Meet St. Jude’s Newest Ortho Alumni Members

A Symphony of Improvements in Cataract Surgery

Nutrition and Weight Loss, as well as Health Education and Prevention Classes

Pregnant? Or thinking about a baby, see our Mother Baby Prenatal Classes.

Find out what’s new at St. Jude’s Synergy, Medical Fitness and Wellness Center

Learn about the newest St. Jude Urgent Care

St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance
Meet Teri and Steve Glomb  
St. Jude’s Newest Ortho Alumni Members

Teri Glomb couldn’t play with her grandchildren or even tie her own shoe. Hip pain made tasks as simple as walking to the mailbox an exercise in endurance. For her husband, Steve, a CFO for a financial company, knee pain prevented him from enjoying two of his favorite hobbies: racing cars and riding motorcycles. The couple’s biggest regret? Living with the pain too long before having joint replacement.

The Glombs are two of the nearly 1000 joint replacements performed last year at St. Jude Medical Center — recognized by U.S. News & World Report as one of the nation’s best hospitals for orthopedic and joint replacement. Advanced surgical techniques, breakthroughs in materials, customized implants, and new approaches to rehabilitation are some of the advances that have revolutionized joint replacement — turning shoulder replacement into an outpatient procedure and many hip replacements into a same-day surgery.

For Teri, life after minimally-invasive hip replacement was a welcome shock: no pain and a walker that was quickly discarded. “I was going up and down stairs within hours of surgery,” explains the 67-year-old grandmother. And because of the innovative technique used — direct anterior approach — restrictions on activities for weeks or months after surgery were unnecessary. “This surgery is the best thing I’ve done,” she explains. “Trying to get by with BENGAY® is just ridiculous.”

Steve’s knee replacement soon followed — and while having a wife who already had a joint replaced meant he didn’t receive a lot of sympathy — he didn’t need it. He used a walker for a day, a cane for two days, and then showed up at his physical therapy appointment with one quickly-realized goal: a knee that could bend 140 degrees to fit inside a race car.

Now members of St. Jude’s Ortho Alumni Group for joint replacement patients, the Glombs have the opportunity to share their experience. “This elite group meets quarterly to provide sage advice and support one another,” says Frances Horan, MSN, RN, Manager, Orthopedic Inpatient Unit. Besides rooting each other on, alumni members also inspire the staff. “It is heartwarming to see their progress and see them return to the people and activities they love,” Horan says.

While the Yorba Linda couple had different surgeons, both benefitted from the expertise created by board-certified surgeons who focus on specific areas. “Absolutely wonderful doctors, great at what they do,” states Teri, who says a short waltz with her surgeon on her first post-op appointment was the perfect test for hip mobility. “Skilled and compassionate — you couldn’t ask for more.”

To find out more about the St. Jude Orthopedic Program, call (714) 626-8630.
MEET SOME OF THE OTHER MEMBERS OF ST. JUDE’S ORTHO ALUMNI GROUP

Back Row: Steve Glomb (knee), Patricia Novak (knee), Brian Samaripa (shoulder) Seated (L-R): Teri Glomb (hip), Kimberly Williams (two hips)
A ‘Symfony’ of Improvements in Cataract Surgery
New class of lens brings big benefits

Patients who need to get rid of the cloudy or blurred vision caused by cataracts can also eliminate the need for distance or reading glasses in the same procedure, thanks to a breakthrough called the Symfony Lens. Recently approved by the FDA, this first-of-its-kind lens implant offers clear vision — at near, intermediate and far distances — while also correcting age-related farsightedness, astigmatism, and other issues that diminish vision quality.

“This advancement in lens technology allows patients to perform close-up activities like reading, use their computers and tablets at intermediate distance, as well as clearly see objects farther away,” explains John Zdral, MD, a board-certified ophthalmologist at St. Jude Medical Center and one of the first in Southern California to use the new lens. “Allowing patients with cataracts to see clearly at all distances — without depending upon glasses — is a dramatic improvement in care.”

During cataract surgery, the natural lens of the eye is removed and an artificial lens, called an intraocular lens, or IOL, is inserted. The IOL most commonly used in cataract surgery is a monofocal lens, which typically improves distance vision, but leaves closer objects out of focus. In contrast, the Symfony lens use diffractive optics — similar to what is used in an advanced photographic lens — to improve both the range and quality of vision, while also eliminating the glare, halos and loss of contrast that can accompany other types of lenses.

The Symfony IOL is implanted into the eye during a normal cataract operation, with patients typically able to return to their usual routine 24 hours after surgery. “After carefully watching the clinical trials of this lens as well as its widespread use in Europe, it’s exciting to offer this choice to patients,” Dr. Zdral says, one of the doctors chosen for the U.S. Symfony pre-launch. “Because it eliminates the drawbacks of traditional lens implants, it improves patients’ quality of life — which is exactly what we’re here to do.”

To learn more attend a free class on Cataract Facts, see page six. To find a doctor that’s right for you, please call (877) 459-DOCS (3627) or visit stjudemedicalcenter.org.
Wellness and Weight Loss

When it comes to losing weight or improving your health, one-size-fits-all doesn’t apply. That’s why we offer a number of very different approaches, each evidence-based and designed to make it easy for you to accomplish your individual goals.

HMR: Lose weight and keep it off.

This innovative weight loss program — recently recognized by U.S. News & World Report as a “Best, Fast Diet for Weight Loss” — has helped hundreds lose anywhere from 20 to 200 pounds. Called HMR (Health Management Resources), the program offers every element needed for success: nutritionally complete meals, vitamin supplements, individualized education, and a high level of accountability and support, and if needed, medical supervision. HMR has made a dramatic difference in the health and wellness of those with diabetes, high blood pressure and other chronic conditions, as well as those who are simply ready to shed the pounds. The program also offers a phase 2 section to help you keep the weight off once and for all.

Remarkably, after two years, roughly half of those who have completed the program are still keeping off an average of 66 pounds (25 percent of initial body weight) — several times more than the national average of other diets.

Please attend a free orientation and taste the program’s great-tasting food — call (714) 446-5154 to sign up or visit our website at stjudeheritagehealthcare.hmrdiet.com.

Ittrim: Expert Weight Loss Partner

Ittrim was created to overcome the most common obstacles you face in losing weight, from a lack of motivation and negative self-talk, to an anopic approach to exercise. This highly successful weight loss program focuses on smart nutrition, customized exercise to accelerate weight loss, and hands-on support. Ittrim is not a “diet plan”, but a practical and proactive partner in your long-term success:

- Personal coaching
- Group support classes
- Individualized meal planning
- Customized fitness program designed to maximize weight loss
- Proven weekly action plans for permanent behavior changes
- Synergy Class Pass for workout programs

Ittrim includes the option of integrating meal replacements to jumpstart your weight loss in the first few weeks. There is also an Executive Ittrim program especially designed to accommodate your hectic schedule. To enroll or learn more (including our special introductory rate), call (714) 578-8770.

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

Whether you have a chronic condition or want to prevent one — or simply want to take a comprehensive, holistic approach to your wellness — Lifestyle Rx 365 can help you transform your health. This unique program includes every element that research says is essential to wellness, from learning to manage stress and emotional triggers, to nutrition-packed eating and an effective exercise program.

In Lifestyle Rx 365, you’ll work with a team of wellness coaches to customize a program that starts you at the right level in each area of the program — whether beginner or more advanced — and then gives you the help and expertise to end up where you want to be: living with greater health, energy and wellness. Our team of fitness specialists, registered dietitians and behavioral therapists work collaboratively, throughout the 52 sessions, to motivate and keep you on track. To enroll or learn more about this flexible and individualized program, please call (714) 578-8770.

Helping your kids eat smarter and lose weight

Because the habits your kids learn now will last a lifetime, we’ve designed a free class especially for them. Taught by a pediatric registered dietitian and nutrition expert, our Live Smart Family Weight Management class will teach children and teens the basics of healthy eating, losing weight and improving wellness.

Your entire family will learn healthier habits and can receive individualized follow-up coaching to help overcome obstacles and encourage new behaviors. The class is offered once a month on select Tuesdays from 6 – 7:30 p.m. at the St. Jude Heritage Medical Office in Brea. Call (714) 618-9500 to learn more or register your family.

Nutrition therapy for your specific health concerns

For St. Jude Heritage Medical Group and St. Jude Affiliated Physicians’ patients only

Turn your grocery list into a tool to improve your health. Our registered dietitians can help you learn how to use food and nutrition to better manage a chronic condition and increase your well-being. We will help you develop strategies and menus that reduce symptoms and fit your lifestyle — and coordinate with your physician to ensure your health goals are met. (Some conditions may require a physician referral.)

- Diabetes & Pre-Diabetes/Insulin Resistance
- Renal/Kidney Disease
- Special diets for multiple medical conditions
- Celiac disease
- Irritable Bowel Syndrome
- Heart Health (lowering your cholesterol and blood pressure through smart food choices)
- Weight gain or weight loss

Offered in Brea, Yorba Linda, Diamond Bar, Fullerton and Santa Ana. To schedule personalized nutritional therapy, please call (714) 618-9500.

Nutrition coaching for wellness

It’s almost impossible to open a magazine or turn on the radio without hearing about the link between what you eat and your health. Whether you’re trying to make sense of the latest nutrition trends, maximize your family’s well-being or lose those extra pounds, working with a registered dietitian and nutrition expert can bring big benefits.

Individualized nutritional counseling for:

- Mediterranean diet (to reduce inflammation, lose weight and increase heart health)
- Vegetarian, vegan, or gluten-free
- Sports performance
- Family meal planning and supermarket survival
- Weight loss and positive goal setting
- Food allergies and specialized diets

To schedule nutritional coaching, please call (714) 578-8728.
Can Palliative Care benefit you?
February 28, 6 p.m.
Do you or someone you love suffer from COPD, congestive heart failure, chronic kidney disease, Parkinson’s, cancer or another chronic condition that limits quality of life? Palliative care can bring a fresh perspective to symptoms such as pain, severe fatigue, and shortness of breath — helping to relieve discomfort and better understand your condition, while removing some of the physical and emotional burdens that often accompany these conditions.

Join one of our experienced Palliative Care nurse practitioners to discover how this innovative service can provide support to patients and their families, from symptom and medication management to psychological and emotional support.

Answers and solutions for GERD, heartburn, and acid reflux
March 7, 6 p.m.
Heartburn, a chronic cough, sore throat, hoarseness or wheezing (often mistaken for asthma) are all common symptoms of acid reflux or GERD. Left untreated, acid reflux can damage the esophagus and significantly increase your risk of esophageal cancer.

Join two of Southern California’s leading experts on GERD to learn about today’s most successful treatments, including new minimally-invasive therapies that are changing how both GERD and esophageal cancer are treated. Hyder Jamal, MD, a respected board-certified gastroenterologist, and Daniel Oh, MD, a nationally-recognized thoracic surgeon with dual appointments at Keck Medical School of USC as well as St Jude, will cover symptoms, treatment options and new improvements in care.

The St Jude Center for Thoracic and Esophageal Diseases is one of the few centers in Southern California to offer the full range of services to manage GERD and esophageal disorders, including minimally-invasive laparoscopic and robotic procedures, endoscopic ultrasound, and endoscopic ablation therapies for Barrett’s and endoscopic resection for early cancers. The center has comprehensive esophageal function testing available for complex swallowing disorders. Join us for this highly informative class.

Don’t let pain ruin your golden years
March 9, 6 p.m.
Too many seniors assume pain is an unavoidable part of aging, yet options for successfully managing or treating chronic pain have never been better. Join Gloria Franklin, NP, an expert in pain management at St Jude Medical Center, to learn about the diverse approaches available — from improvements in body mechanics to new medication interventions.

Whether your pain is from a back injury or a chronic condition, come learn about innovative directions and interventions in pain management. Most importantly, join us to discover some practical ideas and options for regaining your quality of life.

Diabetes: New approaches, new treatments and new hope
March 23, 6 p.m.
Join John Gilbert, MD, a highly-respected and board-certified endocrinologist, to learn about today’s best approaches to managing diabetes, including successful new therapies and effectively preventing complications. In addition to his patient practice, Dr. Gilbert serves as Director of Endocrine Clinical Trials at St. Joseph Heritage Healthcare and will offer up-to-date information on current treatments as well as new breakthroughs expected in the next few years.

Cataract facts: Regain your sight
April 5, 6 p.m.
Learn about today’s most effective treatment options for cataracts, from non-surgical therapies to a new surgical breakthrough called the Symfony Intraocular Lens, recently approved by the FDA (Food & Drug Administration) for use in the U.S. Join John Zdral, MD, a board-certified ophthalmologist, to gain important information about this common condition and the best approaches for treating it. Dr. Zdral, who routinely performs Symfony Lens implants, will also cover how this exciting new procedure is performed, as well as safety and recovery.

Rheumatoid Arthritis 101
April 20, 6 p.m.
Do you have joint pain in your hands, wrists and feet that interferes with your daily routine? Ongoing pain, swelling or inflammation in the small joints is a symptom of rheumatoid arthritis (RA), an autoimmune disease that can lead to disability and organ damage.

Symptoms can vary from person to person and can change on a daily basis, but early diagnosis and treatment are essential. Join Sanjay Chabra, MD, a board-certified rheumatologist, to learn about symptoms, how RA is diagnosed, what treatment options are available, and the novel approaches — such as new immunobiologics — that are making a significant difference.

Healthy Eating 101
Learn the basics of healthy eating and how to create healthy meals by attending our two-hour Healthy Plate class taught by a registered dietitian and nutrition expert. The two class-series is held at the St. Jude Heritage Medical Offices in Brea and covers nutrition, smart food choices, and weight loss. To learn more or register for a class, call (714) 618-9500. Cost is $10 per class.

Pre Diabetes: Take it Seriously and Take Control
Did you know that diabetes can be prevented or delayed through simple lifestyle changes? If you have elevated glucose levels — indicating insulin resistance or pre diabetes — learn how to prevent the onset of this life-changing disease. Our 90-minute class will teach you how to effectively lower your glucose levels and help avoid the serious health risks and complications of diabetes. Classes are held at the St Jude Heritage Medical Office in Brea, Call (714) 618-9500.

Living Well with Diabetes
Learn to successfully manage your condition in a fun and interactive way in our nationally-recognized diabetes classes. Our program begins with a one-on-one consultation with a Certified Diabetes Educator to help you develop a successful strategy for leading an active, healthy lifestyle. This individual session is followed by four classes that offer the information and skills needed to manage diabetes. A free glucose meter is provided and one-on-one insulin instruction is also available. Classes are held at the St Jude Heritage Medical Offices in Brea, Call (714) 618-9500 to register.
Medicare Benefits
Covered by Medicare? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their 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. Wednesday January 18
6 p.m. Thursday February 23
6 p.m. Tuesday March 21
6 p.m. Tuesday April 18

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.

MOTHER BABY PRENATAL CLASSES

A must for first-time parents, St. Jude Medical Center’s comprehensive prenatal classes are taught by certified and experienced instructors who will help you prepare and boost your confidence as you approach your big day.

Breastfeeding Basics
All the information you need to get breastfeeding off to a great start. Learn latching and positioning techniques, how to establish or increase an abundant milk supply, signs of success, and how to avoid or treat common breastfeeding concerns.

Maternity Open House and Tour
Find out more about our Childbirth Center and the innovative programs and services available to parents. A tour of the Labor and Delivery unit is included, and important details for your delivery day will be covered, including where to park and check in at the hospital. To ensure you are able to get the most out of your visit, this tour has been designed for adults only.

Grandparents In the Know
This class helps grandparents understand their new role and the latest parenting techniques. Playing with baby, infant communication and temperament, health and safety will also be discussed.

Newborn Baby Care
How will you adjust to life with a newborn? From the first hours after birth to the first weeks at home, this class offers information, tips and proven techniques to keep your baby safe, happy and healthy. Learn the basics of bathing, diapering, swaddling, calming a crying baby, and more.

Prepared Childbirth Class
This evidence-based class will cover the anatomy and physiology of pregnancy, the labor and birth process, pain management, and more. Participants will have the opportunity to learn and practice breathing, relaxation methods and positions that will be very important tools throughout labor.

Safety/CPR Classes
Our Heartsaver/Babysaver CPR class will prepare you to recognize life-threatening emergencies, provide CPR and relieve choking in a safe and effective manner for infants, children and adults. At the end of this class you will be eligible for a two-year Heartsaver/AED certification card through the American Heart Association.

Our Infant Safety/CPR class is highly recommended for expectant mothers, spouses/partners, grandparents and any child caregivers. This non-certification course will cover CPR and choking for infants as well as the important principles for childhood safety.

Sibling Class
This interactive class is specially designed for the big brother or sister-to-be who is between 3 to 8 years of age. Children will learn what to expect when the new baby arrives and have the chance to practice safe holding and helping to care for the new addition to the family.

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. Tuesday January 3
6 p.m. Wednesday February 8
6 p.m. Thursday March 9
6 p.m. Thursday April 6

Medicare Benefits
Covered by Medicare? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their 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. Wednesday January 18
6 p.m. Thursday February 23
6 p.m. Tuesday March 21
6 p.m. Tuesday April 18
Synergy, A Medical Fitness and Wellness Center

FITNESS, HEALTH AND WELLNESS DESIGNED FOR YOU  (714) 578-8770  SYNERGYMEDFIT.COM
St. Jude Centers for Rehabilitation and Wellness, 2767 E. Imperial Hwy., Brea, CA 92821

Whatever your starting point, we offer a complete range of fitness and wellness services to help you reach your goals. Whether you are dealing with a chronic condition, trying to lose 20 pounds, or training for your next marathon, here you’ll find the classes, expertise and support you need to succeed. Contact us to learn more about our unique programs and services, including a complete schedule of classes, times and fees. Visit us online to see a complete list of classes.

Interested in trying a Pilates equipment class? Here is a great place to start.

Ever wondered what a Pilates reformer class could bring to your fitness and health? This one-time class is designed for anyone who wants to learn about the fundamentals of Pilates equipment training and how it can benefit them. During this 90-minute class you’ll participate in basic positions on the reformer — easily modified for every fitness level and condition — and discover for yourself how equipment training can transform your body as your sole exercise, or serve as a vital cross-training and core strengthening class.

Class size limited to six and cost is $40 per person. Please call (714) 578-8770 to reserve your spot.

More options for Pilates equipment training
At Synergy, our premier Pilates studio and experienced trainers offer personalized and varied sessions for all fitness levels, creating a toned body with increased strength and flexibility. Through the use of resistance, Pilates training with equipment can create visible results sooner: arm, leg and abdominal muscles can look more firm and defined within just a few sessions. Whether you are new to Pilates or a regular on the mat, Pilates equipment training is the ultimate workout, no matter what your age or condition.

Small group, semi-private and private sessions available. Visit us at synergymedfit.com for a schedule or call (714) 578-8770 to learn more.

Mindfulness Based Stress Reduction
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 through a highly effective, evidence-based program called Mindfulness Based Stress Reduction. Well-documented health benefits include improved immune function, reduced pain, lower blood pressure, less anxiety, and improved sleep.

Mindfulness Based 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. Cost is $350 and includes eight weekly sessions and a full Saturday retreat day, as well as book and CD. Visit us at synergymedfit.com or call (714) 578-8770 for dates or to learn more.

Give it a try: Mindfulness meditation at Synergy
Please join us on the second Saturday of each month, from 9 – 10 a.m., for mindfulness meditation. Spend a tranquil morning deepening your current practice or experiencing the benefits of mindfulness for the first time. Those new to the practice are welcome.

No cost. Call (714) 578-8770 to sign up.

Advanced body composition analysis: Time to look beyond the scale
Simply tracking your weight isn’t an accurate assessment of personal health. Body water, proteins, minerals and body fat are all components of the human body that closely relate to the status of your health — and offer a clearer picture.

Our InBody technology goes beyond traditional body composition analysis. By simply standing on the footplates and holding the handgrips for a few minutes, you’ll learn:

- The amount of body fat you have and where it is located, helping you identify health risks such as unhealthy levels of fat around your internal organs.
- Your Basal Metabolic Rate (BMR): the number of calories your body burns off at rest.
- Your body water balance, including intracellular and extracellular.
- The amount of muscle you have and how it is distributed, including imbalance between right and left sides of the body.

These values allow you to not only better assess your health, but monitor how your body is responding to lifestyle modifications and fitness routines. Tracking your muscle mass, metabolic rate and body fat can show you when you need to adjust or stay on track to meet your goals.

Our fitness specialists will help you understand and interpret your analysis, as well as help you design your individualized next steps. Cost is $49, or $149, which includes two one-hour sessions with a fitness specialist.

For more detailed support and help, our fitness coaches can provide fitness assessment as well as InBody composition analysis before partnering with you to create your ideal plan. Call (714) 578-8770 to sign up.

Plan. Call (714) 578-8770 to sign up.

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It’s Friday evening and your son hurt his ankle in a soccer game. Or it’s Saturday morning and you’ve got a sore throat and high fever. What do you do?

Visiting the nearest Emergency Department (ED) is not the fastest or most cost-effective choice for non-life threatening conditions. In fact, heading to the ED with an issue that isn’t really an emergency, will often cost you time and money.

A better option? Visit the St. Jude Urgent Care. The Urgent Care offers immediate, walk-in care and is staffed by experienced St. Jude Heritage Medical Group physicians and medical staff, so you can be confident you’re getting the highest level of care.

Weekend, holiday and extended hours accommodate even the busiest schedules.

Your copay for an urgent care visit is usually the same as a visit to your primary care physician. Equally important, an urgent care 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 its ability to quickly create outstanding outcomes for life-threatening conditions. But for less serious health issues, Urgent Care is a better choice.

CONDITIONS COMMONLY TREATED AT AN URGENT CARE:
- Coughs, sore throats, and ear infections
- Fever and flu-like symptoms
- Sprains and strains
- Minor burns or injuries
- Animal bites
- Lacerations and cuts
- Allergic reactions, asthma, and rashes

The St. Jude Urgent Care is open to everyone.

DID YOU KNOW:
Almost 80 percent of the ED visits in the U.S. could be treated by a quality urgent care.
Fortunately you have a quality urgent care right in your backyard.
Across the Years: St. Jude Cares for Three Generations of Breast Cancer Patients

The year was 1988. 34-year-old Cathy Shircliff was a happily married mother of two young daughters, working as a radiology technician. Then she received the news no woman wants to hear: You have breast cancer.

Unfortunately, early onset breast cancer — which is typically much more aggressive than breast cancers occurring after menopause — is all too common in Cathy’s family. In the 1960s, her mother Arlene was diagnosed at the age of 39. Cathy’s older daughter Kristin was diagnosed a few years ago at the age of 36.

“I can tell you that nothing in the world can prepare a mother for having a child go through this experience,” said Cathy.

Thankfully, St. Jude Medical Center was here when these women needed it most, with all three diagnosed and/or treated at the hospital.

Cathy, who is currently executive director of Imaging, Non-invasive Cardiology and Breast Services at St. Jude, is deeply committed to the role that philanthropy plays in the hospital’s ability to provide the best health care possible to our community. She recently pledged $10,000 toward the hospital’s $4.1 million 3D mammography project, which will allow St. Jude to replace all six of its mammography machines with 3D digital Tomosynthesis machines, the most advanced mammography technology available.

Studies have shown that the new equipment will make it easier to detect tumors, especially in dense breast tissue which at least half of all women have. Earlier detection, when cancers are small, makes them easier to treat, resulting in better outcomes and survival rates.

Cathy is committing a gift to this project for the benefit of her family, friends and neighbors. “In light of our family history, it’s very possible that my other daughter, Lindsay, could receive a breast cancer diagnosis one day,” Cathy said. “By helping bring this latest technology to St. Jude, we ensure that every woman who comes in for a mammogram — including my daughters or my granddaughters — has the best chance possible for an early diagnosis and a full and complete recovery.”

To learn more about how you can help St. Jude bring the most current 3D mammography technology available to our community, please contact St. Jude Memorial Foundation at (714) 992-3033.
A Star Struts for Cancer

More than 650 attendees gathered last October for St. Jude’s 27th annual A Walk Among the Stars fashion show and luncheon, which raised more than $166,000 to help fund groundbreaking programs, vital services and advanced technology at the St. Jude Crosson Cancer Institute.

What sets this fashion show apart from others are the models: all are St. Jude cancer patients and survivors. First-time model Don Kwart, who was diagnosed with colon cancer in 2013, recounts his experience at the event:

Q: Why did you get involved in A Walk Among the Stars?
A: I wanted to be a part of it once the infusion nurses told me about the fundraising focus. The great impact it has on current and future patients is extraordinary. There will be others in the future that will experience this tough journey — I want to help them in any way I can.

Q: What was it like walking on the runway?
A: It wasn’t until I was the next model up that the butterflies finally hit me. Once I began walking down the runway, I could feel the love, joy and support, especially from my family. The best part was walking with my wife — she looked radiant and I wouldn’t have been able to fight this battle without her.

Q: Why is it important to support cancer care at St. Jude?
A: Donations have allowed St. Jude to provide lifesaving care, including research trials. I’m currently going through an immune therapy drug trial that is helping me. Without the research and advanced technology, I wouldn’t be here in this world. Without St. Jude, a lot of people would be losing this battle.

To learn more about supporting cancer care or get involved with next year’s A Walk Among the Stars on October 29, 2017, call St. Jude Memorial Foundation at (714) 992-3033.

Upcoming St. Jude Memorial Foundation Fundraising Events

5th Annual Youth ShowCare Music and Talent Competition
February 5, 2017, 6 p.m.
Hope International University, Fullerton
Support St. Jude’s Junior Volunteers and Youth Leadership Team as they showcase their talents to raise funds for St. Jude’s Care for the Poor Program.

Neighbors Helping Neighbors Dinner
March 16, 2017, 5:30 p.m.
Summit House Restaurant, Fullerton
Learn how St. Jude’s Care for the Poor Program is helping to increase access to healthcare for vulnerable populations. Proceeds support health services for the underserved, homeless and frail elderly, as well as childhood obesity initiatives.

40th Annual Golf Classic May 15, 2017
Los Coyotes Country Club, Buena Park
Check for updates at stjudemedicalcenter.org/foundation.

Celebrate National Doctor’s Day:
March 30, 2017
Recognize the doctors who have touched your life by making a contribution in honor of National Doctors’ Day. It’s a meaningful way to say thank you to a special doctor while supporting St. Jude’s ability to provide first-rate care to the residents of North Orange County.

We will send your physician a letter notifying them of your gift on March 23, just in time for National Doctor’s Day. You may designate your gift to one or more areas of need, such as cancer or surgical services.

Don’t miss this opportunity to thank your physicians for the difference they’ve made in your own life. Contact St. Jude Memorial Foundation at (714) 992-3033 for details.
Did you know

That St. Jude Medical Center is rated one of the best hospitals in California?

And this rating means high quality care for our community.

While awards and recognition are not the reasons we strive to set a standard of excellence, each one demonstrates our hospital’s commitment to providing exceptional, compassionate care to you and your family.

stjudemedicalcenter.org
facebook.com/stjudemedicalcenter

A Ministry founded by the Sisters of St. Joseph of Orange