

Health Matters

SPRING
SUMMER
2018

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St. Joseph Health 
St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance



The Story of Brian Hong

What can be accomplished with
21 physicians, 34 nurses, 15 therapists
and 1,000 origami cranes



THE STORY OF BRIAN HONG

When Brian Hong was transferred from another hospital to St. Jude Medical Center's Critical Care Unit, he was completely paralyzed, unable to speak or breath on his own, and declining. The 45-year-old father of two had a more severe case of Guillain-Barre syndrome than most clinicians see in a lifetime and with multiple organs affected, Brian's prognosis was poor.

Guillain-Barre is a rare and progressive autoimmune disorder in which the body's immune system attacks and shuts down the nervous system, in Brian's case, moving to every muscle group in the body—eventually reaching his diaphragm and lungs. The Amazon marketing executive had felt tingling in his hands and feet on Christmas Eve and within 36 hours was at his local hospital's emergency department unable to walk or function. As his condition continued to deteriorate, he was transferred to St. Jude's Critical Care Unit (CCU), recently recognized as one of the nation's best.

A team of St. Jude specialists quickly became involved: board-certified intensivists, present 24/7 within the CCU; neurologists were brought in to monitor and address his paralysis; a nephrologist supervised plasma exchange treatments; pain management experts focused on gaining control of his debilitating and overwhelming neuropathic pain, while infectious disease specialists concentrated on his fever and severe pneumonia. Soon, highly-respected rehabilitation medicine physicians and board-certified hospitalists joined the team. At any given time, five or six different specialists could be found surrounding his bed.

Brian's best friend, Yosh, flew in from Singapore to spend nights sleeping next to his bed, while his wife Enya spent each day.

Kimberly Gonzalez, BSN, RN-BC, CCU, was one of his critical care nurses beginning the day he arrived, and despite almost 20 years of experience caring for the sickest and most fragile patients, Brian's condition shocked her. "His body was shutting down and the fluid retention was so severe he was unrecognizable," explains Kimberly, whose credentials include certification in pain management. "He had a tracheotomy, a feeding tube, a ventilator that was breathing for him, and his only form of communication was blinking his eyes." Each letter of the alphabet would be called out and Brian would blink at the correct letter, allowing him to slowly spell out the unbearable pain he was in—and later, the relief he felt.

After a month in the CCU came a month in St. Jude's Step-Down Unit followed by a month in the hospital's Rehabilitation Unit, where the former workaholic underwent hundreds of hours of intensive therapy from physical, occupational, respiratory and speech therapists. Throughout it all, 1,000 origami cranes hung in his room, created by Yosh's young daughters in Singapore—an ancient Japanese tradition to earn the makers a wish.

When he moved his fingers, there was celebrating. And the day he was able to use a speaking valve on his tracheotomy to say "thank you" to Kimberly, there were tears. Kimberly calls Brian "superman" for fighting his way back. But Brian says the credit belongs elsewhere: "Without St. Jude, I would have died. There is no doubt in my mind if I had not been transferred, I would not have survived."

Today, one year later, Brian is telecommuting to his marketing job at Amazon, as well as preparing his boys' lunches, picking them up from school, and taking them to football practice—tasks which a year ago would not have appeared on his to-do list.

"I see the value and joy in small tasks," explains Brian, who says his illness changed him in important ways. "I care about my job, but nothing at work will compare to the love of my family or the importance of my role as a husband and father."

The Cypress resident says he is humbled by the care he received at St. Jude, not just the expertise, but the compassion. "The doctors and nurses didn't simply watch me fight, they fought with me and their emotional investment in my recovery was amazing," he says.

Brian continues to push himself a little more each day with push-ups and light weights—and his next goal is actually jogging a short distance. But he says it's ok if it takes awhile. "I'm happier today than at almost any point in my life."

To find a St. Jude physician, please call (800) 459-DOCS (3627).

A New Era in Cancer Treatment

Targeted therapies bring dramatic new successes

Using the body's own immune system to destroy cancer has been the holy grail for cancer researchers for decades. At the St. Jude Crosson Cancer Institute, the promise of immunotherapies and targeted therapies—designed to help the immune system recognize and kill cancer cells—has moved from the lab to the bedside, with often remarkable outcomes.

Just ask Don Kwart.

In 2013, a colonoscopy revealed the 64-year-old had Stage II colon cancer, and surgery to remove the diseased colon tissue was followed by six months of chemotherapy. While imaging and blood work showed the treatment was successful, several months later, the aggressive cancer had returned and metastasized. More chemotherapy over the next year at first slowed the cancer's growth—and then simply stopped working.

In the past, the failure of surgery and chemotherapy would signal the end of available treatment options. But after genetically profiling Don's cancer, David Park, MD, Medical Director of Oncology Services and a board-certified oncologist with St. Jude Heritage Medical Group, offered a new strategy: an experimental immunotherapy, called Keytruda.

Keytruda targets activity within a cancer cell, activity which permits the cancer to protect itself from an immune system response. By “uncloaking” the cancer cells, Keytruda allows the immune system's T-cells to complete their search-and-destroy mission. The FDA had approved it for melanoma and lung cancer at that time, but not for colon cancer. However, Dr. Park believed the early data looked promising for cancers with the same genetic markers as Don's.

He arranged “compassionate access” with the pharmaceutical company, allowing Don to immediately begin receiving the investigational therapy. Don responded to the immunotherapy almost immediately. “For me, it's been a miracle drug,” says the father of five and grandfather of two. “I feel better than I have in years. I should be the ‘poster child’ for Keytruda.”

Once chemotherapy stops working, life expectancy is typically six to eight months. For Don, that milestone was over two years ago. And if you want to talk to him about it, you'll need to catch him between baseball games: Don's son is one of the high school team's starting pitchers and Don never misses an inning.

Over a year after Don began therapy, the FDA approved the use of Keytruda for any tumor with the genetic feature of deficient



Don never misses an opportunity to watch his son play high school baseball as one of the team's starting pitchers.

mismatch repair (a marker in Don's cancer)—a first in the history of cancer therapy.

“Treating tumors based on their genetic or molecular characteristics—instead of where they are located—is a paradigm change,” explains Dr. Park, who says the number of immunotherapies and targeted therapies doubled last year with many more in the pipeline. “By finding the Achilles’ heel of a tumor, we can maximize the likelihood of success while avoiding therapies that are unlikely to work.”

At the Crosson Cancer Institute, state-of-the-art molecular profiling of tumors is now routine for patients with colon, breast, lung, melanoma, head and neck, pancreas and other cancers—as well as for patients who have experienced a recurrence.

“Immunotherapies and targeted therapies are moving us much closer to a cure,” says Dr. Park, explaining that clinical trials involving immunotherapies alone, or combined with other treatments, are underway at St. Jude for nearly a dozen different cancers. As the hospital's board-certified oncologists aggressively pursue new breakthroughs, St. Jude has participated in several national research trials.

The Crosson Cancer Institute is a member of Precision Oncology Alliance, working with other nationally-recognized cancer centers to advance tumor profiling and research to better diagnose, treat and bring personalized precision medicine to all cancer patients.

For more information, please contact the St. Jude Crosson Cancer Institute at (714) 446-5847.

“The only reason I know I’m being treated for cancer is because I’m driving to the hospital every three weeks. I feel great,” explains Don, a retired aerospace industry sales and production manager, who felt ill for several days after his former chemotherapy treatments. “It’s unbelievable. Every day is a gift.”

THE STORY
OF DON KWART



Why Does Palliative Care Matter?

A life-changing program with a vision for growth



Dorothy Lippman Salovesh, NP, (left) is a member of St. Jude's Palliative Care team providing compassionate support to patients facing difficult diagnosis.

When a 68-year-old patient arrived for his appointment at St. Jude Medical Center, he had been in and out of other hospitals over several months, and was looking for more effective long-term care for his chronic obstructive pulmonary disease (COPD) and other respiratory ailments.

Approached by a nurse practitioner from St. Jude's palliative care team, he and his family were initially concerned: they hoped he would be able to bounce back and walk without a walker, and he definitely wasn't ready for hospice care.

This was a chance to educate this patient and family on what palliative care can

actually do for someone with a serious chronic illness who is not near the end of life.

"Palliative care focuses on quality of life, whether a patient is expected to live for years or months," says Dorothy Lippman Salovesh, NP, senior palliative care nurse practitioner. "It offers an extra layer of compassionate support, whether for

symptom or pain relief, navigation of medical information, management of care at home, or simply emotional comfort."

The team also helps patients create an advanced directive to document short- and long-term health care wishes. This ensures family members have a clear understanding of their responsibility and receive support in decision-making when the patient no longer can.

The benefits of the highly specialized service are immense. Palliative care has been shown to help people feel more empowered to cope with their illnesses, reduce the need for costly procedures and hospitalizations, and even prolong survival.

Better informed about what palliative care could offer, the 68-year-old respiratory patient worked with outpatient palliative care nurse practitioner— Lisa Hanna, DNP, ANP-C, OCN, ACHPN, St. Jude Heritage Medical Group – and his own physician to create a plan to address his shortness of breath, mobility issues, difficulty sleeping and other concerns.

The plan included steps to take when symptoms worsened, in hopes of keeping him at home and out of the hospital—a high priority for this patient and family.

Built on Faith and Foresight

St. Jude Palliative Care Services have been available since 2003, when Dorothy asked the medical center's leadership to launch the program as a nurse consultant service.

"At a time when palliative care services were not common in medical centers, our leadership had the courage to give it a chance, to see how it might work at St. Jude," says Dorothy. "They quickly saw it

was improving patients' quality of life. It was the right thing to do and it has made a meaningful difference."

The program has developed from a single nurse consultant to a team of five full- and part-time nurse practitioners, two RNs, a social worker, a physician advisor and hospital chaplains as needed. It is also in the process of hiring an outpatient medical director and several St. Jude physicians have become trained in palliative medicine.

Why Expansion is Necessary

The demand for palliative care services is growing. Last year, the inpatient team served 1,000 patients. Currently, it serves 1,600 patients and that number is expected to climb.

"With more of our population living with a life-limiting or chronic illness such as cancer, congestive heart failure, or COPD, it is imperative to sustain a comprehensive palliative care program that can support the whole person needs of every patient and family," says Eugene Kim, MD, chief medical officer, St. Jude Medical Center.

Expanding outpatient palliative care services is also a priority. Currently, there is only one outpatient nurse practitioner and one social worker seeing 900 patients each year, 500 of which were new in 2017.

"By enabling more people to manage their pain and other symptoms through consultation, physical therapy, nurse visits, IV fluids, music therapy, or spiritual counseling in the comfort of their own homes, we help them make the most of the time they have remaining," says Lisa.

Community Support is Critical

Palliative care is a life-changing service for St. Jude patients. However, only a limited scope of services is reimbursable by Medicare and Medicaid, making donor support crucial for expansion and sustainability.

In fact, St. Jude hopes to inspire philanthropic gifts for an endowment that will ensure the long-term support and security of the palliative care program.

Donor support would allow St. Jude to:

- Provide dedicated, personalized navigation to more patients and families
- Expand the outpatient palliative care program
- Equip more nurses and caregivers with palliative care training and certification
- Expand community support groups and education on coping with serious illness

"Our team is incredibly caring and enthusiastic. With philanthropic partners and support from the community, we can build a more robust palliative care program that can provide supportive care to each and every patient and family in need of these services," says Dorothy.

To learn more about how you can help, contact the St. Jude Memorial Foundation at (714) 992-3033.

Upcoming St. Jude Memorial Foundation Events

A Walk Among the Stars Fashion Show and Luncheon

Sunday, October 14, 2018

Anaheim Marriott

100 West Convention Way, Anaheim

Support the life-changing care at St. Jude Crosson Cancer Institute while cheering on St. Jude cancer patients and survivors as they show their strength and courage on the runway. More than 700 community supporters will come together for this unforgettable experience that includes a champagne reception, silent auction, luncheon and inspiring fashion show.

It's Your Money!

And It's Your Estate! Workshops

Dates in October 2018

*Fullerton Community Center
and Brea Senior Center*

Get the tools and insights you need to get your affairs in order. Learn how the new tax law might apply to someone in your situation. Admission is free; please register in advance.

To sponsor, attend or donate to any of these events, contact St. Jude Memorial Foundation at (714) 992-3033 or SJMF.Events@stjoe.org.

Follow us at [Facebook.com/StJudeMemorialFoundation](https://www.facebook.com/StJudeMemorialFoundation)

Solving One Of Men's Most Common Health Issues

Difficulty urinating. A sudden, overwhelming need to find a restroom. Frequent nighttime trips to the bathroom. It's a list of symptoms that men with an enlarged prostate, including Jim Stoddard, are all-too-familiar with.

Despite taking three medications for benign prostatic hyperplasia or BPH, the 62-year-old information technology manager's symptoms continued to grow worse. "You're exhausted from waking up every 2 or 3 hours to visit the bathroom, and you're constantly worried about when the next problem will occur," explains the Yorba Linda resident. "It takes too much from your life."

Alan Weinberg, MD, FACS, a board-certified urologist at St. Jude Medical Center, suggested a simple, FDA-approved procedure called UroLift. The second day after the outpatient procedure, Jim was back at the gym, his symptoms were gone and, for the first time in 15 years, he slept through the night. "That feeling of waking up refreshed and rested was amazing," he explains.

Urologists at St. Jude Medical Center are using the minimally-invasive procedure to treat successfully one of the most common issues men face with aging—low or blocked urine flow due to an enlarged prostate—without cutting, heating, or removing prostate tissue. By simply pulling back the tissue that is pressing on the urethra (much like curtain tie-backs), UroLift offers an effective solution that avoids the side effects of other treatments and preserves sexual function.

Dr. Weinberg and St. Jude board-certified urologist Michael Gazzaniga, MD, were both recently designated as a Center of Excellence in the innovative procedure by NeoTract, manufacturer of the UroLift implant. Of the nearly 12,000 urologists across the nation, only a handful have achieved this designation.

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, 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. Gazzaniga, who together with Dr. Weinberg have performed over 300 of the procedures. "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 such as sexual dysfunction or incontinence. UroLift offers a safe, permanent solution, minus the side effects."

To find a complete list of physicians who offer UroLift, please visit stjudemedicalcenter.org/urolift.



Please join us for a free community presentation.

Introducing UroLift:

Giving Men Back Their Quality of Life

July 16, 6 p.m.

Most men over 60 have symptoms of an enlarged prostate—known as benign prostatic hyperplasia (BPH)—which often include frequent urination with hesitant or interrupted stream as well as urinary urgency or leaking. Join Michael Gazzaniga, MD, Eric Tygenhof, MD, and Alan Weinberg, MD, widely respected urologists at St. Jude Medical Center, who routinely performs the outpatient procedure: pulling back the prostate tissue that is pressing on the urethra with tiny permanent stents. The result is a highly-effective, minimally-invasive solution that avoids the side effects of medications and surgery. They will discuss why most men are eligible as well as how the procedure stacks up against other treatment options.

To RSVP, please call (877) 459 DOCS (3627) or visit stjudemedicalcenter.org/healthclasses.

We're Pleased To Announce Some Prestigious New National Honors

Awards aren't the reason we pursue excellence, exceed national standards and benchmarks, or offer life-changing compassion to our patients. But each new honor is a reminder of the unique commitment we bring to caring for you, your family and neighbors.

We want to share with you some of our recent accolades, honors that demonstrate how St. Jude is outperforming community standards and creating some of the country's highest outcomes. *To choose a St. Jude physician, or find out more about our services, please visit stjudemedicalcenter.org.*



We were named one of America's Best Hospitals by the 2018 Women's Choice Award, earning top honors for patient experience, maternity care, cancer treatment, orthopedics, stroke treatment, and breast centers.



Our success in keeping patients safe from preventable harm and errors earned us the top award from the nation's leading patient safety watchdog group, The Leapfrog Group.



U.S. News & World Report recognized St. Jude as one of the nation's highest performing hospitals in nine different specialties, from orthopedics and colon cancer, to heart failure and diabetes.



Our comprehensive inpatient and outpatient rehabilitation services were recognized by CARF (Commission on Accreditation of Rehabilitation Facilities). St. Jude is one of only two facilities in Southern California to receive accreditation in both spinal cord and brain injury, and one of three in the state to receive accreditation in stroke rehabilitation.



Blue Cross and Blue Shield named St. Jude a Blue Distinction® Center+ in a wide variety of areas, including cardiac care, maternity care, and spine surgery. This designation is designed to help consumers identify top performing hospitals in quality and safety.



American Heart Association
American Stroke Association
CERTIFICATION
Meets standards for
Comprehensive Stroke Center

We earned the nation's highest honor in stroke care, becoming one of only a few hospitals in the state to be recognized as an Advanced Comprehensive Stroke Center. Awarded by The Joint Commission and the American Heart Association/American Stroke Association, this award distinguishes our expertise and outcomes as among the very best.



Exceptional care to our most seriously-ill patients earned our Critical Care Unit the prestigious Beacon Award for Excellence. Earned by only 5 percent of California's hospitals, the honor recognizes excellence in clinical practice and the use of today's best evidence-based practices.



We were reaccredited as a Baby-Friendly Hospital, an honor recognizing hospitals that provide optimum, evidence-based care to mothers and babies. Baby-Friendly Hospital Initiative is sponsored by the World Health Organization and the United Nations' Children's Fund.



St. Jude's Pulmonary Rehabilitation Program is among the select programs to be recognized and certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This honor highlights the hospital's commitment to using today's most advanced practices to help restore the health and quality of life of those with chronic lung conditions.

Health Education and Prevention

St. Jude Medical Center offers health education classes to help you and your family live better, longer and healthier. Locations will vary and, unless noted, all classes are free. Space is limited and registration is required.

For information or to RSVP, visit stjudemedicalcenter.org/healthclasses or call (877) 459-docs (3627) unless another phone number is noted.

Advance Care Planning—Your Life, Your Decisions

No RSVP required.

BREA

955 W. Imperial Hwy, Suite 220, Brea 92821
June 7, July 5, and August 2 | 1:30–3 p.m.

DIAMOND BAR

1514 S. Valley Vista Drive, Diamond Bar 91765
June 14, July 12, August 9 | 1:30–3 p.m.

YORBA LINDA

4300 Rose Drive, Yorba Linda 92886
June 21, July 19, August 16 | 1:30–3 p.m.

FULLERTON – ST. JUDE MEDICAL PLAZA

2151 N. Harbor Blvd., 1st Floor, Fullerton 92835
June 28, July 26, August 23 | 1:30–3 p.m.

Talking with your family, friends and your physician about your wishes for medical care at the end of your life is called advance care planning. The best time to start the conversation about the kind of care you'd want if you were in an accident or became seriously ill is now. Let us help you think about the care you'd want, talk to your loved ones about your decisions, choose your advocate and complete an advance directive in this informative class.

Today's Best Approaches to Chronic Pain

June 13 | 6 p.m.

Those suffering from chronic pain often think that just taking pills, or getting injections can cure their pain. Yet research continues to show the importance of a holistic approach that addresses not only the pain, but the emotional, psychological and physical issues it causes.

Join board-certified rehabilitation medicine and pain management expert Fred Nowroozi, MD, to learn how acute pain can become chronic pain, impacting your physical health, emotional well-being and your relationships. Whether you suffer from debilitating headaches, back and neck pain, nerve pain, fibromyalgia or some other form of chronic pain, come learn what's making a difference for others.

Ingredients for Successful Weight Loss

June 20 | 6 p.m.

Studies indicate that the challenge of obesity isn't in losing the weight, but in keeping it off. We've developed

a highly successful, multidisciplinary approach to help you lose pounds and keep them off. Come learn from our wellness, nutrition, stress-management and fitness experts who have worked with hundreds of individuals to achieve life-long health.

Whether you chose a whole foods approach or the convenience of meal-replacements, personalized coaching or group support, this program offers all the ingredients for success.

To register, call (714) 578-8770, or go online to stjudewellnesscenter.org on the Live Well Tab.

Brain Health: Protecting Yourself from Alzheimer's

June 21 | 6 p.m.

New research demonstrates that a "brain healthy" approach to eating—called the MIND diet—can reduce your risk of Alzheimer's disease dramatically.

Join our registered dietitians and board-certified neurologist, Jack Florin, MD, for a highly informative evening about this new brain-healthy plan and how you can use it to help prevent dementia while boosting overall cognitive health. Dr. Florin will also review the newest research about tau protein build-up in the brain and its role in Alzheimer's and damaging brain cells.

Stopping High Blood Sugar... Before it Becomes Diabetes

July 9 | 6 p.m.

Nearly 80 million Americans have prediabetes and fewer than 10 percent are taking steps to prevent or reverse it. Simple lifestyle changes can dramatically impact whether you remain on the road to diabetes and all its health-threatening implications—or whether you make a U-turn toward good health.

Come learn from a registered dietitian and certified diabetes educator about how to use food and physical activity to prevent diabetes and safeguard your health.

Hip Replacement? Never been a better time.

July 11 | 6 p.m.

Surgical techniques and materials used in hip replacement have dramatically improved—minimizing recovery time, and pain—while allowing ever-younger patients to return to an active lifestyle.

Join Joseph Mayo III, MD, a nationally-respected specialist in hip replacement, to hear what's new, what works and what you can expect from today's best hip replacement techniques. One of the first in Southern California to offer anterior hip replacement—a minimally-invasive procedure—Dr. Mayo is a recognized expert in hip replacement and getting people back on their feet.

If you are affected by pain and arthritis in your hip, don't miss this informative evening.

Introducing UroLift: Giving Men Back Their Quality of Life

July 16 | 6 p.m.

Most men over 60 have symptoms of an enlarged prostate—known as benign prostatic hyperplasia (BPH)—which often include frequent urination with hesitant or interrupted stream as well as urinary urgency or leaking. Join Michael Gazzaniga, MD, Eric Tygenhof, MD, and Alan Weinberg, MD, widely-respected urologists at St. Jude Medical Center, who routinely perform the outpatient procedure: pulling

back the prostate tissue that is pressing on the urethra with tiny permanent stents. The result is a highly-effective, minimally-invasive solution that avoids the side effects of medications and surgery.

Having a Baby? We're Here to Help You Succeed.

We offer dynamic and highly informative classes to help you master every area of your new role, from prenatal and prepared childbirth classes, to newborn baby basics and infant CPR.

To increase your confidence and comfort, we also offer hospital tours, sibling and grandparent classes, and highly supportive breastfeeding classes that offer all the information and personalized support you need to breastfeed successfully.

To see our list of classes, please visit stjudemedicalcenter.org/motherbabyclasses

St. Jude Wellness Center Open House

Various dates available

We can help you improve your health—come find out how.

Please join us for a presentation and open house featuring education from our wellness coaches, fitness specialists and other experts, as well as a tour of our facility. You'll learn about the wide range of programs, classes and services that can make a difference in your health—and how we can help you not only personalize your journey to better health, but help keep you motivated and on track.

To register, call (714) 578-8770, or go online to stjudewellnesscenter.org on the Live Well Tab.

Medicare Classes

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) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group – Yorba Linda
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. – Tuesday, July 10
6 p.m. – Thursday, August 2
6 p.m. – Wednesday, September 5

Medicare Benefits

Covered by Medicare? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their 2018 benefits so you can determine the best plan for you. Make your reservation online at stjhs.org/medicare or call (877) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

St. Jude Heritage Medical Group – Yorba Linda
4300 Rose Drive, Yorba Linda, CA 92886
6 p.m. – Thursday, June 28
6 p.m. – Wednesday, July 25
6 p.m. – Thursday, August 23
6 p.m. – Thursday, September 27

Rebalance, Restore and Revitalize

ST. JUDE
WELLNESS
CENTER

No matter where you're starting, we offer a comprehensive list of fitness and wellness services to help you reach your goals. Whether you are coping with a chronic condition, trying to lose weight, or simply ready to take your health to the next level, here you'll find the classes, expertise and support you need to succeed.

We bring together every aspect of good health, from wellness coaching and acupuncture, to innovative approaches to weight loss and nutrition. We also offer a wide range of fitness options, including classes designed to maximize strength and energy, as well as those focused on overcoming specific health concerns.

Choose the services or classes you're most interested in—or get help from one of our experts in designing a personalized wellness program. To get started, call us at (714) 578-8770.

Silver Sneakers Program

As a Silver Sneakers designated facility, members can access our group fitness classes and open gym for free.

Acupuncture

Holistic approaches including needling, acupressure, cupping and essential oils.

Fitness & functional training classes

- Tai Chi
- Yoga (beginning, advanced, restorative yoga, yoga for seniors)
- Dynamic Balance & Mobility
- Young at Heart
- Pilates (mat and equipment)
- Spinning & Cruising
- Barre & Stretch Class
- Personal training
- Kettlebell training
- Basic Training

Fitness programs for specific health concerns and limitations

- Transitional fitness (post-rehabilitation fitness program)
- Balance for Life
- Bone Builder
- Knee Osteoarthritis Fitness
- Parkinson's Fitness
- Arthritis Exercise

Weight loss and nutrition

- Lifestyle 365 (nutrition, stress management and fitness modules to help you put knowledge into practice when it comes to healthy living)
- Comprehensive Weight Management Program
- Nutrition coaching
- Grocery store tours

Wellness coaching

Get help from our Wellness Coaches in designing a wellness plan, staying motivated and overcoming barriers.

Massage therapy

- Swedish, sports and prenatal massage
- Oncology, manual lymphatic drainage massage

Stress management

- Yoga and Meditation classes

Visit us at stjudewellnesscenter.org or call (714) 578-8770 to learn more about our programs and services, including a complete schedule of classes, times and fees. We are located in the St. Jude Centers for Rehabilitation and Wellness at 2767 E. Imperial Hwy, Brea 92821

Ready to become a member?

No membership is required to benefit from any of our programs and services, but each level of membership—gold, silver or bronze—brings unique benefits. Call us at (714) 578-8770 to learn more.

Our premier Gold Membership offers:

Navigation Visit: Start with a personalized evaluation with your Wellness Coach, who will help you design a unique wellness plan based on your goals, needs and lifestyle.

Body Composition Analysis: Monthly body composition analysis will offer far more effective tracking of your health than a scale. This biometric data on your metabolism, fat distribution (including any unhealthy fat levels around your internal organs), and muscle imbalances, allows you to choose the most effective nutrition and fitness strategies for your body.

Lifestyle 365 Modules: Choose two six-week modules that meet your specific needs, from

nutrition and stress management, to fitness based programs.

Wellness Coaching: Two wellness coaching appointments will help you stay motivated and on track, keep you accountable, and offer strategies and tools for overcoming barriers and obstacles.

Personalized Fitness: Meet with a personal trainer to develop exactly the right fitness plan.

Gym & Group Fitness Classes: Participate in any of our group fitness classes, as well as work out independently in the gym.

Gold members also receive an additional 20% off all other services, from acupuncture and massage to our unique weight loss programs.

ST. JUDE MEDICAL CENTER
Attn: Public Affairs Department
101 E. Valencia Mesa Dr.
Fullerton, CA 92835

stjudemedicalcenter.org and stjudewellnesscenter.org
facebook.com/stjudemedicalcenter

The medical information contained in this newsletter should not
be substituted for the advice from your personal physician.

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MEDICAL CENTER

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and leave your name and complete address as it appears on the mailing panel.

Three National Awards. One Group of Orthopedic Experts.



At St. Jude, our nationally-respected St. Jude Heritage Medical Group orthopedic surgeons are at the forefront of creating better solutions for knee, hip, shoulder, foot, ankle and hand pain—from innovative therapies to restore strength and movement, to new minimally-invasive surgeries.

We are recognized by U.S. News & World Report as one of the country's top performing hospitals in hip and knee replacement and orthopedics, and by the Women's Choice Award as one of America's Best Hospitals for Orthopedics.

In addition, St. Jude Medical Center and St. Jude Heritage Medical Group recently received advanced certification from The Joint Commission for total hip and knee replacement, the highest distinction available from the country's premier health care accrediting body. St. Jude is one of only 62 hospitals in the nation and eight hospitals in California to meet the designation's quality requirements.

Three different awards but just one conclusion: if you need expert orthopedic care, there is no better place. To find a board-certified orthopedic expert in knee, hip, hand and wrist, shoulder, or foot and ankle, please call **(714) 626-8630** or visit stjudemedicalcenter.org/find-a-doctor.



St. Joseph Health 
St. Jude Medical Center
A member of the St. Joseph Hoag Health alliance