earlier and those cancers can be caught when they are much smaller, making them easier to treat. A recent article, “Breast Cancer Screening Using Tomosynthesis in Combination with Digital Mammography”



## Automated Breast Ultrasound System (ABUS)

Approximately 40% of the women in the United States have dense breast tissue. Dense breast tissue is quite common, though it can make reading a 2D Mammogram more challenging. In order to more effectively screen women with dense breasts, Sansum Clinic offers an exam known as Automated Whole Breast Ultrasound. When used in conjunction with mammography, this technology can help lead to the detection of significantly more cancers than mammography alone.

*To learn more about this exam or our technology, please visit [sansumclinic.org/mammography](http://sansumclinic.org/mammography).*

## Lung Cancer Screening

Sansum Clinic (and the Cancer Center of Santa Barbara with Sansum Clinic) has been designated as an American College of Radiology (ACR) Lung Cancer Screening Center offering patients an option for lung cancer screening as recommended by the U.S. Preventive Services Task Force.

Lung cancer is the third most common cancer and the leading cause of cancer death in the United States, taking the lives of more people each year than breast, colon and prostate cancers combined. The most important risk factor for lung cancer is smoking. Although the prevalence of smoking has decreased, approximately 37% of U.S. adults are current or former smokers. The incidence of lung cancer increases with age and occurs most commonly in people age 55 years or older. Increasing age and cumulative exposure to tobacco smoke are the two most common risk factors for lung cancer.

Lung cancer has a poor prognosis, and nearly 90% of people with lung cancer die of the disease. However, early-stage non-small cell lung cancer (NSCLC) has a better prognosis and can be treated with surgery. Evidence suggests that lung cancer screening programs can detect approximately one-half of lung cancer cases at an early stage, at which surgery with curative intent is an option. Sansum Clinic and the Cancer Center are now offering lung cancer screenings to qualified patients based on the recommendations of the U.S. Preventive Services Task Force, which recommends yearly lung cancer screening for people who:

- Have a history of heavy smoking (equivalent to smoking one pack per day for 30 years or two packs per day for 15 years)
- Smoke now or have quit within the past 15 years
- Are between 55 and 80 years old

The new lung cancer screening is a low-dose computed tomography (LDCT). In this test, a computerized tomography (CT) machine scans the body and uses low doses of radiation to make detailed pictures of the lungs. LDCT is currently the only recommended screening test for lung cancer.

Although lung cancer screening is not an alternative to smoking cessation, the U.S. Preventive Services Task Force found adequate evidence that annual screening for lung cancer with LDCT of high-risk people can prevent a substantial number of lung cancer-related deaths. At this time, approximately 160,000 people die from lung cancer each year. If the Task Force's recommendations were fully implemented, approximately 20,000 lives each year could be saved. However, screening alone cannot prevent most lung cancer-related deaths, and smoking cessation remains essential.

*For more information about lung cancer screening offered at Sansum Clinic please contact your primary care physician or call 1(800) 4-Sansum (1-800-472-6786). ☀*

## Helping You to Quit Smoking

Information and support on quitting smoking are available at the **Sansum Clinic Health Resource Center**, 215 Pesetas Lane, 1st floor near the lab.

Our Health Resource Center staff will meet with patients and help guide them to the resources available including telephone counseling, online support and mobile apps.

Patients are also provided tips they can start using right away, including information on nicotine replacement therapy.

Our goal is to make quitting easy with the help of our trained staff.

*Call the Health Resource Center for more info at (805) 681-7672. ☀*

# Cancer Center of Santa Barbara Receives Landmark Gift from Philanthropist Lady Leslie Ridley-Tree



Dr. Kurt Ransohoff, CEO and Chief Medical Officer of Sansum Clinic, recently announced that local philanthropist Lady Leslie Ridley-Tree generously contributed \$8.2 million towards the new Cancer Center for the Santa Barbara community.

“I have had the good fortune to be able to support many organizations in our community, but this one touches my heart in a very personal way,” explained Lady Ridley-Tree as she signed her gift check. “I still remember sitting in the windowless basement of the Cancer Center with my husband, Paul, while he was getting chemotherapy. To imagine future patients enjoying warm sunlight as they look out on a canopy of trees is like a dream. Such an environment will be transformational...inspirational. This new Cancer Center is exactly what this community needs, and I’m delighted to support it.”

A new \$68 million multidisciplinary Cancer Center will save and enhance the lives of those diagnosed with cancer by unifying the newest technology, multiple medical departments and wellness programs into one modern facility in line with the

National Cancer Institute’s (NCI) recommended best practices. Located within two blocks of Sansum Clinic and Cottage Hospital in the heart of Santa Barbara’s medical village, this new 54,780 square foot facility will be a model of coordinated cancer treatment, achieving both scientifically comprehensive and intensely personal care.

“Lady Ridley-Tree has incredible vision and generosity and her support is so meaningful to the Cancer Center. This is just one more example of the positive impact she continues to have on our special community,” said Dr. Ransohoff. “A new Cancer Center will allow us to centralize all our outpatient cancer care, creating a seamless, personalized experience for the patients who entrust us in their time of need. Lives will be saved and enhanced through this integrated, collaborative approach which is essential in continuing our progress against cancer.”

“We were founded on a commitment to our community to provide patients with exceptional cancer care, including access to the latest clinical research, the most advanced technology and the most highly-trained physicians, close to home,”



# NEW CANCER CENTER

*Raising Cancer Care to a New Level of Excellence*



Dr. Ransohoff continued. “Uniting our skilled, experienced and respected medical and support team into one modern facility for more synchronized care and enhanced access to protocols, research and genomics, is a bold demonstration of our commitment to providing the best care possible to patients in our community.”

Thanks to the foresight and generosity of our community, the Cancer Center has been home to first-rate diagnostic and treatment equipment, and robust research and supportive care programs since 1949. The highly qualified physicians at the Cancer Center have been trained at leading institutions including Harvard, Stanford, UCLA, Dana Farber, Mayo Clinic, National Cancer Institute in Bethesda, USC, Yale, Cornell, UCSD, UCSF and University of New York at Buffalo.

The new facility is designed to coordinate care and facilitate even better outcomes, provide room for the latest treatment technologies, and offer the space needed to care for the increasing number of cancer patients expected as baby boomers age. A 35% increase is projected to occur for patients 65+ over the next decade. On-site clinical research to help develop

new cancer drugs will remain an integral component of this new comprehensive Cancer Center with designated space for expanded Phase II and III clinical trials.

Cancer care requires a team which includes medical oncologists, radiation oncologists, surgeons, primary care physicians, geneticists, nutritionists, clinical research coordinators, nurses, social workers and wellness practitioners. Providing all members of the team close proximity to consult and collaborate will improve treatment plans, coordinated care and patient outcomes, while lessening the burden on patients and their family members who support their care.

Santa Barbara’s new Cancer Center will provide a rich environment to propel cancer care in our region to a higher level of excellence, where patients can access their entire cancer care team in our location. More than ever before, patients will be able to be active participants in their treatment decisions, with less stress and more energy in one direction to direct toward their health and healing.

*For more information about the building, please visit [sansumclinic.org](http://sansumclinic.org) or [cfsb.org](http://cfsb.org).* ☀

# The Best the World Has to Offer Advanced Cancer Treatment Using VMAT

**JEFF SNYDER, DIRECTOR OF RADIATION ONCOLOGY**



Santa-Barbara



Monaco

Here on the “American Riviera” we now share more than just great climate and breathtaking scenery with Monte Carlo, Monaco, the iconic Mediterranean destination some 6,000 miles away.

The Cancer Center of Santa Barbara with Sansum Clinic recently commissioned “Monte Carlo” and “Monaco 5” as part of a new system that is helping us to better treat cancer and save lives right here in Santa Barbara.

Monaco 5 and Monte Carlo are an integral part of our new VMAT (Volumetric Modulated Arc Therapy) that delivers the most advanced form of radiation therapy available anywhere. Of the three main approaches to cancer treatment – surgery, chemotherapy and radiation – radiation therapy is used in more than half of all cancer treatments.

Our new VMAT system has unique advantages and is steadily becoming more effective with new generation tools like the Monaco 5 and Monte Carlo. Monaco 5 is a treatment planning system that allows our specialists to develop a more accurate individualized treatment plan for each patient to kill more cancer cells more quickly and effectively than ever before.

Monaco 5 is controlled by Monte Carlo, the most advanced calculation engine in use anywhere in the world at this time. Together, the system permits ultra-precise dose delivery in a shorter amount of time using VMAT.

VMAT is one type of treatment we use based on man made radiation rather than using radioactive substances in creating the radiation. VMAT, instead, uses microwave-created X-rays very similar to those used in satellite TV transmissions. Unlike satellite TV, however, the system uses a Linear Accelerator called a LINAC which moves electrons at almost the speed of light or about 186,000 miles per second. That’s about the same

as traveling from Santa Barbara to Monte Carlo and back 15 times in one second!

As they reach maximum speed, the electrons collide with a metal target releasing an amazing amount of energy in the form of x-ray photons which are tiny bundles of energy. That energy release in a tumor is what kills cancer cells.

To achieve this remarkable feat of physics, the LINAC stands 9 feet tall, is 15 feet long and weighs in at approximately 18,700 pounds. All radiation therapy takes place inside a sealed vault specially constructed with concrete walls that are more than 8 feet thick.

When the LINAC is “on”, all radiation is directed to the cancer cells and when it is “off” there is no more radiation being transported or stored anywhere, leaving a safer environment for our patients, our staff and our community.

When used together, these more precise systems can pinpoint cancer-killing energy beams more effectively than ever before while protecting healthy tissue. The system improves patient comfort and cure rates while reducing treatment times from 40-50 minutes to only 10 minutes or less using VMAT.

Much like Monte Carlo, Santa Barbara is a special place with many of the best things the world has to offer. By continuing to invest in the latest technologies like VMAT, Cancer Center of Santa Barbara is dedicated to making sure that our patients have access to the best cancer treatments the world has to offer.

*Sansum Clinic would like to recognize physicist, Nabil Adnani for his tireless efforts over a three year planning and commissioning process that allowed us to offer this life saving therapy to our patients. ☀*

# Legacy Society

## Where There's A Will, There's A Way

ANN MOORE

A famous Chinese proverb says “The best time to plant a tree was 20 years ago. The second best time is now.” Many of us put off attending to things that require us to make decisions or deal with difficult tasks. For many of us, one such task is writing a will. Perhaps we think, “I’ll get around to it someday – but not today.”

Writing a will may be one of the most important things you ever do for yourself and your family. Not only can a will legally protect your spouse, your children, other loved ones and your assets, it can specify exactly how you’d like things to be handled after you’ve passed on. Writing a will puts you in control. And it’s not that difficult. Did you know that 70% of adults have no will?

### While people’s situations vary, here are a few reasons to have a will:

- Writing your will puts you in control of your assets and how they’ll be distributed, not your heirs or the courts or someone you don’t trust. With a will, you decide what’s to be done with your estate. (Don’t think of an estate as a palatial property à la “Downton Abbey.” The assets you have when you die are all part of what is referred to as your “estate.” Sounds grand, doesn’t it?)
- With a will, you can make gifts that allow your legacy to live on in ways that reflect your values and ideals.
- You can design your will in a way that minimizes your estate taxes.
- A will is flexible and you can change it any time—it’s not “written in stone.” Should you want to make a change, you can revoke or revise your will at any time.

### Here are some of the basics for writing a will:

To be valid, a will in California must be in writing. It can be prepared on a computer or it can be handwritten. A handwritten will is called a holographic will.

The person writing the will (referred to as the testator) must be at least 18 years old and of sound mind (capable of reasoning and making decisions).

To be valid, a will must be signed by you. It’s also a good idea to initial each page of your will to ensure that nothing is changed later on without your consent.

Also, the will must be witnessed and signed by at least two adults, both of whom are present when you sign your will. It’s best if the witnesses aren’t beneficiaries of your estate.

Take care of writing your will now – even a basic one – just in case something happens. If you don’t have a will or a trust to direct your estate, your wishes may not be carried out in the way you’d like.

While it isn’t required, many people feel it’s best to work with an attorney to draw up their will or trust. Additional advice from an accountant or financial planner may be valuable as well. If your situation is complicated or you’re concerned about “going it alone” there are numerous attorneys who specialize in estate planning who can help you.

*Ann Moore is a planned giving consultant. Sansum Clinic is pleased to offer Ann’s services free of charge to anyone interested in including Sansum Clinic in their estate plan.*

*For more information or to schedule an appointment please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or [dhartley@sansumclini.org](mailto:dhartley@sansumclini.org) 🌻*

## Sansum Clinic Legacy Society

The Sansum Clinic Legacy Society recognizes those who have included Sansum Clinic in their estate plans. Our members are dedicated to helping the Clinic bring together the best physicians, the latest technologies, and the most comprehensive healthcare to meet the specialized needs of our community.

A provision in your estate to remember Sansum Clinic enhances our opportunity to provide future generations with quality healthcare services. Please consider leaving a legacy to Sansum Clinic by which you will be remembered.

If you have provided a gift in your estate plan, please let us know so that we can say thank you and include you as a member in our Legacy Society. 🌻

# Auxiliary Awards Nursing Scholarships

Since 1988, the Sansum Clinic Auxiliary has given out 118 scholarships totaling \$157,750. The amounts at first were very modest, \$250 each, but had grown to \$1,500 by 2002. This year 16 scholarships were awarded in amounts of \$1,500 each. This was the Auxiliary's largest awards presentation in its 30 year history.

In addition to raising funds for scholarships, members of the Auxiliary met patients and guests at our main clinics at 215 Pesetas Lane and 317 W. Pueblo Street. They are gracious, friendly and always ready to assist.

*If you would like information about making a gift to scholarships for nursing students, please contact Dru A. Hartley, Director of Philanthropy at [dhartley@sansumclinic.org](mailto:dhartley@sansumclinic.org) or (805) 681-7726 or you may enclose a gift in the remittance envelope in this issue of GoodHealth. ☀*



Sitting L-R, Eric Sepulveda, Chelsea Schmid, Megan Snider, Keli Clark, Kendra Ross, Kendall Martin. Standing L-R, Evelyn Melero, Kendall Johnson, Anne Wolin, Susy Morales, Kyle Self, Megan Belluz, Stefanie Hayes, Angel Valenzuela, Lisset Medina, Lindsay Collier.

## American Heart Association Heart & Stroke Walk Life is Why

Did you know that cardiovascular disease is the No. 1 killer of all Americans? In fact, someone dies from cardiovascular disease every 39 seconds! Heart disease also kills more woman than all forms of cancer combined — and congenital cardiovascular defects are the most common cause of infant death from birth defects.

Sansum Clinic is proud to be a sponsor of the 2015 Santa Barbara Heart and Stroke Walk/Run. Join us as we walk and run to help fight heart disease and stroke, the No. 1 and No. 2 causes of death in Santa Barbara County. Santa Barbara's Heart and Stroke Walk/Run supports research and heart related education programs in our county.

The family-friendly event features a 5K walk and run along Santa Barbara's beautiful waterfront, health expo, heart-healthy food, music and entertainment, and much more!

*We are currently looking for volunteers to join our team for the event. For additional information or to register for this year's event, please visit: [www.SBHeartWalk.com](http://www.SBHeartWalk.com), and search for the Sansum Clinic teams. ☀*



### Event Details

Saturday, September 26, 2015

8:30 am

The Fess Parker  
633 East Cabrillo Boulevard  
Santa Barbara

# McNamara Education Fund Scholarships Announced



McNamara Scholarship recipients Oscar Astorga, Deanna Power and Sandra Van Hook with Chris and Jim McNamara.

Recognizing that people are Sansum Clinic's most valuable asset, the McNamara Fund for Professional Enrichment and Education was established by Dr. and Mrs. James V. McNamara, and funded by donors, to provide both clinical and non-clinical employees with unique personal and professional development opportunities.

This is the first year for the program and the committee received many worthy applications from employees throughout the Clinic. "The responses from our staff requesting to increase their knowledge and enhance their ability to move forward in their careers was heartwarming," said the McNamaras. "This validated the underlying idea and our vision of the fund."

## This year's scholarship recipients are:

**Deanna Power, RN, Clinical Specialist, Neurology Department (joined Sansum Clinic in 2002)**

"Over the last several years Multiple Sclerosis has become an area of increased interest for me especially since Dr. Timothy West joined the Clinic. I will attend the European Committee for Treatment and Research in MS annual conference in Barcelona, Spain. While there I will attend several lectures and breakout discussions that will address new and upcoming research programs, treatment plans and emerging therapies. This opportunity will allow me to further enhance my knowledge of MS and continue to be an integral part of a team at Sansum Clinic that strives to provide the best care possible for our patients."

**Lisamarie Lianzo, Medical Assistant, Orthopedics Department (joined Sansum Clinic in 2007, not pictured)**

"As I consider my future and the advances in healthcare, I realize I will bring more to the Clinic with more formal training. I will attend a 12-month nationally accredited program to become a Certified Surgical Technologist. It is my goal to develop professionally and enhance my skills so that I can help advance the mission of Sansum Clinic in providing an excellent and effective healthcare experience."

**Oscar Astorga, MSC Lead, Pulmonary & Critical Care Department (joined Sansum Clinic in 2002)**

"Over the past 13 years I have worked in many departments at Sansum Clinic, including Managed Care, Pre-arrival, Customer Service, Billing, and now, as MSC Lead in the Pulmonary & Critical Care Department. I am here to assist patients as I would want someone to assist me. My goal is to become a manager at Sansum Clinic and obtain certification in Business Administration, with an emphasis in Management, from Santa Barbara City College. This program will enable me to become an effective leader and manager and continue to help deliver professional and dedicated patient care."

**Sandra Van Hook, Contract Management Analyst (joined Sansum Clinic 2011)**

"I will be earning my certification in Medical Coding. This certification will help me in my current position while opening the door for future opportunities in Coding with Sansum Clinic. I am determined to learn as much as possible and to advance my career opportunities. As a new mother, I understand the importance of a stable career and the value of an employer that offers great benefits and career advancement opportunities."

The McNamara Education Fund committee extends its heartfelt congratulations to the award recipients and wishes them all much success in their educational endeavors. We are so pleased they are part of the Sansum Clinic team.

*If you would like information about making a gift to the McNamara Fund for Professional Enrichment and Education, please contact Dru A. Hartley, Director of Philanthropy at [dhartley@sansumclinic.org](mailto:dhartley@sansumclinic.org) or (805) 681-7726. The enclosed remittance envelope also offers the opportunity to designate a gift to the McNamara Education Fund.* ☀

# How to Choose the Most Appropriate Care at the Right Time



Our goal is to help you access the most appropriate and most affordable healthcare services when you need them.

Most often your Primary Care Physician (PCP) should be your first choice for healthcare because your own doctor is familiar with your medical history and a scheduled office visit is the most practical and effective method of care. When a more immediate need arises, however, you do have other options. Visiting your PCP with a same day appointment or Sansum Clinic's Urgent Care instead of an ER could save you hundreds of dollars in potential co-pay and other out-of-pocket expenses. This information can assist you in making the right choice when it comes to your health, ensuring that you receive the right care at the right time in the right place.

## Same Day Appointments

Several of our primary care locations offer same day appointments. We know that you can't always anticipate an illness or injury and it can be difficult to get an appointment at the last minute. Same day appointments enable us to care for you when unplanned conditions occur.

For same day appointments, we will make every effort to schedule appointments for serious illnesses as soon as possible. Appointments are prioritized for minor yet urgent problems.

### Schedule Same Day Appointments for:

- Fever
- Cold and flu symptoms
- Sore throat
- Rash
- Earache
- Cough
- Urinary tract infection
- Diarrhea
- Nausea
- Asthma
- Allergic reactions

Please note: Same day appointments are not for treating long-term chronic issues or preventive healthcare (for example, they are not for diabetic checkups, medication refills, general exams, pap smears, well child exams, or immunizations.) They are also not for medical emergencies. If you or a loved one experiences a medical emergency, such as chest pain, stroke, difficulty breathing, serious injury or trauma, please visit the nearest emergency room or call 911.



One of the best ways to make sure you are getting excellent healthcare is to have a Primary Care Physician (PCP). Your PCP is often a doctor but may also be a Nurse Practitioner or other certified health professional.

Your PCP serves as your partner in your overall health, making sure you get recommended preventive screenings and risk assessments. Having a doctor who looks at the "big picture" of your health and helps you

manage your overall progress will assure continuity of your healthcare. Over the long term, a doctor who knows your health history, your habits, and your personality can more easily recognize signs of a potential change in your health, and can help you get the appropriate care more quickly when you need it.

### When to Seek Primary Care:

- Illness or infections
- Chronic disease management
- Adult immunizations
- Childhood immunizations
- Flu and pneumonia shots
- Tetanus shots
- Annual physical examinations
- Employment physicals
- School, sports, and camp physicals
- Health screenings (blood tests, TB tests, etc.)
- Referrals to specialists
- Advice: weight loss, diet, smoking cessation

We encourage all our patients to choose a PCP. We currently have male and female Internists, Family Practitioners, Pediatricians and Obstetricians/ Gynecologists at various locations who are accepting new patients.

*For help choosing a doctor and scheduling an appointment, please call 1 (800) 4-SANSUM.*



# Urgent Care

Urgent Care is an option for when same day appointments with your doctor are unavailable or if you need immediate treatment outside of office hours. Our Urgent Care clinics can handle a number of medical conditions that are unplanned, and that need to be treated right away but are not a life- or limb-threatening emergency.

## Some Symptoms Treated at Urgent Care:

- Severe fever or infections
- Minor injuries to limbs (sprains, simple fractures of bones)
- Persistent diarrhea
- Persistent vomiting
- Severe back pain or migraine
- Small lacerations (cuts)

If your symptoms come on gradually or are not severe, you may want to try to get a same day appointment with your PCP. While our Urgent Care clinics are often convenient, your doctor will have a better picture of your overall health for a more accurate diagnosis and can provide more cost-effective care.



### Hitchcock Urgent Care

51 Hitchcock Way, Santa Barbara, CA 93105

Phone: (805) 563-6110

Monday-Friday 8:00 AM - 7:00 PM

Saturday 9:00 AM - 5:00 PM; Sunday 9:00 AM - 3:00 PM

### Lompoc Urgent Care

1225 North H St., Lompoc, CA 93436

Phone: (805) 737-8786

Monday-Friday 8:00 AM - 6:00 PM

Saturday 9:00 AM - 5:00 PM

Sunday 9:00 AM - 2:00 PM

# Emergency Care

The hospital emergency department or “emergency room” (ER) is the right choice when you need immediate life, limb or eyesight-saving care. If you are ever in doubt, it is better to be safe and go to the closest ER.

## Conditions that Require Emergency Care:

- Severe persistent chest pain or shortness of breath
- Difficulty speaking, altered mental status or confusion
- Sudden severe headache
- Falls with injury or while taking blood thinning medications
- Loss of vision
- Serious injury or trauma

While the ER is appropriate for emergencies, your PCP or Urgent Care are available for other health matters. You may also be sent to the ER by your doctor if you have an underlying condition, such as hypertension or diabetes, which could complicate your diagnosis and require extra care.



## When to call 911

Sometimes driving yourself or a loved one to the emergency room won't get you to the medical care you need fast enough. Many people are confused about when to call 911. It is better to be safe than sorry. If you are in doubt, please call 911.

Do not drive if you are having severe chest pain or severe bleeding, if you feel like you might faint or if your vision is impaired. For certain medical emergencies, such as a heart attack or stroke, taking an ambulance is safer because paramedics can deliver life-saving care on the way to the hospital. ☀

# Faxitron<sup>®</sup> Revolutionizes Breast Cancer Surgery

SARAH ETTMAN-STERNER

When Beth MacIntosh\*, a mother of two young children and a busy software executive, received her breast cancer diagnosis, she decided that one way she could proactively combat the disease was to educate herself about her treatment plan. She met with Rosa Choi, M.D., her Sansum Clinic breast surgeon, with a list of questions. Beth says, "I needed to know things like 'What kind of surgical procedure will be used?' 'Will the operation take a long time?' 'Are you going to use any new techniques that will help to remove all of the cancer and give me the best outcome?' How long will I be hospitalized?"

As a woman and a physician, Dr. Choi understood Beth's concerns and gently worked to prepare her for the next steps in her journey to regain her health and conquer cancer. Dr. Choi met with Beth, answered all her questions and reassured her that this is a very curable cancer. Beth was relieved when she learned she wouldn't have to face recovery in a hospital; instead she would be able to go home the same day and be cared for by her family in familiar surroundings.

Dr. Choi shared with Beth exciting news about a new surgical procedure she uses involving a special X-ray apparatus called the Faxitron. This recently acquired piece of technology, located right in the operating room at Sansum Clinic's new Foothill Surgery Center, is improving both the doctor and the patient experience with breast cancer surgery. In fact, Sansum Clinic is the only medical center with a Faxitron in the Santa Barbara area.

According to Dr. Choi, "Sansum Clinic invested in this machine because of its proven capabilities in providing our patients with the highest level of care." Before the Clinic acquired this advanced technology, the breast specimen had to be taken to a different facility to be X-rayed and viewed by a radiologist. Now, with the Faxitron, Dr. Choi has better control in the OR and can do everything in one session: mark the lesion and the margins around it, perform the lumpectomy, prepare the tissue and load it directly into the machine located a few steps from the operating table. She can take the X-rays herself and read them in mere minutes and can even rotate the specimen to get more than a two-dimensional view. The end result is a more efficient surgical process that eliminates lengthy steps and produces more data in less time, which is critical for assessing if all the cancer has been removed. Using the Faxitron right in the operating room reduces time patients

spend under general anesthesia, reduces the potential for re-excision and improves patient care.

When Beth returned to the Clinic for her two-week post-operative appointment, Dr. Choi utilized Sansum Clinic's Picture Archive and Communication System (PACS) to pull up the Faxitron X-rays from the day of the surgery. Together, they reviewed the new films and compared them with previous mammograms. Dr. Choi says, "I like to use Faxitron X-rays as a tool to educate patients about their body and the individualized care they are receiving." Beth was thankful to learn that all of the tumor was removed. She says, "Though I need to follow up with additional therapies, I know that the Clinic is doing everything it can so I have the best possible outcome."

Dr. Choi says, "I'm very excited to use the skills I have in a new way with advanced technology that reduces the total time in the surgery center and enhances treatment efficacy, all to maximize benefits for my patients. I tell women who come to me anxious and afraid, not to worry. Sansum Clinic has a state-of-the-art facility and an excellent team of doctors, nurses, breast care navigators and staff who are all looking out for their best interest. They are in great hands."

\* *The patient's name has been changed to protect privacy.* ☀



*Dr. Rosa Choi has been a provider at Sansum Clinic since 2001. She is board-certified by the American Board of Surgery. Dr. Choi received her medical degree from UCLA. She completed an internship and residency in General Surgery at Harvard University/Massachusetts General Hospital. Dr. Choi's special interest includes breast cancer. Dr. Choi is a Physician Cancer Liaison with the American College of Surgeons Oncology Group. She is a member of the American Society of Breast Surgeons, the Santa Barbara County Medical Society, and the Society of Surgical Oncology. She has served as Clinical Instructor of Surgery at Harvard University/Massachusetts General Hospital and Santa Barbara Cottage Hospital.*



# Sports Nutrition

## Benefits of Beets

KRISTIN PRICE, RD



Are you looking to increase your endurance or improve your overall performance; maybe run or ride faster? Consider adding beets or beet juice to your routine.

Beets and beet juice are naturally high in nitrate and may be the answer to enhanced performance. Nitrates and nitrites are converted to the potent vasodilator nitric oxide (NO) which is important for cardiovascular function, blood flow and increasing oxygen available to muscles. This in turn increases both the power available to the muscles and the length of time that the muscles can exercise without tiring.

Research published in the *Journal of the Academy of Nutrition and Dietetics* has shown that eating cooked beets can acutely improve running performance. After eating 200 grams (7 ounces) of cooked beets, runners ran an average of 3 percent faster. In another study, beet juice consumed by cyclists enabled them to ride 16 percent longer. The scientific research is compelling, with benefits being found not just for athletes.

Beets have the power to decrease inflammation and promote detoxification within your body. The anti-inflammatory compounds in beets, betalains, are being studied for heart disease and blood pressure management. One study used beet juice and found that it dropped blood pressure by over 10 points and worked within a few hours of consuming it. Beets may also help to eliminate toxins like pesticides from our bodies.

You may be more familiar with sodium nitrates and sodium nitrites, which are used as curing agents and preservatives for

meats such as sausage, bacon and hot dogs. Sodium nitrite has been linked to an increased risk of some cancers, including colorectal and pancreatic cancers. It is also important to keep in mind that the added nitrates and nitrites are used as preservatives in processed foods, which are typically calorie dense, nutrient poor, high in saturated fat and excess sodium.

Fortunately, epidemiological investigations and human toxicological studies have not shown a relationship between cancer and naturally occurring nitrates in vegetables such as beets, cauliflower, spinach, collard greens, broccoli and tomatoes.

If you want to improve your athletic performance and stamina, there is no real substitute for putting the time into your workouts. But if you are looking for a simple way to increase the length of your workouts, or if you just want that little edge in endurance or speed, then beets and beet juice may be the answer. Including beets in your diet can be an easy way to ward off inflammation, get rid of toxins from our food and environment, as well as boost athletic performance. Try juicing beets or tossing them in a salad.

### Carrot, Beet Juice Boost

#### Ingredients:

- 8 organic carrots, washed and peeled
- 1 organic beet, washed and peeled
- 1 large organic apple, washed
- 1 small piece of raw ginger, peeled

Juice all ingredients together and enjoy! 🌟



*Kristin Price is a Registered Dietitian in the Oncology Nutrition Program, which is part of the Oncology Supportive Care Program at the Cancer Center of Santa Barbara. She has over 14 years of experience working with diverse populations in hospital, rehabilitation, and outpatient settings. With degrees in both psychology and nutrition, Kristin individualizes her approach to patients, helping them navigate the latest scientific research and trends in nutrition. Her experience allows her to assist individuals meet their personal health goals and improve nutrition-related health conditions.*

## Health & Wellness Programs

Become an active participant in your good health. Our Health Education Programs are designed with you in mind. All are taught by professionals, include take-home materials and are available on an ongoing basis. Programs are free of charge or low cost and are open to the community.

### Programs include:

- Advance Care Planning
- Advance Directives Workshop
- Back Wellness
- Balance & Mobility Training
- Bariatric Surgery Orientation
- Bariatric Surgery Support Group
- Brown Bag Medication Review
- Camp Wheez: Day Camp for Children with Asthma
- Diabetes Basics
- Diabetes Basics in Spanish
- Diabetes Blood Sugar Control
- Diabetes Education
- Dementia Caregivers Support
- Doctors' Weight Management Program
- Fibromyalgia Support Group
- Health Resource Center
- Healthier Living, Managing Ongoing Health Conditions
- Heart Health
- Hip or Knee Replacement Seminar
- Lymphedema Education
- Medicare: Gain a Better Understanding
- Medicare: Open Enrollment & Prescription Drug Plan
- Neck & Posture Wellness
- Nutrition Services
- Nutrition Navigator
- Oncology Patient Support Programs
- Pre-Diabetes
- Stop Smoking Help
- Stress Management
- WomenHeart Support Group

*For more information or to register visit [www.SansumClinic.org/classes](http://www.SansumClinic.org/classes) or call toll-free (866) 829-0909. ☀*

# Camp Wheez



Camp Wheez is a three day camp held in August each year for elementary school children grades 1-6 with chronic asthma, providing them with a camp experience designed for their special needs. Campers learn about their asthma while they participate in recreation and arts and crafts. Parents attend a brief workshop which provides an update on asthma care and time to have their questions answered by an asthma specialist, followed by a play presented by the children.

Our head camper is Dr. Myron Liebhaber who started Camp Wheez over 37 years ago. Dr. Liebhaber often entertains the campers with his magic tricks. Of course, the magic goes both ways says Dr. Liebhaber, "I consider Camp Wheez a wonderful opportunity to interact with children and families. I watch the children grow and gain competency in their asthma management in a fun environment. Camp Wheez has made me the oldest and happiest camper."

Highlights include all kinds of games, from kickball and limbo to Asthma Wheel of Fortune and Jeopardy. Making sock puppets and duck tape wallets in crafts and silly putty in science lab are also popular attractions. Families appreciate the option for their child to take the Easy Lift bus from Camp Wheez to the Santa Barbara Downtown Boys & Girls Club for an extended day. The parents of campers also learn the latest about asthma by attending a lunch-and-learn hosted by Dr. Liebhaber and Dr. Jinny Chang.

Camp Wheez is open to the community and free of charge thanks to our generous donors and to a great many volunteers and supporters. In total, nearly 1,000 volunteer hours make Camp Wheez possible. Sansum Clinic wishes to thank the Swanton Foundation, Marcel Sassola, and Santa Barbara Specialty Pharmacy and the many individual donors who make it possible for us to provide Camp Wheez free of charge. It's an honor serving our littlest community residents. ☀

# What is Health Education?

## Q&A with

MARGARET WEISS, MPH, DIRECTOR OF HEALTH EDUCATION

### HEALTH EDUCATION SOUNDS LIKE A CLASS IN SCHOOL. HOW DOES IT FIT IN AT SANSUM CLINIC?

Doctors often say that much of their work is teaching. In health education our goal is to do three things:

1. Keep people as healthy as possible by encouraging healthy choices
2. Help those with ongoing health conditions to manage their health for the best health possible
3. To provide support and information for serious illness

The many Health Education programs at Sansum Clinic are offered as a community service. They are open to the community and usually low cost or free of charge.

### CAN YOU GIVE AN EXAMPLE OF ONE TYPE OF PROGRAM?

Kids miss more school because of Asthma than any other health problem. But most kids can learn to control their asthma so they don't have to miss out on school or fun. Each summer we hold Camp Wheez, where we teach good asthma control, and more importantly, where kids learn that they are not the only ones with asthma and strange equipment like inhalers. Every year parents tell us that their kids feel more normal and accepted because of camp. Best of all, camp is a lot of fun – for the kids and all the adults who volunteer from throughout the community!

### THAT SOUNDS LIKE A GREAT PROGRAM FOR KIDS. WHAT ABOUT ADULTS?

9 out of every 10 older adults deal with a chronic illness, such as diabetes, arthritis or high blood pressure. Chances are you know someone with a chronic illness, I do, we all do and these ongoing health problems take a toll. Our workshop, *Healthier Living: Managing Ongoing Health Conditions*, was developed at Stanford University and has been shown to help people manage their ongoing conditions for the best health possible. They learn how to get a better night's sleep, tips on how to communicate with their doctors, ways to manage pain and more. Like camp for kids, this program is very enjoyable and the participants become a close knit group. We also offer small groups to learn about specific health issues, like diabetes or heart health. All together there are 40 different programs offered at Sansum Clinic.

### ISN'T THERE A LOT OF INFORMATION ON THE INTERNET TO HELP PEOPLE WITH THEIR HEALTH QUESTIONS?

There is great info on the Web, but it can be confusing and

sometimes it is just plain quackery! The highly-trained staff at the Sansum Clinic Health Resource Center can help to find accurate and reliable information to health questions both online and offline. In the Resource Center I hear requests for information on everything from how to get a wheelchair to questions about very unusual health problems. The staff and volunteers are trained to find the right answer and their service is free of charge and open to the community.

### SO HOW DO THESE PROGRAMS GET STARTED AND WHO LEADS THEM?

Often our doctors and staff see the need for a program for their patients and offer to be the leader. All our programs are taught by healthcare professionals. For example, our Physical Therapy department sees many people with back and neck problems. As a result, they developed group programs to help people, hopefully before their problem becomes severe or requires treatment. Another example is our Stress Management program developed by Dr. Winner, a Family Medicine doctor who sees the toll stress takes on patients. He has become a recognized expert in the field and his program is very popular.

### HOW CAN I FIND OUT MORE?

Visit our website, [sansumclinic.org](http://sansumclinic.org) and look under Health and Wellness Programs. There are class and program descriptions and you can register online to reserve your space. Or call our Health Resource Center at (805) 681-7672.

These programs are not just for patients, they are open to the community, so I encourage everyone to check them out. There is something there for everyone. ☀

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*Margaret Weiss, MPH is the Director of Health Education at Sansum Clinic. She obtained her Master of Public Health degree in Health Education from California State University at Northridge, her Bachelor of Science degree in Physiological Psychology from University of California at Santa Barbara and she is a Master Certified Health Education Specialist. She has 25 years experience in the Health Education field including patient education, worksite wellness and community based efforts to improve health. Margaret has a strong interest in making health information easy to understand and accessible to the consumer as well as making changes to the world around us so that the healthy choice is the easy choice. She serves on many health-related task forces and advisory committees including Adult & Aging Network, Partners for Fit Youth and Healthy Lompoc.*

# Live Well with Diabetes



The American Diabetes Association estimates that almost 1 in 10 people have diabetes, although some have not yet been diagnosed. The numbers are even greater over the age of 65, with 1 in 4 people having diabetes. When a person first learns they have diabetes they often feel confused and overwhelmed, sometimes even angry or guilty. To help with those feelings and to learn what to do to manage diabetes for the best health possible, Sansum Clinic provides Live Well with Diabetes. It is an excellent update for all people with diabetes and a must for anyone newly diagnosed.

Live Well with Diabetes recently underwent rigorous review by the American Diabetes Association (ADA) to renew its status as an ADA Recognized Education Program. ADA Recognition ensures quality education that meets national standards. Sansum Clinic's Live Well with Diabetes is the only recognized program in South Santa Barbara County and treats more people with diabetes than any other program in the area. It has maintained ADA Recognition for 14 years and is now approved for 4 more years.

Diana Bullock, Registered Nurse, Certified Diabetes Educator and Coordinator of Live Well with Diabetes says, "In the 3 months recently studied there was an overall drop of 1.9% in A1c for patients attending our program". A1c – also called Hemoglobin A1c – is the best overall measure of diabetes control. Diana continues, "That is a better drop than can be achieved by medication alone. Diabetes education works! But fewer than 60 percent of people with diabetes have had any formal diabetes education according to the American Association of Diabetes Educators."

We encourage all people affected by diabetes, including family members, to join the Live Well with Diabetes program. You will learn about the meaning of lab tests, choosing healthy foods and how to enjoy a few treats, what to do when blood glucose is too high or too low, how to avoid complications and more. Our nurses and dietitians will help you to fine tune your learning to meet your individual needs. Low cost and open to the community, Live Well with Diabetes is offered in Lompoc and Santa Barbara in English and in Spanish.

*For more information visit [Sansumclinic.org/classes](http://Sansumclinic.org/classes) or call (866) 829-0909. ☀*

# Gotta Go?

## Urodynamics at Sansum Clinic

ALEXANDRA E ROGERS, MD, UROLOGY



If you have a problem with urine leakage or blocked urine flow, our Urology Department may be able to help. One of the tools they may use to evaluate the cause of your symptoms is urodynamics.

Urodynamic testing allows us to evaluate the urinary tract, which typically consists of two kidneys, two ureters, a bladder, and a urethra. Kidneys filter out waste from the bloodstream, which produces urine. The urine travels to the bladder from the ureters which connect to the kidneys. The urethra allows urine to exit from the bladder. The bladder is a dynamic spherical muscle that stores and releases urine. A normal bladder should be able to hold 16 ounces for about 2 to 5 hours.

**Urodynamic testing allows us to evaluate the storage and release of urine. Reasons for evaluation include:**

- Urine leakage
- Frequent urination
- Painful urination
- Sudden, strong urges to urinate
- Problems starting a urine stream
- Problems emptying the bladder completely
- Recurrent urinary tract infections
- Pelvic organ prolapse

Urodynamic testing at Sansum Clinic consists of precise measurements using pressure monitors to record the pressures inside the bladder, and sensors record muscle and nerve activity. The urodynamic test results help diagnose the cause and nature of a lower urinary tract problem. The testing does not involve special preparations.

**Urodynamic tests include:**

- Uroflowmetry
- Postvoid residual measurement
- Cystometric test
- Leak point pressure measurement
- Pressure flow study
- Electromyography

After the test has been completed, one may feel mild discomfort for a few hours when urinating. Staying hydrated may help to reduce the discomfort. An antibiotic is typically given the day of the testing to help prevent infection. Precautions are taken to reduce the risk of a urinary tract infection with the testing.

Results are available immediately, and the testing is very interactive. Patients can learn a lot about their symptoms during the testing. Testing can be crucial to treatment options and prognosis. 🌟



*Dr. Alexandra Rogers specializes in female incontinence, pelvic organ prolapse, post-prostatectomy incontinence, botox bladder injections, sacral nerve stimulation and general voiding dysfunction. Dr. Rogers attended Wake Forest University Medical School and completed her urology residency at the Mayo Clinic in Jacksonville Florida.*

*Dr. Rogers has recently completed a female urology fellowship at the Tower Urology Institute for Continence at Cedars Sinai in Los Angeles. To contact the Urology Department, please call (805) 681-7564.*

# Prescription Navigator Program



Sansum Clinic is leading the way in Santa Barbara County with a Prescription Navigator program. This is a pharmacist-led medication management program that ensures safe and effective use of medications by Sansum Clinic patients. The Clinic joins the prestigious list of healthcare systems that have seen the benefit and have implemented successful medication therapy management programs, such as UCLA, Cedars Sinai, Kaiser, Johns Hopkins and most recently USC.

Our Prescription Navigator is well trained in the therapeutic uses and effects of drugs and can help ensure appropriate medication use, reduce medication-related problems and improve health outcomes.

Physicians refer patients to the Prescription Navigator for one-on-one office visits or telephone consultations, and patients can also self-refer to the program through the Brown Bag Medication Review program.

Our electronic medical records give the Prescription


Navigator the information needed to assist patients with their therapy through review of provider notes, lab work, and by communicating with providers about any concerns or recommendations.

The Prescription Navigator often works with caregivers or family members to give them a better understanding of medications they might help administer, and to guide them with setting up pill boxes for proper adherence to medication therapy.

In a Patient Satisfaction Survey, 96% of the 291 patients who utilized the Prescription Navigator program in 2014 responded that they were satisfied with the care from the Prescription Navigator and believe the program is very helpful.

*Our Prescription Navigator is available by appointment only Monday through Thursday from 9 am to 2 pm. The office is located at 317 West Pueblo Street in Santa Barbara on the first floor. For more information or to schedule an appointment, call (805) 692-4633.*

## Rania Shenoda, PharmD, Prescription Navigator

*Ms. Shenoda earned her undergraduate degree in Psychobiology from the University of California, Los Angeles and her Doctor of Pharmacy degree from the University of Southern California. Her previous employment includes doing medication reconciliation upon hospital admission and discharge consultations at UCLA Medical Center, and as a Pharmacy Manager for Kaiser Permanente.* 



# What is Advance Care Planning?

**Advance Care Planning is a process to plan for a time when you cannot make your own medical decisions and are unlikely to recover from illness or injury.**

Sansum Clinic entered into a new partnership with the Alliance for Living and Dying Well (ALDW) to provide onsite education and support for our patients in the completion of Advance Health Care Directives. Since 2009, ALDW has functioned as a collaboration of leaders and organizations committed to sustaining a compassionate, seamless, continuum of end-of-life care in our community. We believe it is never too early for any adult to have meaningful conversations with both loved ones and physicians regarding healthcare choices we would make if we could not speak for ourselves in a health crisis.

The partnership between Sansum Clinic and the Alliance for Living and Dying Well is providing patients with Advance Care Planning support through two avenues. Either by attending an Advance Care Planning Directives Five Wishes® Workshop at Sansum Clinic; or through physician or self-referral, patients can receive one-on-one facilitated Advance Care Planning (ACP) by appointment. A trained Advance Care Planning Facilitator communicates with physicians about the progress of the ACP process through the electronic health record system and benefits from physician input regarding ongoing advance care planning discussions. There is no charge or insurance billing for this free service to Sansum Clinic patients and chosen healthcare agents are always encouraged to attend all appointments.

*“Recently, a local couple in their 60s and in good health, attended a community workshop to learn about Advance Health Care Directives on the advice of their physician and as a part of their routine healthcare. They completed their advance directives, told their three adult children what a good quality of life meant to each of them and encouraged their children to complete their advance directives, as well. Several months later, they went on a trip out of the country, during which the husband fell ill. They returned quickly to Santa Barbara and discovered that he had cancer. He died three weeks later. While this story is tragic, his wife and children were tremendously grateful that they knew what kind of care he desired and were able to honor his wishes. Regrets and doubts did not further complicate their natural grief.” — Susan Plummer, executive director of the Alliance for Living and Dying Well. ☀*

**To register for our Advance Directives Workshop, visit [sansumclinic.org/classes](http://sansumclinic.org/classes), or call (866) 829-0909.**



**Advance Care Planning Facilitator (ACP), Susan Sheard, is available to meet with patients, families and caregivers by appointment only at 317 West Pueblo Street, Santa Barbara. Call (805) 681-6599 to schedule an appointment.**

## Leadership Council

In 2014, Sansum Clinic formed a new committee comprised of the organization's Executive Leadership and Department Directors. Entitled Leadership Council, this group meets regularly to address key strategic and operational matters.

The Leadership Council is an integral part of implementing our vision of providing high-value healthcare to the communities we serve and managing the population's healthcare needs, while also creating a model of care that will thrive in California's rapidly changing healthcare arena. 🌻



## Pesetas Clinic

The remodel of our multispecialty at 215 Pesetas Lane continues to move forward as planned. We anticipate obtaining permits toward the end of August, at which time much of the visible work will begin. Pesetas Management Staff will continue to participate in regular-scheduled update meetings to ensure the project runs smoothly and with minimal interruption to patient care.

We look forward to providing a more detailed construction timeline once permits are received. 🌻

## OB/GYN Department Changes

The Sansum Clinic Obstetrics & Gynecology (OB/GYN) Department offers women's health services at three convenient locations.

Please note a few providers have moved, and we've expanded our hours to better serve our patients' needs.

Our 317 West Pueblo Street office welcomes **Charmian Dresel-Velasquez, MD, FACOG** who joins **David Nomeland, MD**, **Heather Terbell, MD** and **Carol Nelson, NP**. Drs. Terbell and Dresel-Velasquez are now taking appointments on Friday afternoons.

**Wanda Westerman, NP** has moved to our office at 515 West Pueblo Street. She joins **Carin Craig, MD**, **David Raphael, MD** and **John VanderHeide, MD**. OB/GYN at 515 West Pueblo Street also looks forward to welcoming **Heather Merrik, PA** who joins the practice in mid-August.

**Lloyd Trujillo, MD** and **Kristen Nelson, NP** offer women's health services to our north county patients at our Lompoc OB/GYN office located at 1017 East Ocean Avenue.

*For additional information about our OB/GYN services, please visit [www.sansumclinic.org](http://www.sansumclinic.org).* 🌻



# Honors & Awards

## Sansum Clinic Achieves Elite Status

### Four of Four Stars for Providing High Quality Healthcare with Advanced Tools

Sansum Clinic achieved Elite status in the California Association of Physician Groups (CAPG) Standards of Excellence Survey for 2014. CAPG annually assesses the key features and capabilities required for sophisticated healthcare systems to deliver in five essential domains:

- Accountability and Transparency
- Care Management Practices
- Health Information Technology
- Patient Centered Care
- Support for Advanced Primary Care

“We are proud to be recognized by our peers for strong performance on these key components of healthcare delivery,” said Kurt N. Ransohoff, MD, CEO and Chief Medical Officer. “We have worked hard to put initiatives in place that improve the health of our populations and enhance the patient experience, while maintaining a focus on efficiency.”

CAPG is committed to improving healthcare for Californians and supports a progressive and organized system of healthcare delivery, which focuses on coordinated treatment plans and comprehensive coverage, including the most current preventive services and exams. This allows physicians to focus on illness prevention and proactive management of patients in order to maintain their optimum level of health.

The Standards of Excellence survey is a voluntary, critical self-assessment for CAPG’s 150 medical group members in California.

## Santa Barbara News-Press Readers’ Choice Awards

Sansum Clinic was again voted **Best Medical Facility** in the 2014 *Santa Barbara News-Press* Readers’ Choice Awards. Readers also selected Sansum Clinic physicians, **Dr. Daniel Brennan** as Best Pediatrician and **Dr. Andrew Mester** as Best ENT Doctor.

## Champions in Health Care

The Pacific Coast Business Times honored **Dr. Fred Kass** of the Cancer Center as Grand Champion as well as Champion in Medical Oncology, **Dr. Mukul Gupta**. **Dr. James Dunn** was honored as Champion Surgeon at the event which was held at the Canary Hotel on June 18.

## Dr. Zisman Receives “Excellence in Teaching” Award



Pulmonologist **Dr. David Zisman**, was selected by the Internal Medicine Residents at Santa Barbara Cottage Hospital to receive the “Excellence in Teaching” award in recognition of his outstanding contributions to training at SBCH during the 2014-2015 academic year.

## Dr. Aragon Honored by the American Heart Association



Cardiologist **Dr. Joseph Aragon**, was honored for his service to the American Heart Association (AHA) at the 2015 Heart Beach Ball on Saturday, May 30, 2015. 🌟

## ONETALK Santa Barbara

A JDRF and William Sansum Diabetes Center collaboration to bring type 1 diabetes support to the Central Coast.

August 18, 2015 – Sharing session

September 15, 2015 – Artificial Pancreas Update presented by Dr. Jordan Pinsker

October 20, 2015 – Sharing session

November 17, 2015 – T1D Women and Men’s Issues

January 21, 2016 – Nutrition & T1D presented by Sandy Andrews, RD, CDE, CPT

February 18, 2016 – Sharing Session

March 17, 2016 – T1D and Technology Night

April 21, 2016 – Sharing Session

May 19, 2016 – TBD

June 16, 2016 – Sharing Session

5:30-7:00pm

CenCal Health, 4050 Calle Real, Santa Barbara, CA 93110

To RSVP or for more information contact [centralcoast@jdrf.org](mailto:centralcoast@jdrf.org) or call Kara Hornbuckle at (805) 455-7558.

Meetings are led by Kara Hornbuckle, MS, Guidance and Counseling, and Sydney W. Christensen Bush, BSN, RN, CDE, CPT. OneTalk sessions will include exciting updates on and information related to type 1 diabetes. In addition, there will be an opportunity for attendees to share their ideas, experiences and explore ways to enhance their health and lifestyle.

# Physicians in the Spotlight

## In-Flight Travel Education with Dr. Scully



Dr. Mary-Louise Scully, Infectious Disease specialist, is flying high. The Director of Sansum Clinic's Travel and Tropical

Medicine Center is now appearing on American Airlines flights in an educational Q&A video discussing health and safety concerns related to traveling. In the video, Dr. Scully illustrates the importance of preparing for travel abroad in preventing infectious diseases and getting sick, while providing passengers with simple tips to stay healthy and safe during travel, including proper hand hygiene and staying up-to-date on flu shots.

The Sansum Clinic Travel and Tropical Medicine Center provides patients with preventive care, vaccines and education about airborne illness. Visiting the Center before a trip prepares travelers with information and medications in case they do get sick from common travel ailments such as food poisoning, altitude sickness, or any other concerns they may encounter while traveling.

*Learn more at [www.sansumclinictravel.com](http://www.sansumclinictravel.com) or call (805) 898-3530 to schedule an appointment. Dr. Scully's American Airlines Q&A can also be viewed on Sansum Clinic's YouTube channel at [www.youtube.com/sansumclinic](http://www.youtube.com/sansumclinic).*

## Dr. Zisman Speaks at American Thoracic Society International Meeting



Dr. David Zisman, Sansum Clinic pulmonologist, was invited to participate in the national symposium "Battle of the Minds: Diagnosing and Treating IPF" at the American Thoracic Society (ATS) international meeting in Denver in May. The symposium focused on the latest advancements in diagnosis and treatments for

Idiopathic Pulmonary Fibrosis (IPF).

## Dr. Winner to Present to American Family Physicians Assembly



Family Practitioner Dr. Jay Winner will present "Reducing Patient Stress to Improve Health" in Denver in October at the American Family Physicians Assembly, the largest convention of family medicine doctors in the country.

Dr. Winner says, "The large majority of lectures in this conference discuss pharmacological treatments, so it is exciting to discuss stress reduction techniques. After all, a central principle for family medicine is supposed to be the "biopsychosocial model." In other words, it is important to treat the whole person and to pay attention to both physical and mental health, and also pay attention to how family and social circumstances can affect health.

Dr. Winner has been a family practitioner at Sansum Clinic since 1991 and is also Clinical Assistant Professor of Family Medicine at USC's Keck School of Medicine. Recognizing the frequency of stress-related illness and that medication was only part of the solution, in 1992, Dr. Winner founded Sansum Clinic's highly successful Stress Reduction Program. Dr. Winner has written articles on stress for both professional medical and mental health journals, and has been quoted frequently for lay articles on the subject. He is also the author of the book *Take the Stress Out of Your Life*. The updated and improved version, *Relaxation on the Run*, was recently published. Learn more at [www.stressremedy.com](http://www.stressremedy.com). ☀

### CONTACT US

**1 (800) 4 SANSUM**

1(800) 472-6786

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

or for a complete list of departments visit

[sansumclinic.org/phone-directory](http://sansumclinic.org/phone-directory)

# Welcome New Providers



Babak Baradar-Bokaie, MD



Charmian Dresel-Velasquez, MD



Jacalyn Gross, MFT



Kara Jones, NP



Jeremy Lash, MD



Steven McMurtry, MD



Steven Newhall, PA-C



Vivianne Nguyen, MD



Taisha Skovorodko, DPT



Stephen Sosnicki, MD

## **BABAK BARADAR-BOKAIE, MD**

### **Internal Medicine**

**Lompoc Urgent Care & Multi-Specialty Clinic**  
1225 North H Street, Lompoc

Dr. Baradar-Bokaie, board certified in Internal Medicine, received his medical degree from Hacettepe University School of Medicine in Ankara, Turkey and completed his internal medicine residency at Huron Hospital, Cleveland Clinic Health System. Dr. Baradar-Bokaie recently completed a diabetes fellowship at Ohio University College of Osteopathic Medicine in Athens, OH.

## **CHARMIAN DRESEL-VELASQUEZ, MD, FACOG**

### **OB/GYN**

**Pueblo Multi-Specialty Clinic**

**317 West Pueblo Street, Santa Barbara**

Dr. Dresel-Velasquez received her medical degree from the University of Wisconsin School of Medicine and Public Health. She completed her OB/GYN residency at the University of California, Davis and is board certified by the American Board of Obstetrics and Gynecology. Dr. Dresel-Velasquez has worked as an operating surgeon and in labor and delivery settings in Fresno, CA and Visalia, CA.

## **JACALYN GROSS, MFT**

### **Marriage and Family Therapy**

**State Street Psychiatry and Psychology**

**1525 State Street, Suite 103, Santa Barbara**

Ms. Gross returns to Sansum Clinic after several years in private practice. Ms. Gross received her MFT degree from Pacifica Graduate Institute in Carpinteria, CA.

## **KARA JONES, NP**

### **Cardiology**

**Pueblo Multi-Specialty Clinic**

**317 West Pueblo Street, Santa Barbara**

Ms. Jones received her Masters of Nursing in Family Practice at Binghamton University's Decker School of

Nursing in Binghamton, NY. Ms. Jones comes to Sansum Clinic from Cardiac Solutions in Arizona where she served as a Cardiology Nurse Practitioner in both ambulatory and acute inpatient care settings.

## **JEREMY LASH, MD**

### **Hospitalist**

**Pueblo Multi-Specialty Clinic**

**317 West Pueblo Street, Santa Barbara**

Dr. Lash, board certified in Internal Medicine received his medical degree from the University College Cork in Ireland and recently completed his internal medicine residency at Santa Barbara Cottage Hospital.

## **STEVEN MCMURTRY, MD**

### **Occupational Medicine**

**101 South Patterson Avenue, Santa Barbara**

### **Urgent Care**

**51 Hitchcock Way, Santa Barbara**

Dr. McMurtry, board certified in Family Medicine, received his medical degree at the University of California, Los Angeles. He completed his internship at Louisiana State University School of Medicine and his family medicine residency at Earl K. Long Memorial Hospital in Baton Rouge, LA. Dr. McMurtry most recently served as the Medical Director at The Preston Health Center at The Cypress Extended Care Facility in Hilton Head Island, South Carolina.

## **STEVEN NEWHALL, PA-C**

### **Endocrinology**

**Pesetas Multi-Specialty Clinic**

**215 Pesetas Lane, Santa Barbara**

Mr. Newhall received his Masters of Physician Assistant Studies at Pacific University in Hillsboro, OR where he completed his clinical rotations in internal medicine and endocrinology.

## **VIVIANNE NGUYEN, MD**

### **Urgent Care**

**Lompoc Urgent Care & Multi-Specialty Clinic**  
1225 North H Street, Lompoc

Dr. Nguyen, board certified in Family Practice, received her medical degree from the Ross University School of Medicine and completed her Family Medicine Residency at UC Davis Family & Community Medicine Residency Program in Sacramento, CA and most recently worked at San Jose Medical Group Urgent Care in San Jose, CA.

## **TAISA SKOVORODKO, DPT**

### **Physical Therapy**

**Elings Pavilion**

**4151 Foothill Road, Santa Barbara**

Ms. Skovorodko recently joined our Physical Therapy department at Foothill Medical and Surgical Center, Elings Pavilion. Ms. Skovorodko received her physical therapy degree from CSU Fresno/UCSH and her interests lie in Women's Health/Pelvic Floor Physical Therapy.

## **STEPHEN SOSNICKI, MD**

### **Goleta Family Medicine**

**122 South Patterson Avenue, Santa Barbara**

Dr. Sosnicki received his medical degree from Georgetown University School of Medicine in Washington D.C. He completed his internship and residency at Georgetown University/Providence Hospital where he went on to serve as chief resident. He is board certified by the American Board of Family Practice. Since completing his residency in 2013, Dr. Sosnicki had been a member of the Georgetown University medical education faculty, where he taught medical students and had a full-time clinical practice. 🌟

Sansum Care is...

# BREATH TAKING

23 locations, 200 providers, 30 specialties, one integrated system



*Dr. Dan Curhan and wife Helen  
enjoying Santa Barbara's scenic roads*

*Your health. Simplified.*

- New Medical & Surgical Center on Foothill Road – COMPLETED
- Pesetas and Pueblo clinic upgrades – UNDERWAY
- All-new comprehensive Cancer Center – COMING IN 2016
- Awarded California Association of Physician Groups *Elite* status
- As a nonprofit, all Sansum revenue is invested into improving services and facilities

Sansum Clinic Mailing Address: 470 South Patterson Avenue, Santa Barbara, CA 93111

**1 (800) 4 SANSUM**