100 and beyond: A matter of good genes and a little luck?

Sarah’s Story: Why exceptional care matters

Solving one of men’s most common health issues

St. Jude Urgent Care: Making it easy and convenient to get the care you need — whenever you need it

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We offer classes to reduce stress, increase strength, understand Medicare and more, see inside this issue for information

Read us online at sjhnews.org/stjude
According to recent research, more important than either genetics or good fortune are factors completely within your control. Identifying smoking, a sedentary lifestyle and extra pounds as killers is not new — stacks of studies have done that. What is new is the growing evidence of the powerful interplay between making the right health decisions — such as waging war on your waistline and exercising — and the right emotional decisions, such as making family a priority and finding the silver lining in difficult situations.

In fact, as researchers look into which behaviors translate into happy and healthy longevity, several are proving surprisingly important:

- Active faith and a sense of purpose
- Maintaining strong relationships with family and friends
- Good coping skills or “making lemonade out of lemons”
- Life-long learning and pursuing new interests

All qualities which can be abundantly found in Buena Park resident Mary Hicks, 102. You might say her life is a primer in how to successfully move from middle-age past the century mark with joy and grace.

She doesn’t smoke, stayed slim by spending thousands of hours gardening (her collection of rose bushes and fruit trees exceeds her age), surrounds herself with family and friends, and has made her faith in God a cornerstone of her life — teaching adult Sunday School until she was almost 100. Widowed when her youngest was 9, she demonstrated she can make lemonade with the best of them as she shouldered the financial and emotional well-being of five children.

Her life has been filled with curiosity, learning and purpose: first, as a college valedictorian in 1936 — a time when very few women even attempted college — then as a 29-year-old who volunteered to serve in WWII, becoming a staff sergeant in Intelligence for the Manhattan Project, and later as a public school teacher for over three decades. An avid reader, Mary earned her master’s degree after her youngest finished high school and passed on her love of learning to her children; three of which have received their master’s or Ph.D.

After retirement, she began pursuing the hobbies and interests there hadn’t been time for: painting, traveling, and quilting (all 22 grandchildren and 61 great grandchildren have received one). For Mary, the key isn’t to fill your days, but to fill your days with the right things. Her advice to those still in the bloom of middle-age? “Put family first, push yourself to learn new things, rely on God, and use the talents and gifts He has given you to benefit those around you,” she recommends.

According to Lytton Smith, MD, a St. Jude Heritage Medical Group physician who is board-certified in geriatric medicine, recent research in aging matches his own observations; cholesterol levels and genetics play a far smaller role than attitude. “People who
good genes and a little luck?

thrive in their later years are the ones who view each day as an opportunity — to learn, to grow, to find joy in daily life,” he explains. “Qualities such as feeling grateful for what you have instead of lamenting what you lack seem to have a very powerful effect on health and longevity.”

Bernard Swift, who just celebrated his 100th birthday, offers more evidence.

Faith? Check. He attends church and reads his Bible almost every day. Strong relationships? Check. It’s a rare day that he isn’t with at least one of his nine children, 13 grandchildren or 14 great-grandchildren. Life-long learning? He completed a Ph.D. at 74 and authored three books in his 80s.

As for focusing on the positive, his children say few do it better. “He never allows himself to get upset at the things that would irritate other people,” explains his daughter, Cathy. “He chooses to greet every day with gratefulness and contentment, regardless of any problems or difficulties.”

While Mary has watched her grandchildren and great-grandchildren treated for everything from broken bones to concussions at St. Jude Medical Center, she has rarely needed care beyond routine check-ups.

But Bernard’s care at St. Jude highlights another factor often seen in those reaching 100: expert medical services. There was a heart bypass surgery at 88, a stent placement at 91, treatment of a mini-stroke at 93, and management of a brain bleed after a fall at 96.

“St. Jude has all the bells and whistles, including some of the very finest doctors and the best technology. They made sure I reached 100,” explains the La Habra resident and a former vice president of personnel and labor relations. “I look forward to Heaven but am happy to have more time on this earth.”

Bernard says there are still things he wants to accomplish. “I still feel young — like I’m in my 70s. I wouldn’t trade St. Jude for all the tea in China.”

Join Us for Balance for Life Classes

Designed for individuals who are beginning to have challenges getting around due to illness or injury. Specialized exercises will increase balance, flexibility and strength, while providing environmental adaptations for safer, more stable activities. All instructors are FallProof™ certified.

To find out more about Balance for Life and other classes especially designed for seniors, please call Synergy, A Medical Fitness Center at (714) 578-8770 or synergymedfit.com.
For Sarah Hadden, world-class GI services ensured an unexpected health crisis became nothing more than a temporary obstacle for a talented college student.
Sarah Hadden was in Spanish class when the pain started, severe abdominal pain that continued to grow worse. Soon, the 20-year-old Biola University student was looking for a ride to the hospital.

A friend drove her to the Emergency Department at St. Jude Medical Center, where a CT scan revealed a large mass on her pancreas. The tumor’s size and position earned an additional note in Sarah’s chart: “probable carcinoma.” She was admitted to the hospital and scheduled for a biopsy.

While Sarah’s age made a pancreatic mass unusual, in many ways, this is a scene that repeats itself every day at St. Jude: a newly admitted patient facing a life-threatening illness. The care Sarah received over the next several days was filled with moments that routinely take place in every department and unit — yet her story also highlights just how unique that care is.

Shortly after her hospital admission, Sajen Mathews, MD, a board-certified gastroenterologist, entered her room and Sarah greeted him with one question: “What’s my life expectancy?” With her parents arranging plane flights from Michigan, Sarah was alone — and after searching the internet on her phone, she knew pancreatic cancer survival is often measured in months, not years. “There couldn’t have been a kinder doctor to walk through the door,” says Sarah. “He was exactly the right person to offer the information, compassion and reassurance I needed.”

But Sarah’s care would include not only physicians who could make her “smile just by walking into the room,” but also, she explains, some “very cool” nurses.

There was the nurse who noticed how tired Sarah’s parents looked and purchased sandwiches and snacks from the cafeteria — with her own money — and delivered them to Sarah’s room. And the nurse who kept Sarah engaged and occupied before her parents arrived: “She was in and out of my room constantly, chatting, making me laugh — like a very good friend.” Sarah also remembers the nurse who prayed with her when she needed it most: “It was the nicest thing anyone could have done.”

The biopsy of Sarah’s mass was obtained by endoscopic ultrasound (EUS) — and this is where the story shifts to another common scene at St. Jude: state-of-the-art technology that simply isn’t available at most hospitals. The procedure was performed by Phuong Nguyen, MD, a board-certified gastroenterologist who has a unique expertise in EUS. “There are a very small number of hospitals in Southern California who offer the breadth and sophistication of St. Jude’s gastroenterology services,” says Dr. Mathews, chief of staff elect, explaining the hospital’s list of diagnostic and surgical services is typically only found at large academic hospitals.

With the biopsy came wonderful news: the tumor was not an adenocarcinoma. Dr. Mathews asked if Sarah’s mother and father would like to take her back to Michigan for the surgery. Sarah was stable for travel and going home would prevent the expense and inconvenience of staying in Southern California for possibly weeks. The answer was a firm no. “From the moment we walked into this hospital, we recognized how special it is,” explains Diane Hadden, Sarah’s mother. “It is so clear to us that we have literally the best care right here.”

Pancreatic surgery, even for non-malignant tumors, is complex. yet, among St. Jude’s medical staff are two of the nation’s most-respected pancreatic and hepatobiliary surgeons: Marie Stapfer, MD, and Robert Selby, MD. Dr. Selby is a Professor of Surgery at the USC School of Medicine, as well as Director of the Liver Transplantation Program and Chief of the Division of Hepatobiliary and Pancreas Surgery. Dr. Stapfer is an Assistant Professor of Clinical Surgery, Division of Hepatobiliary Surgery and Abdominal Organ Transplantation, Keck School of Medicine of USC.

A St. Jude surgical team, led by Dr. Selby, saw Sarah through the three-hour procedure, in which only a small fraction of her pancreas was removed — one of the benefits of having a surgeon who consistently creates some of the nation’s best outcomes. After a problem-free recovery and great prognosis, Sarah stepped back into her life as a college student pursuing a cinema and media management major with dreams of one day working on the Tonight Show.

Sarah says she’s not sure why God had her go through this, but she saw His care every day — often wearing lab coats and scrubs. “Through some amazing nurses, top-rated surgeons, and physicians with unbelievably kind eyes, God used St. Jude to ensure I had the best possible care.”

For Dr. Mathews, Sarah’s hospital stay is a reminder of why he loves practicing medicine here. “Her care had all the elements that make St. Jude unique: the expertise, the advanced technology, and the genuine compassion,” he explains. “St. Jude is filled with nurses and physicians who exemplify the very best of their profession, allowing us to make the exceptional an everyday occurrence.”

To find a doctor that’s right for you, please call (877) 459-DOCS (3627) or visit stjudemedicalcenter.org.
Mindfulness Based Stress Reduction

Thursday, 6/15 – 8:30 p.m., September 15 - October 27
Stress saps our energy, makes us more vulnerable to depression and disease, and if we let it, shortens our lives. Come learn how to counteract stress, improve well-being, and promote healing.

Well-documented health benefits include improved immune function, reduced pain, lower blood pressure, less anxiety, and improved sleep. Mindful Stress Reduction is for the young and old, the well and the ill, and anyone interested in taking an active role in their own vitality and health.

Fee: $150 includes: book, CD, 3 weekly sessions and a full Saturday retreat day
Visit us at synergymedfit.com for more dates

Mindfulness Meditation at Synergy

Second Saturday of each month, 9 – 10 a.m.
Please join us for mindfulness meditation. Spend a tranquil start to your Saturday deepening your current practice or experiencing the benefits of mindfulness for the first time. Those new to the practice are welcome! No fee:

Trader Joe’s Tours

Wednesdays, 8 – 9 a.m.
September 21, 28; October 5, 12
2500 E. Imperial Hwy., Brea
Please meet at the entrance to the store.
Whether you are searching for delicious and healthy dinner ideas, or have special nutritional needs, this two-part nutrition tour at Trader Joe’s will provide practical advice as well as quick and easy meal suggestions.

Led by St. Jude Registered Dietitian Susan Randolph, the tour will include: What to look for on a food label? What foods should you keep on hand in your pantry? What nutrient-rich foods can help you manage specific health concerns? You’ll also learn new ways to use familiar ingredients while sampling some tasty snack ideas.

Part 1: covers deli, produce, dairy, dry goods
Part 2: covers frozen, bread, meat, snack foods, vitamins
Fee: $15 per person

Pilates Equipment Training

Pilates training is the most effective way to realize your fitness goals. At Synergy, our premier Pilates studio and experienced trainers offer personalized and varied sessions that create results: a sculpted body with increased strength, flexibility and range of motion.

The use of resistance, Pilates training with equipment offers a more challenging workout than mat classes and can create visible results sooner: arm, leg and abdominal muscles can look more firm and defined within just a few sessions.

If you are new to Pilates or a regular on the mat, Pilates equipment training is the ultimate workout to begin or expand your current Pilates practices, offering tremendous cross-training and injury prevention benefits.

Private sessions:
50 minutes - $60
(5) 50 min - $275
(10) 50 min - $500
Group sessions: $25 per person
Duet sessions:
50 minutes - $45/person
(5) 50 min - $215/person
(10) 50 min - $400/person

Itrim: A comprehensive approach to weight loss

Wednesday, September 28, 6 p.m.
Attend this free orientation to find out how Itrim can help you.
Fee: Sign up now for a limited time introductory rate (initial health assessment fees waived)

Whether you have 5 or 50 pounds to lose, Itrim is a highly successful weight loss solution that combines eating, exercise, and personal coaching to achieve lasting results. Created to fix the weight loss obstacles that often derail people’s progress, this program focuses on healthy eating, customized exercise to accelerate weight loss, and hands-on support to get results. Itrim is not a “diet plan,” but a practical and proactive partner in your long term success.

The Itrim program includes:
« Personal health coaching
« Group support classes
« Customized meal planning
« Individualized fitness programming designed to maximize weight loss
« Proven weekly action plans for long-term behavior change
« Synergy Class Pass for workout programs

Itrim includes the option for integrating meal replacements into your program to jumpstart your weight loss in the first weeks.

Are you interested in an Executive Itrim program designed to accommodate your hectic schedule and personal goals? Call us to find out more at (714) 578-8770.

Lifestyle Rx 365:
Bringing together every element to transform your health

Stacks of research show the importance of nutrition, exercise and stress management — not only in preventing, managing and reversing every condition from diabetes to heart disease, but in creating a life of energy and vitality.

Need help pulling those elements together — in a way that works for you? In Lifestyle Rx 365, you’ll work with our wellness coaches to customize a program that starts you at exactly the right level in each area — whether beginner or more advanced — then gives you the help and expertise to end up exactly where you want to be: living with greater health, energy and wellness.

Each track (fitness, nutrition, stress management, and group support) is six-weeks long. You’ll work alongside our team of experts — fitness specialists, registered dietitians, and behavioral therapists — each committed to helping you achieve your best health ever.

Step 1: Your Wellness Coach will help you identify your baseline health, establish your goals, and design your ideal program. Your Wellness Assessment includes:
« Comprehensive Body Fat Analysis: Analyzes fat and muscle mass, along with intra/extra cellular fluids, visceral fat content, and measurement of basal metabolic rate.
« Comprehensive Fitness Assessment: Analyzes upper/lower body strength testing, flexibility, and functional movement testing.
« Biometric screening: Weight, blood pressure and heart rate.
« Lifestyle screening: Creates an overall view of your current lifestyle habits.

Step 2: Your Wellness Coach will help you choose the right fitness track (6 weeks).
A) Light Weight Bearing Fitness: Focuses on weight loss, conditioning, and strength training adjusted to accommodate anyone with limitations, such as knee osteoarthritis or other issues.
B) Progressive Strengthening Fitness: Emphasizes weight loss, conditioning, and strength training.
C) Athletic Training: Advanced conditioning, strength training, sculpting and performance improvement.

Step 3: Your Wellness Coach will help you choose the right nutrition track (6 weeks).

A) Blueprint for Weight Loss: Cut through the diet craze and the latest “diet-du-jour.” Learn how to maximize the health benefits of what you eat, while tipping the scale in your favor. Become a more mindful eater and learn problem-solving strategies to stay on track.

B) Plant-Powered Eating: Vegetables, fruits, whole grains, and legumes are packed with nutrition, vitamins and protein: learn how to use them to transform how you eat and feel. Discover how to revamp your favorite foods, explore new ingredients, power up on plant-based nutrients, and indulge a little with plant-powered alternatives to your favorite treats and desserts.

C) Meal Planning & Eating Out: Don’t believe that preparing healthy meals can be simple, easy, and delicious? At a loss for what to order when you eat out? Think again and take heart! This track will help you build a better recipe in a flash, add flavor without fat, healthfully navigate the grocery store aisles, and dine out at fast food joints and sit-down restaurants.

Step 4: Your Wellness Coach will help you chose the right stress management/coping track (6 weeks).

A) Stress Resilience: Learn greater stress resilience and new ways to manage stress to revitalize your mind and body. Become more relaxed and focused so you can respond to life with greater calm and clarity.

B) Pacing and Pain Management: When you are living with chronic pain, learning how to pace your exercise and daily activity helps avoid flare-ups while gradually becoming more active, fit and healthier. Get help developing and practicing your own pacing plan, allowing you to slowly and safely increase your activity and energy.

Step 5: Your Wellness Coach will help you choose the right support track (6 weeks).

A) Staying on Track with Mind-Skills: Learn practical tools and techniques from a behavioral expert to change your thoughts about food and eating, while overcoming emotional and mental hurdles to weight loss. This support group will help you change self-defeating thoughts and behaviors, manage stress and emotional eating, and develop coping and problem-solving skills.

B) Staying on Track with Group Support: Enjoy the comradery of a support group while reinforcing positive behavior changes, learning strategies to overcome setbacks, and addressing barriers to staying on track. Sessions offer accountability and ongoing support as well as practical help for successful long-term weight loss and wellness.

Fee: $149 To enroll or get more information, please call (714) 578-8770.

Interested in just the Wellness Assessment?
No problem. Working with a wellness coach to design a personalized plan offers a great start to any fitness program. Fee: $149 (includes two visits)

Are You At Risk For Stroke?
Free Stroke Presentation and Carotid Artery Screening
September 8, 2016
Presentation: 1 - 2 p.m., Screening*: 2 - 4 p.m., provided by RTH Stroke Foundation
Reservations required. Please call (877) 459-DOCS (3627) or visit us online at stjudemedicalcenter.org/healthclasses.

Stoke is a leading cause of death and the number one cause of adult disability in the U.S., yet it can be treated effectively, if treated immediately. Join Diane Gleeson, MSN, NP, stroke coordinator, St. Jude Medical Center, to learn the steps you can take toward prevention, as well as stroke warning signs and treatment.

Community Breast Cancer Conference
September 26, 6 – 8 p.m.
Join us for an informative breast cancer planning conference. Meet a team of experts and experience how they develop an individualized treatment plan, using the latest technology along with proven methods and up-to-date research to achieve the best outcomes for our patients. Appetizers will be served.

Reservations required. Please call (877) 459-DOCS (3627) or visit us online at stjudemedicalcenter.org/healthclasses.

FREE MEDICARE SEMINARS

Understanding Medicare
Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You’ll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at stjhs.org/medicare or call (877) 459-DOCS (3627) Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. Wednesday October 5
6 p.m. Thursday November 10
6 p.m. Wednesday December 14

Medicare Benefits
Covered by Medicare? Did you know from October 15 through December 7 you have the option of changing Medicare benefits? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their 2017 benefits so you can determine the best plan for you. Make a reservation online at stjhs.org/medicare or call (877) 459-DOCS (3627). Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. Tuesday October 18
6 p.m. Friday October 21
6 p.m. Thursday October 27
6 p.m. Friday November 4
6 p.m. Wednesday November 16

Medicare has neither reviewed nor endorsed this information. Sales persons will be present with information and applications at the Medicare Benefits meetings. For accommodation of persons with special needs at benefit sales meetings, please call (877) 459-3627.
Difficulty urinating. A sudden, overwhelming need to find a bathroom. Frequent nighttime trips to the toilet. It’s a list of symptoms that men with an enlarged prostate are all-too-familiar with — symptoms that limited and significantly impacted George Jacob’s life.

For the active 69-year-old La Habra resident, not knowing when driving to the grocery store might end in an embarrassing accident was intolerable. “Between not being able to sleep well at night and worrying about what might happen when you go somewhere, the symptoms take too much away from your life,” explains the retired warehouse manager, who spent years taking medications to resolve his symptoms without success.

Then, Alan Weinberg, MD, FACS, a board-certified urologist at St. Jude Medical Center, suggested a simple new outpatient procedure called UroLift. The day after the 20-minute procedure, George’s symptoms were gone. “The recovery was incredible,” the grandfather of two explains. “The improvement in my quality of life was immediate.”

Urologists at St. Jude Medical Center are among the first in the region to offer UroLift, a minimally-invasive treatment to correct one of the most common issues men face with aging: low or blocked urine flow due to an enlarged prostate. By pulling back the prostate tissue that is pressing on the urethra with tiny permanent stents (much like curtain tie-backs), UroLift offers a highly effective solution that avoids the side effects of other treatment options and preserves sexual function.

More than half of all men in their 60s and as many as 90 percent of men in their 70s and 80s have symptoms of an enlarged prostate — also known as benign prostatic hyperplasia (BPH) — which often includes frequent urination with hesitant or interrupted stream as well as urinary urgency or leaking.

“For men who want to avoid surgery or a lifetime of medications, UroLift is an important breakthrough,” explains Dr. Weinberg, who hopes it encourages more men to discuss their symptoms with a doctor.

“Men often blame urinary problems on aging and don’t seek help, while others consider treatment, but reject it out of concern over side effects..."
Making it easy and convenient to get the care you need — whenever you need it

**Urgent Care**

While a cough, fever, or flu are common reasons to visit the emergency room — they shouldn’t be. A better choice? Our conveniently-located urgent care center.

**Fullerton (NEW Location)**
2251 N. Harbor Blvd.
Fullerton, CA 92835

The St. Jude Urgent Care Center offers both lab and X-ray services and is designed to provide quality, affordable care for medical issues that aren’t life threatening, saving you time and money.

While ED copays are typically significantly higher, the copay for a urgent care visit is usually the same as a visit to your primary care physician (depending on your health plan). This facility is open to all patients, regardless if you have a St. Jude Heritage Medical Group physician or not. Equally important, an urgent care visit allows you to avoid the wait that non-emergency patients can face in the ED, as more serious health concerns are treated first.

If you are having a stroke or heart attack, there is no better place than St. Jude Medical Center’s Emergency Department, nationally recognized for our ability to successfully and quickly create outstanding outcomes for life-threatening conditions. But if your symptoms more closely match the flu, one of these Urgent Care Centers is probably a better option.

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**Free Drive-Thru Flu Shot Clinic for all ages**

**September 24, 6 a.m. – noon**
(while supplies last)

St. Jude Urgent Care, 2251 N. Harbor Blvd.,
Fullerton, 92835
(formerly Long’s Drug Store)

For questions call (714) 446-5994

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**health issues**

such as sexual dysfunction or incontinence,” the highly respected specialist in urinary and prostate issues explains. “UroLift offers a safe and successful solution, minus the side effects.”

Now able to travel without fear of an accident or other symptoms, George and his wife just got back from an 11-day trip to Norway — a trip that wouldn’t have been possible before. “Being able to once again make plans and do things without any apprehension or concern is a wonderful gift,” he explains.

To find a urologist that performs UroLift, please visit stjudemedicalcenter.org/urolift.

After a new 15-minute procedure eliminated the symptoms George Jacob had lived with for years, a long-wished-for-trip to Europe with his wife became the perfect way to celebrate regaining his quality of life.
Bill and Lillian “Skipper” Farkes: How Palliative Care Created a Sense of Hope and Comfort

When Bill Farkes decided to take ballroom dancing lessons in 1987, he didn’t expect to meet the love of his life.

Yet, that’s exactly what happened. There was magic when he held his teacher, Skipper, in his arms. The feeling was mutual, and the two married in 1988. For the next 20 years, they continued to dance, winning trophy after trophy for their talent on the dance floor.

During those years, there were a few bumps in the road for Skipper, including a breast cancer diagnosis and a severe back injury that resulted in a two-month hospital stay. But each time, she managed to get back on the dance floor with Bill within a matter of months.

About five years ago, at the age of 88, Skipper started experiencing additional health challenges. She was diagnosed with mini-strokes, high blood pressure and cardiopulmonary disease. She had to stop dancing and started relying on a walker to get around. Visits to various doctors’ offices, including several specialists, became more frequent.

“Skipper was obviously slowing down,” explains Bill. “While she still had her spunky and independent personality, it was evident that her health was deteriorating. It was during this time that two of Skipper’s doctors encouraged us to look into St. Jude’s Palliative Care Program.”

During Skipper’s time in palliative care, social workers, nurses, and physical and occupational therapists visited her at home to help manage her limitations. As her primary caregiver, Bill received advice from the Caregiver Resource Center, which is also managed by St. Jude. Skipper’s health did improve as a result of the program, and it also gave her a sense of hope and comfort. “At one point,” says Bill, “she told me, ‘I think I’m going to make it!’”

When it came time for Skipper to receive hospice care (designed for patients in their final weeks or months of life), the transition was seamless, starting with a two-hour meeting with a St. Jude social worker. “Skipper passed away at home, which was always her goal,” notes Bill. “She didn’t want to keep going back to the hospital.”
St. Jude Medical Center’s Palliative Care Program:
Offering a Continuum of Services for the Chronically Ill

Illness is always disruptive, whether it’s a cold, flu, or something much more serious. It’s for those chronic, life-limiting illnesses — such as cancer, ALS, multiple sclerosis, Parkinson’s, dementia, cardiac diseases and more — that St. Jude Medical Center created its Palliative Care Program.

Available to both inpatients and outpatients, St. Jude’s Palliative Care Program can reduce the emotional and physical burdens of a chronic or life-limiting illness for both the patient and his or her family.

St. Jude’s Palliative Care Team of physicians, nurses, therapists, social workers and chaplains work with chronically ill patients and their families to provide an extra layer of support. As a result, the quality of each patient’s life is improved, and the chance of being admitted to the hospital is greatly reduced.

Working together with each patient’s physician, the Palliative Care Team offers:

- Vigorous treatment of pain and other symptoms
- Emotional and spiritual care for the patient and the family
- Guidance and support with decision making
- Practical help with next steps in care
- Relief from worry, anxiety and depression

“Many people still think of palliative and hospice as being the same — but palliative care can be offered months and years prior to hospice,” explains Tracey Larsen, MSN, BSN, director of Professional Services and Magnet Program at St. Jude. “Palliative Care provides a holistic approach — it encompasses the physical, spiritual and emotional health of each patient. Ultimately, the service is not only about managing the disease, but improving the patient’s overall quality of life.”

Bill Farkes experienced the benefits of St. Jude’s Palliative Care Program first-hand, when his wife, Lillian (also known as Skipper) used the services. Skipper, who faced a variety of diagnoses — including mini-strokes, high blood pressure and cardiopulmonary disease — received care from social workers, nurses, and physical and occupational therapists through the Palliative Care Program.

“The Palliative Care Team was very understanding and well-versed in their skill and art,” says Bill. “They persevered in working with Skipper and made that time easier for all of us.”

“We’re here to make everyone’s life easier — it’s hard to be that sick,” notes Lisa Hanna, a nurse practitioner who oversees St. Jude’s outpatient Palliative Care Program. “We can take care of lab work, chest X-rays and other routine tests right at the patient’s home. Families already have so much going on and they need to be reassured that things will happen like they are supposed to. Ultimately, it’s all about physical, emotional, social and spiritual care for both the patients and their families.”

For more information about the Palliative Care Program at St. Jude Medical Center, please call (714) 992-3000, ext. 8090 or speak with your physician.
Choosing the right doctor is one of your healthiest decisions.

If it’s time to enroll in a health plan at your worksite, you’re considering enrolling in the health care exchange (Covered California) this fall or a senior plan, we have great news. Becoming part of St. Joseph Hoag Health is as easy as one-two-three:

1. CHOOSE A DOCTOR

Our network of care includes eight medical groups all over the county so you can select the best primary care physician for you and your family. St. Jude affiliated and medical group physicians include:
   - St. Jude Heritage Medical Group
   - St. Jude Affiliated Physicians

2. CHOOSE A HEALTH PLAN

Make sure your plan includes St. Joseph Hoag Health. Check our website at StJosephHoagHealth.org, where we’re always updating our list of partnering health plans. But just for good measure, it’s also best to double check with the health insurer to verify you’re in the St. Joseph Hoag Health network.

3. CHOOSE A HOSPITAL

Make sure you select St. Jude Medical Center. We are affiliated with CHOC Children’s.

NOT TIME TO ENROLL IN A NEW HEALTH PLAN? YOU CAN STILL SELECT US!

Members of an HMO plan are permitted to change their primary care physician (PCP) within their plan anytime throughout the year with an effective start date of the following month. Just follow these simple steps:

1. Contact the Member Services department listed on your health insurance card.
2. Provide the name of the primary care physician you have selected and specify you want to join St. Jude Heritage Medical Group or St. Jude Affiliated Physicians.
3. Confirm your selection with your health plan. Be sure to verify the group name St. Jude Heritage Medical Group or St. Jude Affiliated Physicians when you receive your new health plan identification card.

NEED ADDITIONAL HELP SELECTING A PHYSICIAN? CALL US AT (877) 459-DOCS