WORKING TOGETHER TO SAVE LIVES

World-Class Cardiovascular Center of Excellence for the South Bay Community
HEART TO HEART CAMPAIGN TEAM: (l to r) Dr. Rishi Kaushal; Dr. Ronald Ruby; Mary Kingston, Chief Executive, Providence Little Company of Mary Medical Centers San Pedro and Torrance; Dr. Jashdeep Dhoot; Dr. Michele Del Vicario; Dr. John Armato; Ryan Linder, Director, Cardiovascular Services; Dr. Nazanin Azadi and Sean Armstrong, Heart to Heart Campaign Chair.
A WORD FROM OUR CHIEF EXECUTIVE & FOUNDATION CHAIR

The Providence Little Company of Mary Foundation Board, Executive Team and physicians are delighted to present this update on the cardiovascular program in the South Bay and the Heart to Heart fundraising campaign which is supporting its growth. The Cardiovascular Center of Excellence includes physicians in cardiothoracic surgery, cardiovascular intervention, cardiologists, electrophysiologists, general medicine, cardio-anesthesiologists and intensivists. All of these professionals work along with nurses and technicians in the operating room, intensive care unit, emergency department, medical surgical unit and catheterization lab. The team also includes respiratory therapists, pharmacists, care managers, rehabilitation specialists, social workers and administrative leadership. Our cardiovascular patients have contact with with almost every element of the community, hospital and post-acute care settings.

This report features information about the comprehensive array of cardiovascular and cardio-metabolic services we currently offer that have led to exceptional patient outcomes, and it details the major improvements we have planned for the future.

The central lesson of our collaborative efforts to advance our cardiovascular services is clear: with intentional, sustained and innovative interdisciplinary effort amongst our team, which includes patient and family advisors, significant improvements are possible. Being named a Truven Top 50 Cardiovascular Hospital in 2015 reinforced this, as did the U.S. News & World Report recognition of Providence Little Company of Mary Medical Center Torrance as “High Performing” in the treatment of heart failure for 2016-2017.

We are not done yet!

Through the generosity of our Foundation Board and visionary philanthropists, our Cardiovascular Center of Excellence continues to grow, advance in state-of-the-art technology and successfully achieve remarkable results. On behalf of our patients and families—who are the center of our work and benefit the most from this support—thank you all!

Over the last five years we have developed an aspirational vision for the Cardiovascular Center of Excellence—to strive for perfection in our compassionate care and clinical expertise. With Foundation and community support, we have moved closer to that goal.

IN GOOD COMPANY

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We are grateful for the charitable support we receive from our friends in the community. If you wish to no longer receive any communications from the Foundation, please let us know by calling 310-303-5340, emailing CAFoundation OptOut@providence.org or writing to Foundation Operations, Providence Little Company of Mary Foundation: 4101 Torrance Blvd., Torrance, CA 90503. Please allow four to six weeks to honor this request.

MARY KINGSTON RN, FACHE
Chief Executive, Providence Little Company of Mary Medical Centers San Pedro and Torrance

SEAN ARMSTRONG
Chair, Board of Trustees, Co-Chair, Heart to Heart Campaign
Cardiovascular excellence is something that South Bay residents have been accustomed to having close to home for decades. For as long as Providence Little Company of Mary Medical Center Torrance has been setting standards in heart care for Southern California, no one from the South Bay has needed to travel elsewhere to obtain high-quality cardiovascular care. In fact, people from around the country travel here to access services. As evidence of its world class ranking, U.S. News & World Report has recognized Providence Little Company of Mary Medical Center Torrance as “High Performing” in the treatment of heart failure for 2016-2017.

Now the Heart to Heart Campaign is taking another step forward and raising funds for the Cardiovascular Center of Excellence that will build on the notable past achievements of Providence Little Company of Mary Torrance while ensuring that the hospital remains a pioneer in superior heart-health care. Upgraded facilities will provide state-of-the-art equipment for making diagnoses; innovative treatment options and rehabilitation services and leading-edge technology will be utilized by some of the nation’s most accomplished physicians.

The Heart to Heart Campaign is not the first time the hospital has taken steps to provide excellence in cardiovascular care. Since 1966, when the late Steve Liu, MD, a cardiologist on staff at the community hospital and a renowned professor at Harbor-UCLA Medical Center, suggested improving the program with a catheterization lab, the Cardiovascular Center has been setting the bar for high-quality care.

When Sister Terrence Landini, LCM, came to Providence Little Company of Mary Torrance as director of nursing in 1966, she helped Dr. Liu develop the cardiac program. The four-bed Coronary Care Unit (CCU) expanded to 15 beds as the program grew. There was a defibrillator next to each patient bed—unusual when most hospitals had to roll large equipment into the patient’s room during emergencies.

This legacy of the past continues to expand into the future with the Heart to Heart Campaign for the Cardiovascular Center of Excellence.

“We decided early on that cardiac care would be our center of excellence and that we would provide the best possible care with the medical and nursing staff, and the support services we have in the area, so patients and their families would feel comfortable,” Sister Terrence says. “It continues to be a need that we feel we must meet.”
A Campaign to Save More South Bay Lives

The dream of a Cardiovascular Center of Excellence inches closer to reality

Providence Little Company of Mary Medical Center Torrance’s Heart to Heart Campaign, the outcome of years of envisioning the needs of the community for the next generation, is focused on ensuring South Bay residents will always receive some of the best preventive, chronic and emergency cardiac care in the nation, right in their home community. The $35 million fundraising campaign, which is already over 30% of the way to its goal, aims to match Providence’s world-class physicians and surgeons with a world-class facility.

Prevention of heart disease is a fundamental focus of the Cardiovascular Center of Excellence. Early detection and intervention can help to impede or halt cardiovascular disease. Renovations will allow the Center to immediately accommodate 25% more patients, enabling it to manage an imminent 12-15% increase in patient demand projected over the next five years—driven largely by aging baby boomers.

Simply put, this is about saving more lives right here in our backyard. Providence Little Company of Mary Torrance has a rich history of delivering leading-edge cardiac care. Heart to Heart is part of our mission to plan ahead and to always deliver the most advanced care possible.”

—Dr. Michele Del Vicario

By 2018 every member of the nation’s largest generation will be 55 or older – the age when the risk for heart disease is greatest.

1 in 5 people in the South Bay are already 55 or older.
Heart to Heart Campaign Elements:

<table>
<thead>
<tr>
<th>Element</th>
<th>Cost</th>
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<tbody>
<tr>
<td><strong>AN EXPANDED ELECTROPHYSIOLOGY LAB</strong></td>
<td>$4,410,000</td>
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<tr>
<td>Used to diagnose and treat patients with irregular heartbeats</td>
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<tr>
<td><strong>HEART CATHETERIZATION ROOMS (3)</strong></td>
<td>$9,800,000</td>
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<tr>
<td>For advanced visualization of the heart and emergency treatment</td>
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<tr>
<td><strong>OTHER ADVANCED TECHNOLOGY</strong></td>
<td>$13,370,000</td>
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<td>To provide the most current and leading-edge care</td>
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<tr>
<td><strong>ANGIOGRAPHY RECOVERY UNIT</strong></td>
<td>$1,950,000</td>
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<td>To expand the existing pre- and post-procedure care</td>
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<tr>
<td><strong>A HYBRID OPERATING ROOM</strong></td>
<td>$5,470,000</td>
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<tr>
<td>A high-tech environment for minimally invasive and complex surgeries</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>$35,000,000</td>
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Through **LIFESTYLE CHANGES** like smoking cessation, healthy eating, exercise, and managing diabetes, blood pressure and stress, you can greatly reduce your chance of heart disease.
IN MEMORIAM
HARLYNE NORRIS

Harlyne Norris, beloved mother, grandmother, philanthropist and longtime friend of Providence Little Company of Mary Medical Center Torrance, will be deeply missed by everyone she touched.

The name Norris is omnipresent in the Los Angeles area because of the many charitable gifts given by the Kenneth T. and Eileen L. Norris Foundation. Harlyne took over as chair of the Foundation when her second husband, Kenneth Norris Jr., passed away in 1997. Harlyne died in July at the age of 83. She is survived by three children from her first marriage (to Gene Frank Martin)—Lisa Hansen, James Martin and Kimberley Presley—several grandchildren and one great-granddaughter.

In the South Bay, Norris lent her name to the Palos Verdes Performing Arts’ Harlyne J. Norris Pavilion. The 14,000-square-foot center was founded with a $1 million gift from the Norris Foundation. Among the other buildings named for the Norris family are the Kenneth T. Norris Jr. Comprehensive Cancer Center and Hospital at the University of Southern California’s Keck School of Medicine, The USC Norris Medical Library, the USC Eileen L. Norris Cinema Theatre and the USC Norris Dental Center.

In 2008, USC awarded Harlyne an honorary doctorate in recognition for her generosity and leadership as a trustee.

In addition to Harlyne’s and the Norris Foundation’s financial support through the years, Providence Little Company of Mary Medical Center Torrance was also fortunate to benefit from Harlyne’s hard work and first-rate philanthropic experience when she assumed the role of Honorary Chair of the Heart to Heart Campaign in 2015.

Norris, who credited Michele Del Vicario, MD, chief of cardiology at Providence Little Company of Mary Torrance, with saving her life at one time, said this about the hospital and Dr. Del Vicario: “I truly believe in [supporting the hospital] because I’m a very grateful patient. You saved my life once. I am happy to support your cause.”

HEART FACTS

ONE MILLION people are hospitalized with congestive heart failure every year;

85% have a history of heart attack.

CARDIOVASCULAR DISEASE ACCOUNTS FOR MORE THAN 17.3 MILLION DEATHS PER YEAR WORLDWIDE, A NUMBER THAT IS EXPECTED TO GROW TO MORE THAN 23.6 MILLION BY 2030.

More than 75% of emergency room admissions are for cardiac care.
The Heart To Heart Campaign, a bold $35 million fundraising effort to create a world-class Cardiovascular Center of Excellence at Providence Little Company of Mary Medical Center Torrance, has attracted donors large and small.

Take for example, the grateful patient who walked into the office of cardiologist Michele Del Vicario, MD, and said “I’m going to give you a million dollars.” That served as the campaign’s seed money. However, Dr. Del Vicario says the Foundation has raised nearly $12 million of its goal so far the good old-fashioned way—by lots of different people chipping in various amounts.

“I feel personally just as grateful to the person who writes a check for $100 as I do for $1 million because I realize that people are able to give at very different levels. The very fact that someone is giving at all means they support our effort to save lives here in the South Bay,” says Dr. Del Vicario.

Heart disease is the nation’s number one killer. Having immediate access to world-class cardiac prevention and treatment is hands down the best way to keep an aging community in good health. The Cardiovascular Center of Excellence will make possible some of the region’s most leading-edge cardiac care. And this speaks to people.

Most people donate, says Dr. Del Vicario, who along with wife Paula also became Heart to Heart Campaign donors, because they want this top-quality cardiac care in their own backyard. “Paula and I have lived in this community since the late 1970s. We have so many neighbors, colleagues and friends. When we give, we think of them. The next life we save could be any one of them—or it could even be ours.”

Another good reason for philanthropy: donors know they are a part of something important. “Little Company of Mary has made a commitment to help everyone, especially the poor and vulnerable,” says Dr. Del Vicario. “When you walk into our hospital, there’s a different atmosphere than most hospitals. This is a place where everyone is respected and cared for. Donors sense this and they want to be a part of it.”

In fact, the more people give the better they feel. Even the patient who gave the original donation has recently come by with another donation check. “It makes perfect sense,” says Dr. Del Vicario, “because giving is great for the heart.”
Ninety-year-old Carol Pike Bauer gets a kick out of the nickname her two daughters have given her. “I had two knee replacements, and now with the TAVR, my daughters call me the ‘Bionic Mom,’” says the Bronx native. “I tell you, modern medicine is just amazing.”

After tests showed the flow of blood dangerously constricted to her heart’s aorta, Bauer’s doctor told her the worsening condition was likely to end her life within years. In January, she opted to undergo a transcatheter aortic valve replacement, or TAVR, procedure to replace the faulty valve.

Bauer didn’t have to leave her hometown to get world-class cardiac care. It’s available right in her own backyard at Providence Little Company of Mary Medical Center Torrance—one of the nation’s top 50 cardiovascular hospitals, according to Truven Health Analytics.

TAVR is a revolutionary procedure that allows doctors working in a catheterization lab to repair a faulty valve without opening up the chest. Instead, they work through the femoral artery in the groin or a small incision in the chest, watching their progress via X-rays and echocardiograms. First they place a collapsible replacement valve through a catheter into the old valve, similar to placing a stent in an artery. Once the new valve is expanded, the old valve is moved out the way and the new valve takes over the job of regulating blood flow.

“It’s quite amazing how it’s done,” says Bauer, a chemical engineer who worked with computer hardware and software before spending 15 years as a weight engineer for McDonnell Douglas. “The world is changing so fast, I’m panting to keep up with it.”

But seriously, Bauer felt great when she woke from the minimally invasive surgery and stayed just three days in the hospital—a day longer than usual because her potassium levels had dropped and the doctors wanted to bring them up.

The FDA initially approved TAVR for people considered “high-risk.” That is those who are too sick.
that TAVR may be extended to invasive techniques. Plus it’s likely to tricuspid valves using minimally invasive techniques. With this, Rishi Kaushal, MD, the interventional cardiologist who performed Bauer’s procedure, expects the number of TAVRs done at Providence Little Company of Mary Cardiovascular Center to double in the near future.

**CARDIAC CARE FOR THE FUTURE**

TAVR is just one of the many leading-edge techniques and technologies used by the hospital’s interventional cardiologists—who Dr. Kaushal likens to “plumbers of the heart”—to identify and open up blockages throughout the cardiovascular system. His field is advancing so quickly that doctors are now using the third iteration of an artificial aortic valve, a fully absorbable stent that allows them to replace not just the heart’s aortic valve, but also the mitral and tricuspid valves using minimally invasive techniques. Plus it’s likely that TAVR may be extended to patients at all risk levels within a few years, making open-heart surgery for this condition even less likely in the future.

Patients with multiple blockages or other complex heart conditions receive expert care from the medical center’s cardiothoracic team, which performed about 250 surgical procedures in 2015. Led by Li Poa, MD, chief of cardiac surgery and medical director of cardiovascular and thoracic surgery services, members of the center’s team were the first to use such surgical advances as the Perceval sutureless aortic heart valve, Heartstring and PAS-port technologies, minimal access surgery, robotics, and other leading-edge technologies. Today the team performs a significant percentage of surgeries without opening up the chest or the need for a heart-lung machine.

Indeed, cardiac advances make it possible for doctors to keep deteriorating hearts beating.

**Every patient is different, and understanding the patient and their goals helps us to provide tailored therapeutic options to each patient. I think that’s what sets us apart from other hospitals.”**

and pacemakers the size of the tip of a typical person’s pinky. In the coming years, he expects that interventional cardiologists will be able to replace not just the heart’s aortic valve, but also the mitral and tricuspid valves using minimally invasive techniques. Plus it’s likely that TAVR may be extended to patients at all risk levels within a few years, making open-heart surgery for this condition even less likely in the future.

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Indeed, cardiac advances make it possible for doctors to keep deteriorating hearts beating.
Nowhere is that more important than in cardiothoracic surgery, according to Dr. Poa, who emphasizes the critical nature of personalized care for patients both before and after surgery.

“At Providence Little Company of Mary Torrance, we are in tune with how the fabric of the patient and family interweaves with the medical procedure,” says Dr. Poa. “You’ll miss things if you don’t meld those well. This is especially important in cardiac surgery where 75% of complications can be prevented before surgery.”

The coordination of care, communication among staff and attention to detail are hallmarks of post-surgical care at Providence Little Company of Mary Torrance. For example, after open-heart surgery, patients typically recover through a standard flow of events. But that doesn’t mean every patient has to or should follow the same pattern.

“The majority of patients do quite well with this flow,” Dr. Poa says. “But our exceptional attention to detail, by everyone interacting with the patient, is so important to knowing if a patient falls off the flow or if there’s a reason a patient should not follow the flow. That level of personalized care and attention to detail is what’s important for managing those patients.”

Dr. Poa puts the patient front and center and replaces cookie-cutter approaches with patient-centered care.”

Little Company of Mary Torrance. For example, after open-heart surgery, patients typically recover through a standard flow of events. But that doesn’t mean every patient has to or should follow the same pattern.

“In Good Company” spoke with Bauer, a grandmother of two and great-grandmother to a 7-year-old who dreams of becoming a professional soccer player. “Every time I’d try to get up, she’d point at me and say, ‘Sit!’”

When In Good Company spoke with Bauer, she intended to spend the evening continuing a Star Trek marathon on Netflix. She couldn’t resist cracking one last joke: “Maybe Trekkies do well with TAVRs—you know, we ‘live long and prosper.’”

continues to live alone. They had a hard time keeping her down.

“I have one daughter who has a house full of cats and dogs,” says Bauer, a grandmother of two and great-grandmother to a 7-year-old who dreams of becoming a professional soccer player. “Every time I’d try to get up, she’d point at me and say, ‘Sit!’”
U.S. News & World Report has recognized Providence Little Company of Mary Medical Center Torrance as “High Performing” in the treatment of heart failure for 2016-2017. The Best Hospitals ranking, now in its 27th year, helps patients know which hospitals provide outstanding care across 25 specialties, procedures and conditions. Scores are based on a variety of patient outcomes and care-related factors, such as patient safety and nurse staffing. Hospitals are ranked nationally in specialties and regionally in states and major metro areas.

A hospital’s heart failure score is based on multiple data categories, including patient survival, the volume of surgeries performed and more. Hospitals received one of three ratings—high performing, average or below average—unless they treated an insufficient number of patients to be rated. Hospitals that earned a high-performing rating were significantly better than the national average.

Providence Little Company of Mary offers a comprehensive education program for patients with heart failure, focusing on nutrition, fitness and guidance about how to stay on prescribed medication to avoid hospitalization.

In addition to the accolades from U.S. News & World Report, Providence Little Company of Mary Torrance has also been a five-star recipient for many heart-related treatments from Healthgrades, a leading online resource for information about physicians and hospitals. The medical center achieved five stars in 2016 for treatment of coronary bypass surgery and defibrillator procedures. The hospital has also been a five-star recipient for two years in a row (2015-2016) for treatment of heart attack; three years in a row (2014-2016) for treatment of heart failure; and three years in a row (2014-2016) for pacemaker procedures.

We at Providence Little Company of Mary Medical Center Torrance are honored by these accolades and as our Heart to Heart Campaign builds on the first-rate heart disease treatment we have always offered, we anticipate more awards in our future.
What less well-known risk factors for heart disease should women be aware of?

Having a family history of heart disease, being postmenopausal, smoking and having high blood pressure, unhealthy blood-fat levels or diabetes are all important risk factors, as are being overweight and inactive.

But newer research is uncovering some less-traditional risk factors that are specific to women. These include certain autoimmune disorders, such as rheumatoid arthritis and systemic lupus erythematosus, as well as two medical conditions that sometimes occur during pregnancy. One is gestational diabetes and the other is preeclampsia, a complication that causes very high blood pressure. Women who experience these conditions when
they’re pregnant have an increased risk of developing heart disease much later in life.

Our new understanding of the nontraditional risk factors that primarily apply to women is telling us that heart disease is not gender or age specific. More and more women are being affected by heart disease at younger ages, which may be due to not only those factors just mentioned, but to breast cancer treatments, depression and others.

**Women often don’t realize they are having a heart attack, so they don’t seek immediate medical attention. Why is this?**

The warning signs of a heart attack are often different for women than for men. For both genders, the most common one is pain or pressure in the left side of the chest. But women often present with atypical symptoms, such as pain in the upper abdomen or back; nausea or indigestion; or dizziness, lightheadedness or fainting. In addition, studies have shown that many women experience unusual fatigue for several weeks prior to having a heart attack.

**What are some of the less-familiar types of heart disease that often affect women?**

Broken-heart syndrome [aka Takotsubo cardiomyopathy] is a sudden heart muscle dysfunction that is frequently seen in women. It is prompted by an unusually stressful event, often an emotional one. These patients have electrocardiogram changes and often even blood tests that are suggestive of a heart attack, but their coronary arteries will be normal. Ultrasound can reveal the diagnosis. Patients generally experience complete recovery of their heart muscle function, although this may take weeks to months.

Coronary microvascular disease [aka small artery or small vessel disease] is also more prevalent in women, especially younger women. It involves damage to the inner walls of the heart’s smallest arteries, leading to decreased blood flow to the heart muscle. This can cause chest pain and fatigue during normal daily activities. Therapy involves similar medications as those used to treat disease of the larger arteries, including statins, beta-blockers and ACE inhibitors. Unfortunately microvascular disease is often underdiagnosed and ignored in women, leading to worse outcomes.

Another condition that often affects women of all ages is peripheral arterial disease (PAD), which causes a narrowing of arteries most commonly in the legs. Early symptoms include pain or cramping with exertion. Both PAD and the coronary artery disease that causes heart attacks are caused by atherosclerosis or blockage of the arteries by plaque, and people with PAD have a higher risk of heart attack and stroke. Smoking as well as the other traditional risk factors for heart disease play an important role in its development, but lifestyle changes including diet and exercise can help greatly.

### Are the newest heart disease testing, treatment and prevention options different for women than for men?

Most of the testing options are the same for men and women, but often traditional treadmill stress tests have a higher false-positive rate in women. Additional imaging tests may assist in making the right diagnosis. The latest treatment advances, such as nonsurgical valve replacements and absorbable coronary stents, are appropriate for both men and women.

As for prevention, healthy lifestyle habits including diet and exercise can go a long way for women as well as men. Women need to know and understand not only their traditional risk factors, such as family history or smoking, but also any nontraditional ones they might have.

Unfortunately women are less likely to receive recommendations for medical therapy to prevent heart disease, as well as diet and exercise advice. Women with high blood pressure are less likely than men to have theirs well controlled, and women with high cholesterol are less likely to be prescribed lipid-lowering therapy. This is especially true for women with diabetes, a high-risk group. And 55% fewer women than men attend cardiac rehabilitation programs after a heart attack.

Early detection is key, so women need to address their risks with their primary care physicians or cardiologists and speak up if they have symptoms. And as physicians, our responsibility is to recognize women as being at risk for heart disease and to address that at their yearly visits.
Doctors at Providence Little Company of Mary Medical Center Torrance aren’t satisfied to just treat heart disease, they also want to prevent it.

Written by Victoria Clayton

Ron Ruby, MD, FACE and John Armato, MD, of Providence Little Company of Mary Torrance Medical Center can see your health future. Well, sort of.

In 2008 Dr. Ruby, an endocrinologist, and Dr. Armato, an internist, partners for over 20 years, began work on Robust For Life, a program aimed at alerting patients to cardiovascular and metabolic disease years—sometimes even a decade—before anyone would typically be aware of a problem. After translating the scientific information from medical conferences where researchers unveiled leading-edge science that could be used in the clinical setting to warn and treat patients well before disease occurs, they began to develop their own program.

“We realized that there could be profound clinical applications to this latest research and that if we didn’t go forward with it, we weren’t serving our patients well,” says Dr. Ruby.

But first the doctors did their own research. They screened more than 1,600 patients and attempted to use the information gained to identify at-risk patients. They were looking for the imbalances—often missed or ignored by other routine medical testing—that showed early indications or preconditions consistent with diseases such as prediabetes/diabetes, heart disease, fatty liver disease and more.

The two joined with esteemed academic researchers to publish their findings in journals such as Endocrine Practice, Diabetes Care and Atherosclerosis. Results were provocative. “From our data, we’ve determined we may be able to prevent up to 80% of the people who might develop diabetes from getting the disease,” says Dr. Ruby.

The doctors found that about one-third of their research patients were moderately abnormal, about 27% profoundly abnormal.
abnormal and 6% had full-blown diabetes but were not aware of it. They defined “abnormal” differently than it has been traditionally defined.

“With our more precise testing and analysis, we can determine if a patient is making more insulin than should be necessary,” says Dr. Armato. Requiring too much insulin to control blood sugar isn’t picked up even on the hemoglobin A1C test, the gold-standard blood test for prediabetes and diabetes diagnosis. Why? Because A1C looks solely at whether the body is controlling blood sugar over a period of time. A patient isn’t officially prediabetic/diabetic until he or she isn’t controlling blood sugar.

Beta cells produce insulin, which controls blood sugar. Cells which are poorly responsive to insulin, medically called insulin resistance, represent a sign of what might become a serious health problem. Insulin resistance can lead to beta cells that are “overworked,” ultimately failing, and hence the patient becomes diabetic. For patients at risk of diabetes, their tests document the amount of insulin resistance present, the appropriateness of a patient’s beta cell response and how well blood sugar is controlled, according to Dr. Armato. Identifying this stage of prediabetes may allow an individualized plan to delay or reverse this process.

“There are some people who have completely normal blood sugar on a glucose tolerance test, for example, but they require five to 10 times the insulin to accomplish this. That means they are profoundly insulin resistant, their beta cells are working like mad just to keep up, but traditionally this wouldn’t be picked up or treated,” he says.

**Knowing When to, and When Not to, Intervene**

The moderate-to-profoundly-abnormal patients—about two-thirds of all the patients the doctors studied—represent prime targets for intervention. The doctors discovered these patients have a chance to reverse their conditions with a combination of lifestyle changes and medication so they never get diagnosed with prediabetes, let alone diabetes. Diabetes is linked with other deadly diseases such as heart disease, high blood pressure and stroke. On the other side of the spectrum, Drs. Armato and Ruby determined in their research that they could also safely rule out a full one-third of the patients. That is, they could tell these patients to go home and keep doing what they’re doing.

The doctors say this approach to preventing heart disease also potentially outshines what’s traditionally practiced. They say a full 40% of family history and lifestyle. Only after that do they determine if you’re a candidate for more testing, which could include blood and urine tests or ultrasound procedures. Both the testing and the treatments are affordable and usually covered by insurance. Only one test—an advanced cardiac test—is not typically covered by insurance. That test runs a patient about $350. All the tests look for the body’s ability to regulate energy, inflammation and a variety of other markers that tip off the doctors to future cardiovascular and metabolism problems.

Treatment plans range from doing nothing to combinations of lifestyle and medication regimens, such as statins for cholesterol or drugs typically used for diabetics.

“If we have a patient who we think could benefit from medication but wants to try lifestyle changes first, we try those and see if they work,” says Dr. Ruby. The point is to offer individualized assessments to create preventive strategies.

The doctors look forward to expanding Robust For Life when it moves in 2018 to the Providence Advanced Ambulatory Care Center complex under construction at Torrance and Palos Verdes Boulevards. This program adds a crucial preventive component to all of the cutting-edge treatment supported by the Heart to Heart Campaign.

For now they are continuing to treat more and more patients with this innovative preventive approach, and they are focusing their efforts on bringing the program to health care professionals worldwide.

“We’re committed to eliminating that moment when someone says, ‘Oh my god, did you hear what happened to so and so?’” says Dr. Ruby.

Dr. Armato puts it another way. “Quite simply, we want to change the health care world.”

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**From our data, we’ve determined we may be able to prevent up to 80% of the people who might develop diabetes from getting the disease.”**
The first thing you notice about Kori Clausen is how busy she is—how she’s usually doing two or three things at once. Running a restaurant, raising four daughters solo, managing events or volleyball tournaments and teaching yoga classes requires that she juggle many balls. Even so, she manages to pause and chat with most who come into Four Daughters Kitchen (4DK), her north Manhattan Beach eatery. Another remarkable trait about Kori is that you will rarely hear her complain. At the most, she may laugh at how much is on her plate and shrug like, “What can you do?”

For a master juggler, Kori does not appear as frenetic as some working parents can be. Most people who meet her today would never guess that her world came crashing down two years ago. Her fit and charismatic husband, Clint, had a massive heart attack and died suddenly while on a family vacation. The 44-year-old former UNLV basketball player, volleyball and surfing enthusiast had a hidden condition that could have been treated if detected with an advanced heart screening. [See sidebar.]

Two years after her husband’s death, Kori finds herself on a mission to do two things: first, to live a good life filled with gratitude and not sweat the small stuff and second, to let people know about the importance of heart screenings so no one else will have to endure such a tragic loss.

Clearly Clint was not a man anyone would expect to die of a sudden heart attack. The signs a few days before his death weren’t alarming, including a slight shortness of breath and a few headaches. The autopsy, however, found that both of his arteries were clogged and that he had an enlarged heart. If they had known what to look for, Kori is convinced her husband would be alive today. This is why she is so passionate about helping others.

“If I can do anything to get people to go in and have an advanced screening, I will,” Kori says, before segueing into talking about the annual 4DK Fours Volleyball Tournament to raise awareness for heart screenings.
“I know for a fact if he would have had that [advanced screening] done, either the large heart or the 90% blocked artery would have shown up and he would be here today,” she says matter-of-factly. Despite how sad the story of Clint’s death is, Kori has a message for you: Life is good. Her husband loved and cherished their daughters: Hailey, 14, Leila, 12, Sophia, 10, and Sloan, 8.

**Life Goes On**

Kori also wants to spread the message of just how important gratitude is for one’s health and how miraculous life can be. Since Clint died, Kori has never been more grateful for this community and she no longer worries about insignificant things or lives in fear. That is the silver lining to this horrible story. Kori is grounded in what really matters in life: family, friends, love and a supportive community. Just step into Four Daughter’s Kitchen. You’ll feel it.

“I love what this place has become,” Kori says. “It has such a great community vibe and I’m surrounded by heartwarming friends all day.”

What’s ironic is that Kori didn’t love the restaurant two years ago—her husband did. Clint, who was vivacious and easygoing, thrived in a restaurant environment. He loved how it helped create an instant family among his friends and neighbors. Kori and Clint moved from Las Vegas to Manhattan Beach in 2009 to raise their girls by the beach. The restaurant was Clint’s idea. After a downsizing at his company, the two decided to throw all their savings into 4DK. Kori wasn’t thrilled about the idea. She admits that she let her husband run the restaurant and lived with anxiety about whether it would eventually pay off for them. Clint, however, loved the friends he made at the restaurant and the community that was forming for his family, something they didn’t have in Vegas. Kori sees and feels that now and understands how important it all is.

“I feel Clint all the time. I’ve taken on part of his persona. He used to call me the freak show [she laughs] because I could get high-strung and he was always so calm, yet friendly and relaxed. He loved to talk with anyone who came in, for instance, and would just not get so upset over life. It’s funny how he’s rubbed off on me after his death,” she says.

“I used to be so afraid and would let him lead,” she continues. “Now, I’m really immersed in learning about the business and I’m not afraid to speak at events. I’m so passionate about letting people know how important it is to get tested and just how important life is.”

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**Advanced Healthy Heart Screening**

Advanced healthy heart screening can literally mean the difference between life and death.

At Providence Little Company of Mary Torrance, in addition to the EKG and blood work, the advanced screening includes an echocardiogram (or heart scan) that looks like an ultrasound and allows doctors to view the heart’s valves and chambers, a carotid artery screening, an abdominal aortic screening that looks for an aneurysm and an ankle check to look for peripheral arterial disease or blockages in the arteries in the leg. While the screenings are valued at $1,500 in total, they are offered as a package for $250.

Men and women between ages 40–50 are in one of the highest-risk ranges for heart disease. More women actually die of heart disease every year than men and may have different symptoms, such as neck, jaw, shoulder, upper back or abdominal pain or discomfort.

The advanced screening test uncovers a person’s chances of developing heart disease and also reveals problems that other tests don’t catch.

Getting tested is important if you’re over 35 years old and have at least one of the following risk factors:

- Diabetes
- High blood pressure
- High cholesterol
- Family history of cardiovascular disease
- Sedentary lifestyle
- Obesity
- Smoking
- Unhealthy diet

To schedule a heart screening, call (888) HEALING (432-5464) or register online at providence.org/heartscreening.
Community support makes top cardiology center even better.
Written by Laura Roe Stevens

Last spring two South Bay families donated $3 million to Providence Little Company of Mary Medical Center Torrance cardiology program. [See pages 22 and 23.] Little time was wasted in determining how to use the funds. Leading-edge equipment was purchased for use in noninvasive techniques performed in the Electrophysiology (EP) Lab, and two top cardiologists were recruited to join the hospital’s talented team of physicians.

Committed to setting the standard for care, significant investments will continue to be made to support physician and patient needs through the Heart to Heart Campaign. This will include: an enhanced electrophysiology suite, a hybrid operating room and more catheterization laboratory space.

ADVANCED CARDIOVASCULAR CARE

The Providence Little Company of Mary Medical Center Torrance Cardiovascular Center of Excellence provides treatment for people who have disorders of the heart, arteries, veins and lymphatic vessels, by using technologically-advanced procedures. These include emergency care for heart attack patients, noninvasive diagnostic testing, interventional and surgical treatment, cardiovascular disease screening and prevention, and cardiac rehabilitation. Interventional testing is the first step before a patient is referred to an interventional cardiologist. The interventional and electrophysiology specialists are highly proficient—they are board certified in interventional cardiology, must train for at least five years and have performed at least 1,000 procedures.

“Interventional procedures include: coronary angioplasty, atherecetomy, valvuloplasty and coronary stenting,” explains Rishi Kaushal, MD, an interventional cardiologist. These procedures allow physicians to rid diseased tissues, while not harming healthy ones. For instance, coronary angioplasty can open clogged heart arteries. It involves temporarily inserting and inflating a tiny balloon where an artery is clogged to help widen the artery. This is often combined with the permanent placement of a small stent to help prop the artery open.

Angioplasty can improve symptoms of blocked arteries such as chest pain and shortness of breath. It can also be used during a heart attack to reduce the amount of damage.

Funds from the Heart to Heart Campaign will add to the EP Lab by allowing for renovation of procedural suites where testing and lifesaving treatments are provided. Multidimensional cardiac mapping systems will be added. “And a hybrid suite will allow us to apply the most advanced cardiac technology in the most minimally invasive and safest route possible,” says Dr. Kaushal.

EXPERT DOCTORS ARE ANOTHER INVESTMENT IN TOP-NOTCH CARDIAC CARE.

Besides investing in the newest equipment, Providence Little Company of Mary Torrance is also investing in people by recruiting exceptional cardiologists.

Jashdeep Dhoot, MD, a cardiac electrophysiologist, recently left St. Luke’s Hospital at the University of Missouri to work with the comprehensive cardiovascular program. “I am excited to join such a talented team,” he says. “Dr. Michele Del Vicario is a mentor of mine and it is such a great opportunity to work with him,” says Dr. Dhoot.

“And Rishi [Kaushal, MD] and Nazanin [Azadi,
MD] were a big draw—three easygoing and exceptionally talented physicians. This is just where I’m supposed to be. The team approach, the advanced technology, is critical. For the past two weeks, I’ve been treating arrhythmia patients with Dr. Kaushal and Dr. Azadi. They are wonderful to work with.”

Murrad Abdelkarim, MD, another talented interventional cardiologist with 11 years of experience, will also be joining the team; he will be coming from Wisconsin where he has been practicing at Oconomowoc Memorial Hospital and Waukesha Memorial Hospital, respectively. Like Dr. Dhoot, Dr. Abdelkarim graduated from the UCLA David Geffen School of Medicine and is considered one of the finest cardiologists in his field.

“It’s like having the perks of a top university research hospital within a community medical center. It’s remarkable,” she says.

The Providence network is made up of 28 hospitals with 10 top stroke neurologists who take turns being on call. Providence Little Company of Mary Torrance treats 650 patients a year who exhibit some sort of stroke symptom.

It’s fitting, since time is so critical, that the acronym for the symptoms of a stroke is F.A.S.T.:

F: Face: recognize if there is any facial droop
A: Arm: look for any arm drift, or one-side drift
S: Speech: slurred speech, they cannot speak at all or they are spitting out random words
T: Time: get into a hospital to be evaluated right away. It’s widely known in neurological circles that for every minute that goes by, 1.9 million neurons are dying.
STANLEY AND MAUREEN MOORE
For these donors, the doctors at Providence Little Company of Mary Medical Center Torrance make all the difference.

Written by Nancy Brands Ward

Palos Verdes philanthropists Stanley and Maureen Moore have given broadly over the years, but their recent $2 million commitment to support Providence Little Company of Mary’s Heart to Heart Campaign was inspired by affection for their personal physicians.

The Moores’ appreciation for the two physicians, Michele Del Vicario, MD, chief of cardiology, and John Armato, MD, a specialist in innovative diagnostic testing and intervention for diabetes and metabolic conditions, is evident in their praise of them.

Stan’s praise of Dr. Del Vicario is extremely passionate: “From Dr. Del Vicario’s very humble beginnings in Sicily to his work today where his dedication to cardiac care is above and beyond the call of duty—he is the 24/7 doctor.”

Likewise, “Dr. Armato is something more than a doctor,” says Stan, who is the cofounder and chairman of Overton Moore Properties and past president of the Southern California Chapter of the National Association of Industrial and Office Parks. “He’s a doctor, and he’s a humanist who is very seriously interested in the health of his patients regardless of social status or economic level.”

“We hope to help Drs. Del Vicario and Armato achieve their goal of continuing to sustain Providence Little Company of Mary Torrance as the first-rate hospital in the South Bay and all of California,” adds Stan.

The generous gift, made through the Maureen and Stanley Moore Family Foundation, goes toward the $35 million needed to build a world-class Cardiovascular Center of Excellence at the hospital for the growing population in the South Bay. It will be used to help fund an enhanced electrophysiology suite with stereotaxis for cardiac rhythm procedures, a hybrid operating room for increased cardiac and endovascular surgical capabilities, and additional catheterization laboratory space.

The Moores originally pledged $1 million, but as they paid the pledge, they were so impressed with the merit of the campaign that they decided to commit an additional $1 million. So far they’ve given $1.4 million to the campaign, and Stan hesitated to say when the remaining $600,000 will be donated. He wants to keep that as a surprise for Dr. Del Vicario.

The Moores’ connection with Providence Little Company of Mary Torrance began decades ago, not long after they started out as a young married couple in Torrance. Their first child, Brian, was born at the hospital in 1964. The Moores’ three other children, Carlyn, 51, Michael, 49, and Sheila Potter, 44, were all born at Providence Little Company of Mary Torrance. And the Moores’ five grandchildren were also born there. That, Stan and Maureen say, created a “sentimental legacy” connecting their family to the hospital.

With the focused exceptions of Providence Little Company of Mary and Villanova University, where Stan received his degree, Maureen and Stan’s philanthropic interests are broad. Stan was a founder of the Los Angeles Actor’s Theatre, Los Angeles County Museum of Art and Museum of Contemporary Art. Today they are patrons of the Los Angeles Philharmonic and support a long list of other charitable efforts.

In their off hours, if they’re not enjoying a fine dinner, theater or the arts in Los Angeles or New York, where they maintain an apartment, the couple can be found spending time with their family.

It’s that human touch—the great respect for life—that continues to connect the Moores to Providence Little Company of Mary Torrance.

Maureen sums it up this way: “At every meeting we’ve attended there’s always been a reminder about how important it is to respect each and every individual. It brings everything to a higher level.”

CALL TO ACTION
Have you considered providing for Providence Little Company of Mary Foundation in your estate plan? For more information, please contact Development Officer Christopher Hazlitt at 310-303-5341 or Christopher.Hazlitt@providence.org.
These Heart to Heart donors are deepening their connection in the community they love.

Written by Nancy Sokoler Steiner

AUTOMOBILES dominate both professional and recreational pursuits for Twanna and Tim Rogers. The couple founded and continue to run Torrance-based Tower Energy Group, which began as a supplier of gasoline to 7-Eleven stores, and expanded into a Northern California-based chain of Tower Market grocery and gasoline stores.

The couple also recently established the Thermal Club, a private motorsports facility consisting of racetracks, luxury homes with track views and a clubhouse, driving school and car maintenance facility. Located outside Palm Desert, the Thermal Club is also home to BMW’s West Coast driver training facility. Tim also collects cars, counting an Aston Martin GT4 among his favorites.

Twanna and Tim, residents of Palos Verdes Estates, gave a $1 million gift to Providence Little Company of Mary’s Heart to Heart Campaign. They chose to play a role in establishing a world-class Cardiovascular Center of Excellence at Providence Little Company of Mary Medical Center Torrance for both altruistic and pragmatic reasons.

“We’ve been in the community for 30 years,” says Twanna. “We wanted to benefit our community and neighbors. We know that the hospital will only attract the best physicians and staff if it is head and shoulders above in terms of facilities and equipment.” In addition, she notes, “Given our age, this may be something we’ll have need for in the future.”

Tim’s roots in the South Bay go back even further than the couple’s three decades here. Born in Torrance, he grew up in Rolling Hills Estates. His father was also born in Torrance and his mother in Redondo Beach.

Twanna has the opposite background. As an “Army brat,” and then an airman third class in the Air Force, she lived in locations throughout the U.S. and around the globe. They include Texas, Virginia and New Jersey, as well as Korea, Japan and the Philippines.

“That experience gave me the ability to be with all kinds of people,” she says. “I don’t see appearances; I see what people do and say.”

Twanna and Tim met on their first night of graduate school at Pepperdine University. At the time, Twanna worked for ARCO and enrolled in school in the evenings. Tim later began working at ARCO as well.

Although aware of Providence Little Company of Mary Torrance, the couple had little experience with the hospital. That changed when their first grandchild was born here and again three years later when his little brother arrived.

“Our son John and daughter-in-law, Lora, had a wonderful experience, and we were impressed with the caring exhibited by the staff,” says Twanna.

Twanna and Tim have three children: In addition to John, they adopted twins Do-Han and Nu-Gina, who now live in Sacramento.

While the $1 million Heart to Heart gift is the Rogers’ first major donation in the health care arena, they have a history of giving. The couple founded scholarship programs at UCLA (Rogers Bruin Angels Fund) and Pepperdine (Rogers Youth Foster Scholarship) to benefit former foster children. Twanna’s mother had been in foster care, so she understood that such children lack the support system that most students take for granted.

“I feel a special connection to these students, who have overcome such tremendous odds,” she told UCLA News in 2012. “They need someone to give a helping hand because they don’t have traditional families.”

Twanna and Tim anticipate continuing their long-term connection to the South Bay. They already own three buildings in the area and have another under construction on Carson Street. Two more are being built in the desert.

“Once you take care of your immediate family and your employees, it’s time to look at what you can do in your community,” agree Twanna and Tim.
Open enrollment is happening now for Covered California, Medicare and employer health plans. Your decisions during open enrollment will impact you for a whole year. When you choose your health plan, make sure you choose Providence Medical Associates as your doctor group. With that decision, you’ll gain access to Providence Little Company of Mary Medical Centers Torrance and San Pedro and the other Providence-affiliated hospitals. You’ll also have 200 providers located across 17 medical offices to choose from.

During Open Enrollment
Remember Providence Medical Associates

We’re everywhere you need care.

Open enrollment is happening now for Covered California, Medicare and employer health plans. Your decisions during open enrollment will impact you for a whole year. When you choose your health plan, make sure you choose Providence Medical Associates as your doctor group. With that decision, you’ll gain access to Providence Little Company of Mary Medical Centers Torrance and San Pedro and the other Providence-affiliated hospitals. You’ll also have 200 providers located across 17 medical offices to choose from.

To help you get the most out of open enrollment and to find a free Medicare Education Workshop near you, contact us at 1-866-909-DOCS (3627) or visit online at california.providence.org/pmi.
MOTOART EVENT

Earlier this year, friends of Providence Little Company of Mary Medical Center Torrance gathered in El Segundo at the MotoArt Studio of artist Donovan Fell. Thanks to the exemplary and dedicated care Fell received at the hospital, he was able to fully embrace life following a recent devastating cardiac event.

MOLLENKAMP SALON

During the summer, physician and Heart to Heart donor James Mollenkamp, MD, hosted a salon at his home in Palos Verdes Estates.

1. Kevin and Rhonda Apor
2. Heart to Heart donors Tom and Lori O’Hern
3. L-R: Assemblyman David Hadley, Chief Executive Mary Kingston, with Michelle and Jim Mollenkamp

IN GREAT COMPANY LUNCH

In September, new member of the Providence Little Company of Mary Foundation Board of Trustees, Alanna Kennedy, hosted “In Great Company, a luncheon for women who care” at the Catalina View Gardens.

1. View from Catalina View Gardens
2. Hazel Breen, Linda Wenglikowski, Carole LaCaze and Jane McNeil
3. Mimi O’Hern, Gwynne Shaw, and Marion Scharffenberger
4. Michael Neils and Twanna Rogers
5. Alanna Kennedy
Many thanks to the Heart to Heart Campaign Cabinet

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Creating a World Class Cardiovascular Center of Excellence for the South Bay

Providence Little Company of Mary Medical Center Torrance has been leading the way in cardiac care in Southern California for nearly 50 years. In 2015, we were named a U.S. Top 50 Cardiovascular Hospital by Truven Health Analytics – the acknowledged leader in such rankings.

With support from our community, we are investing in state-of-the-art improvements, technologies and patient programs to ensure that South Bay residents will have access to world-class cardiovascular care close to home.

High-quality, compassionate care is built on the generosity of people like you. Gifts of cash, appreciated stock, real property, life insurance, and retirement accounts offer a variety of tax advantages while enabling you to invest in healthcare that will benefit you and thousands of others.

Your legacy gift will not only strengthen the Cardiovascular Center of Excellence, it will extend the impact of the Providence mission.

For more information, please contact Michael Neils at (310) 303-5342 or Michael.Neils@providence.org.
Providence Little Company of Mary Medical Center Torrance’s award-winning cardiovascular team is saving lives in the South Bay.

Dr. Ron Ruby and Dr. John Armato offer a program that can prevent heart disease.

Carol Pike Bauer, healthy and active after a leading-edge heart procedure.

The Cardiovascular Center of Excellence will raise the bar for treatment of heart disease thanks to the Heart to Heart Campaign.