One Team:
Caring for You,
Why Choose
St. Jude Breast Center

Learn About a Unique
Program That is
Changing Hearts and
Saving Lives

Join Us for Free
Presentations
Designed to Help You
Live a Healthier
and Happier Life

Our Expertise in
Pelvic Health is Giving
Women Back Their
Quality of Life

Read us online at
sjhnews.org/stjude
One Team: Caring for

Why Choose St. Jude Breast Center

At the St. Jude Kathryn T. McCarty Breast Center we are at the forefront of stacking the odds in each woman’s favor.

“Every day we use advances that weren’t available even five years ago to ensure the vast majority of women not only survive but recover more fully and quickly,” explains Brad Silveira, MD, medical director, St. Jude Breast Center.

And while new breakthroughs continue to increase survival rates, early diagnosis remains the most effective way of beating breast cancer.

**BETTER DIAGNOSIS**

A nationally-recognized Breast Imaging Center of Excellence, we offer the entire range of diagnostic options, including 3D mammography (coming this fall), digital mammography with computer aided detection, breast MRI, and advanced biopsy techniques. If a potential problem is found, the next step in testing and diagnosis is immediately available — all within one convenient location.

“The value of a mammogram or breast MRI can depend on the skill with which it’s read,” explains Brenna Chalmers, MD, a fellowship-trained radiologist who specializes exclusively in breast imaging.

“Today’s most advanced technology combined with radiologists who are dedicated solely to this area of women’s health, allows us to offer a higher degree of accuracy and peace of mind to patients.”

**INNOVATIONS IN TREATMENT**

For those with a breast cancer diagnosis there’s good news. Immunotherapies that activate a patient’s immune system to destroy tumors, new medications that prevent cancer cells from repairing themselves, chemotherapies capable of targeting a patient’s tumor-specific molecular markers, as well as radiation therapy delivered with laser precision and surgical techniques making cancer removal less invasive and more successful — all breakthroughs used at St. Jude to revolutionize cancer treatment.

“We are increasing the survivability of even the most advanced and aggressive cancers,” explains David Park, MD, medical director, St. Jude Crosson Cancer Institute. For instance, HER2-positive cancers, were considered the most deadly breast cancers for many years, yet today mortality rates are down almost 50 percent through the development of a new class of drugs called HER2-inhibitors — research in which St. Jude’s cancer experts were actively involved.

“Through partnerships with UCLA and some of the nation’s leading research consortiums, we are moving very promising treatments from the laboratory to the bedside,” Dr. Park, a board-certified medical oncologist, explains.

Advances in surgical techniques are not only contributing to rising survival rates, but are allowing women to recover faster and more completely, with fewer side effects or complications.

“In the last two decades, no other cancer has witnessed such a tremendous change and improvement in treatment as breast cancer,” explains Robert McCoy, MD, breast surgeon. “The result is not only very high survival rates, but a much higher quality of life.”

Less-invasive lumpectomies that offer the same outcomes as mastectomies, improvements in surgical imaging that allow more precision, and the use of radioactive tracers to determine whether cancer has spread without removing healthy lymph nodes — a few examples of how St. Jude surgeons are creating more successful treatments and recoveries.

For women having mastectomies, tumor removal and reconstruction typically take place in a single step, with new nipple-sparing and skin-sparing techniques offering a near-normal postsurgical appearance of the breast. “Allowing a patient to wake up with the cancer gone and a restored appearance offers enormous psychological and emotional benefits,” explains Michael McConnell, MD, a fellowship-trained reconstructive and plastic surgeon.

**MANY EXPERTS, ONE CAUSE**

Every week, medical oncologists, radiologists, surgeons, pathologists, radiation oncologists, nurse navigators and cancer researchers gather to review patients’ cases, allowing a plan of care that reflects the expertise of not just one breast cancer expert but an entire team.

“Breast cancer treatment can be particularly difficult for patients who find themselves moving from specialist to specialist, gathering details about their diagnosis and then trying to fit the pieces together on their own,” explains Clarence Petrie, MD, breast surgeon and medical director of Oncology Services. “Here, a very different scenario takes place: multiple specialties look at all aspects of diagnosis and treatment, offering patients a comprehensive, highly coordinated approach to care.”
Join us for a free presentation:
Stop Struggling with Straps and Gaps:
How to Find the Perfect Bra.
May 10, 6 p.m.
See page 8 for details.

A UNIQUE APPROACH TO AWARD-WINNING CARE
Cancer's toll is often emotional as much as physical, which is why we offer a uniquely comprehensive range of services, from yoga classes and peer support, to highly-trained nurse navigators dedicated to providing emotional, medical and practical support through every step.

Our clinical excellence has earned a long list of awards. We are recognized by the National Quality Measures for Breast Centers Program, and one of the first in the state to be certified by the American College of Surgeons National Accreditation Program for Breast Centers.

To make an appointment at our Fullerton, Yorba Linda or Diamond Bar centers, call (714) 446-5650. You may also request an appointment online at stjudemedicalcenter.org/mammogram.
An estimated 43 million women in the U.S. are affected by heart disease. And even though heart disease causes one in three women’s deaths each year, research shows that women vastly underestimate their risk. This explains why April Pearson, a 55-year-old self-employed attorney, spent almost an hour staring at “heart attack symptoms in women” on her iPad screen — seeing each of her symptoms listed: sweating, fatigue, chest pressure, and nausea — before finally deciding to go to an emergency department. “Because of my stress level, a nervous breakdown seemed likely,” explains the Chino Hills resident with a laugh, “but never heart disease.”

Determined to avoid a second heart attack, April recently completed the Ornish Reversal Program at St. Jude Medical Center, a nine-week cardiac rehabilitation program with four simple tenants: move more, stress less, gain support and eat healthy (very healthy).

St. Jude Medical Center is one of only two hospitals in the western United States to offer the innovative program, rated the #1 Best Heart Health Diet by U.S. News & World Report for the sixth year in a row. The program is proven to “undo” or reverse the progression of heart disease through simple but powerful lifestyle changes.

“It is about creating wellness rather than just managing illness,” explains Jon Sherman, MD, a board-certified cardiologist and co-medical director of the program. “Instead of trying to avoid another heart event through medications and surgeries, patients are eliminating the root causes of those events.”

The highly successful program includes twice-a-week sessions of intensive lifestyle intervention aimed at dramatically improving heart health: monitored exercise, personalized nutrition (vegetarian, low-fat meals), stress management (restorative yoga and meditation), and the emotional comradery of a support group — individuals who, according to April, quickly become valued friends.

Reluctant at first to make the commitment, April now calls herself a true believer. “I considered myself healthy before, but this program made a huge difference both physically and emotionally,” says April, explaining she feels stronger, more mentally alert, and more energetic since completing the Ornish Reversal Program than before her heart attack.

Research shows that the progression of even severe coronary heart disease — as well as other chronic conditions such as type 2 diabetes — can be stopped and reversed by the program. Stories of healthy weight loss, avoiding surgery, weaning off heart medications, and falling blood pressure and cholesterol levels are common. Equally impressive, one year after the program, 90 percent are still following the lifestyle changes. If you want to live a happier, healthier life, there is no better program,” April explains.

If you have had a heart attack, bypass surgery, valve surgery, angioplasty, stent placement, or other heart condition, call (714) 992-3000, ext. 3789 to learn more about this life-changing program. Its success has prompted some insurance plans to cover it under a new benefit category called intensive cardiac rehabilitation, making it the first of its kind to qualify. There is also a self-pay option for the nine-week program.
Pelvic Health: Leave Your Symptoms Behind

Our expertise in pelvic health is giving women back their quality of life

Pelvic floor rehabilitation: a phrase that a decade ago was almost unknown, yet today is one of the most promising and important areas of women’s health.

Our team of highly-experienced physical therapists specialize in helping women successfully overcome a wide range of pelvic floor issues, from incontinence to pelvic pain.

For some, the symptoms are new, caused by the birth of a baby, surgery or simple muscle weakness. For others, their symptoms — including bladder issues, bowel disorders, pelvic and back pain — have diminished their quality of life for years.

“Whether from embarrassment or misdiagnosis, pelvic floor problems too often go unidentified and untreated, with many women believing they must simply live with it,” says Marina Leontiev, DPT, PT, MHA, who has specialized in women’s pelvic health for 20 years.

The pelvic floor is a combination of muscles, ligaments and connective tissues that support the bladder and other pelvic organs. Weakness or tightness in these muscles, as well as scar tissue and a variety of medical conditions, can create pain or loss of bladder or bowel control. “Symptoms as diverse as back pain and urinary frequency can be successfully treated by restoring strength and balance to the pelvic floor,” Leontiev explains.

One recent convert to the benefits of pelvic floor therapy is Susan Cook, 62, who kept going to her doctor thinking she had a bladder infection before eventually being diagnosed with Interstitial Cystitis (a chronic inflammation of the bladder lining). While the pain would come and go, at its peak it was 24 hours a day.

The active and otherwise healthy Chino Hills resident began individualized therapy to relax hypertensive muscles while strengthening weak ones, which included biofeedback and myofascial release.

“After every session with Marina I felt better with less pain,” explains Susan. “Now I’m back to climbing on the playground equipment with my grandson.”

Linda Nowell, 67, was referred by her doctor to St. Jude’s Pelvic Floor Rehabilitation after a partial hysterectomy and bladder repair, to correct the adhesions and restrictions often caused by scar tissue following a surgery. Her first thought: What in the world is pelvic floor rehabilitation?

“It helped so much, I honestly hated to see the sessions end,” explains the grandmother of three who says she wishes more women understood and took advantage of the benefits of pelvic floor therapy. “I learned so much about keeping my body healthy and strong — and the therapists were not only knowledgeable experts, but very nurturing and compassionate.”

If you suffer from incontinence, pain or pelvic floor disorders, talk to your doctor or call us at (714) 578-8720, visit stjudemедicalcenter.org/pelvicfloor.
The Risks of Untreated GERD

Popping antacids like candy? Approximately one in five Americans develop GERD, the medical name for acid reflux disease, in which acid from the stomach flows up into the esophagus, causing frequent, sometimes daily symptoms.

While heartburn is common, it’s not always present: for some, the signs of GERD include a chronic cough, sore throat, hoarseness, wheezing (often mistaken for asthma), sinus issues or even chest pain — frequently prompting a trip to the emergency department.

If left untreated, acid reflux can scar or damage the esophagus — a condition called Barrett’s Esophagus — which significantly increases the risk of esophageal cancer, explains Eugene Yoon, MD, St. Jude Heritage Medical Group, and Medical Director of GI Services at St. Jude Medical Center.

“Anyone with long-standing reflux should be screened for Barrett’s Esophagus. While the number of esophageal cancer cases remain significantly small, it is the fastest growing cancer in America and offers one of the lowest survival rates,” says Dr. Yoon, explaining that just a decade ago, “watchful waiting” was the only option, followed by a complicated surgery to remove part of the esophagus. “Today, through a minimally-invasive endoscopic technique, we’re able to destroy any abnormal cells before cancer can form.”

Called radiofrequency ablation, this sophisticated technique is among the services that have placed the St. Jude Knott Family Endoscopy Center on a level with select academic research hospitals. By bringing together state-of-the-art technology and experts in their field, the Knott Family Endoscopy Center continues to rapidly advance care beyond the community standard — not only in the treatment of Barrett’s Esophagus but for many of today’s most common GI conditions.

For instance, St. Jude gastroenterologists routinely use a new minimally-invasive technique to remove cancerous polyps within the GI tract, replacing a complicated and lengthy open surgery. An innovative diagnostic technique, called double-balloon enteroscopy, is allowing — for the first time — the endoscopic evaluation and treatment of symptoms originating from the small intestine. And a state-of-the-art minimally-invasive treatment for GERD, in which a flexible bracelet of magnetic titanium beads is placed around the esophagus to support the muscles that form a natural barrier to reflux, is giving patients back symptom-free lives.

“We are one of the few medical centers in Southern California with the expertise and technology to offer this level of care,” says Dr. Yoon, who specializes in several unique procedures, including the endoscopic evaluation of patients with altered GI tracts due to weight loss surgery. “The exceptional outcomes routinely created here are almost unheard of among community hospitals, allowing us to make a significant difference in our patients’ health and quality of life.”

To find a St. Jude gastroenterologist visit us at stjudemedicalcenter.org or call (877) 459-DOCS (3627).
Stop Struggling with Straps and Gaps: How to Find the Perfect Bra

Tuesday, May 10, 6 p.m.

Very few women know how to buy a bra that fits them. The ill-fitting result affects your appearance, comfort and often your posture.

Join us for a light-hearted, but extremely informative class on how to buy a bra specifically for your body type. Learn how to leave behind the bra lines, hunching and discomfort that are an all-too-familiar part of most women’s lives.

Facial Rejuvenation has Never Been Easier

Wednesday, May 18, 6 p.m.

In the last few years, options for improving your appearance, comfort and often your posture.

Join us for an informative class on how to handle legal issues, financial concerns, communication issues within the family, as well as how to reduce stress and prevent burnout. Discover services, resources and support groups that can help you succeed.

Living with Aphasia

Wednesday, June 22, 6 p.m.

Aphasia is a disorder that results from damage to the parts of the brain that control language. Often caused by a stroke, aphasia is an impaired ability to produce or comprehend language — or both. It ranges from difficulty finding words to being completely unable to speak, understand, read, and/or write. Please join Jennifer Even, MS, CCC, and Denise Schwartz, MA, CCC for an informative presentation to learn the five things you need to know about living with Aphasia.

Where to Start in Transforming Your Health

Wednesday, June 29, 6 p.m.

So, what is the best way to create significant improvements in your energy, health and wellness? How can you improve your odds of avoiding conditions ranging from cancer to Alzheimer’s?

Join Susan Cocke, MD, an expert in Integrative Medicine, to learn about the best evidence-based strategies for supercharging your health.

Discover what vitamin and nutritional deficiencies cause brain fog, fatigue, weight gain, allergies and poor immune function — and how to fix it. Learn what acupuncture and nutrigenomics can bring to your health. Find out which common medications create nutritional deficiencies and how to change it.

This not-to-be-missed class will get you started on a path to your very best health.

Pelvic Health: Leaving Your Symptoms Behind

Thursday, June 30, 6 p.m.

Millions suffer from incontinence, urinary frequency, bowel disorders, pain or other pelvic floor disorders that affect every aspect of their lives — physically, socially and emotionally.

Come and learn about the long list of symptoms and issues that can dramatically benefit from pelvic floor therapy. Whether it’s pain (abdomen, vagina, rectum, back, or tailbone) or a bowel or bladder issue, discover that you’re not alone — and why medications and surgery aren’t always the best solution.

From Pilates (a unique pelvic floor strengthening class) to biofeedback and manual therapy, you’ll learn why pelvic floor rehabilitation is so successful at helping women and men regain a healthy and active life, free of embarrassment, pain or limitation.

Helping the Whole Family Eat Smarter and Lose Weight

Tuesdays, 6 – 7:30 p.m.

Attend our Live Smart Family Weight Management class and learn the basics of healthy eating to manage weight and prevent disease at every age. This free class can help the entire family create healthier habits and participants have the option of receiving additional coaching by email, phone or text. Follow-up coaching will offer encouragement and ideas on how to overcome obstacles and successfully implement new approaches to family health and wellness. Class is offered once a month.

Food for Thought: New Dinner Ideas for Your Family?

Tuesdays, 6 – 6:30 p.m.

Come join our registered dietitian as she demonstrates quick, easy and healthy meals and snacks that will have your family asking for seconds. Enjoy samples of each dish and take home some great new recipes. Call (714) 446-5677 for details and RSVP. Cost is $10 per person.

Is Losing Weight on Your To-Do List?

The innovative weight loss program recently recognized by U.S. News & World Report as a “Best Diet for Weight Loss” and “Best Diet for Fast Weight Loss” is available at St. Jude Heritage Medical Group — and has helped hundreds lose anywhere from 20 to 200 pounds. Called HMR Healthy Concepts, the program offers every element needed for success: nutritionally complete meals, vitamin supplements, individualized education, accountability, and if needed, medical supervision. The program also offers a phase 2 to help you keep the weight off once and for all.

Remarkably, after two years, roughly half of those who have completed the St. Jude program are still keeping off an average of 66 pounds — 25 percent of initial body weight (the national average is only 5 – 10 percent).

You’re invited to attend a free orientation and try the program’s great-tasting food; call (714) 446-5154 to sign up or visit our website at stjudeheritagehealthcare.hmrzdiet.com.
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).

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. Thursday May 5
6 p.m. Tuesday June 14
6 p.m. Thursday July 7
6 p.m. Thursday August 11
6 p.m. Thursday September 8

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.
The current and former cancer patients who serve as models for the “A Walk Among the Stars” fashion show may take center stage, but it’s the dedicated committee members who make the event such a stellar success.

More than 700 attendees gathered last November for the 26th annual fashion show and luncheon, which has raised more than $1.3 million over the years to help fund groundbreaking programs, vital services and advanced technology at the St. Jude Crosson Cancer Institute. None of this would be possible without the phenomenal work of the 30 women on the event’s planning committee.

“I became involved after my daughter recovered from brain cancer,” says event chair Salma Bushala-Hamud, who has served on the committee for 18 years. “Last year, I was diagnosed with cancer and chaired the event while I was going through chemo. The event is a day to forget what’s going on in our lives, be happy and celebrate.”

Committee member, former model and breast cancer survivor Peggy Toner adds: “Serving on the committee was a great way to feel camaraderie with other women. Although we were brought together because our lives were touched by cancer, we managed to have a lot of fun.”

Jolene Munson got involved because of the care the Cancer Institute provided her husband, a model at one of the previous events. “The stories we hear from cancer patients are gut-wrenching, but it’s inspiring to be able to make a difference,” says Jolene.

“We know that the best care for cancer patients happens in their own community, where they’re most comfortable,” says David J. Park, MD, medical director of the Institute. “We are deeply grateful for the wonderful work of the committee to raise funds and awareness of the need to invest in the future of cancer treatment here at St. Jude.”

To join next year’s committee, or be added to the invitation list, call Katie Flores at (714) 992-3033.
Congress recently reinstated a law that allows you to make a tax-free gift to St. Jude Memorial Foundation from your IRA, known as the IRA charitable rollover. Donors age 70½ or older are once again eligible to move up to $100,000 from their IRAs directly to qualified charities without having to pay income taxes on the money. This law no longer has an expiration date, so you are free to make annual gifts to a qualified charitable organization from your IRA this year and well into the future.

Here are the details of the legislation:

- You must be 70½ or older on the day of the gift.
- You can transfer up to $100,000 directly from your IRA to one or more qualified charities.
- This opportunity applies only to IRAs and not other types of retirement plans.
- You pay no income taxes on the gift. The transfer generates neither taxable income nor a tax deduction, so you benefit even if you do not itemize tax deductions.
- The gift can satisfy all or part of your required minimum distribution for the year.
- You must not receive any goods or services in return for the rollover gift in order to qualify for tax-free treatment.

If you would like more information on making a donation using your IRA, please contact Carolyn Swanson, director of Gift Planning at (714) 992-3033.

The Rewards of Giving Back

By Mike Hernandez, chairman of the St. Jude Memorial Foundation Board of Directors

I can tell by the wide smiles on their faces that our volunteers at St. Jude Medical Center find their service gratifying. My daughter has. She began volunteering at St. Jude as a high school student and I am proud to say that 15 years later, she still does.

I also volunteer along with 24 others on the St. Jude Memorial Foundation Board of Directors. It is one of many boards and committees on which community members provide service in countless ways — from ensuring the success of fundraising events like the annual golf tournament to guiding our Care For the Poor and philanthropic efforts.

Volunteers serving in the hospital, like Jinan Ziade’, find great satisfaction in many vital, non-clinical roles and give selflessly of their time to ensure a warm and welcoming environment for patients and their families.

In gratitude for the care her father received at St. Jude, Jinan’s family made a generous gift to support the medical center. Still, Jinan wanted to do more. One of her father’s physicians, Raed Ali, MD, suggested that she volunteer at St. Jude as another way to give back.

As Jinan explained, “My father raised me to be of service to others. Becoming a volunteer at St. Jude was simple, and it’s a pleasure to make a difference for patients.”

In just her first few months volunteering, she saw the huge and positive impact that her service made in the lives of our patients. She also enjoys the camaraderie with other volunteers.

Another area where volunteers enjoy camaraderie is the hospital gift shop and Expressions kiosk in the medical plaza which are staffed entirely by volunteers. Over the years, their profits have helped the Guild raise more than $4.5 million in support of the medical center’s mission of providing compassionate care to the community.

“With help to find that special something for a patient, share the joy of new grandparents, or provide encouragement,” says Barbara Myers, gift shop coordinator. “I have been in the gift shop for many years and can honestly say I have received much more than I give.”

Last year, 700 volunteers gave more than 71,000 hours of service in more than 70 departments at the hospital and other facilities. I hope you will consider joining us in this rewarding experience.

For more information on becoming a volunteer, contact Gian Santos at (714) 992-3000, ext. 2878 or Gian.Santos@stjoe.org.
We’re proud to announce St. Jude Medical Center has been named a Magnet® hospital, a prestigious national honor earned by only 8 percent of U.S. hospitals. This award is the highest accolade in nursing excellence that any hospital can receive.

This coveted honor recognizes health care organizations that deliver an extraordinary level of patient care, demonstrate excellence in nursing practice, exceed national standards and benchmarks, and display innovation and leadership in improving outcomes.

“Magnet designation highlights the culture of excellence that is a cornerstone of how we serve our patients and this community,” explained Lee Penrose, president and CEO, St. Jude Medical Center. “It is one of the most difficult credentials to achieve in the health care industry and offers tangible evidence of our staff’s commitment to providing the very best care.”

Independent research shows that hospitals receiving Magnet recognition consistently outperform other facilities, including creating better patient outcomes, shorter lengths of hospital stay, lower mortality rates, and higher recruitment and retention of well-qualified staff. At Magnet hospitals, staff also spends more time at the patient’s bedside and patients report greater satisfaction with their care.

Magnet recognition joins a list of other national honors recently earned by St. Jude Medical Center, including being named an Advanced Comprehensive Stroke Center — a designation awarded to only a handful of hospitals in the state — as well as the highest national rating from the Society of Thoracic Surgeons for the hospital’s outstanding heart surgery outcomes.