

Health Matters

FALL
2018

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So, What Comes After Cancer Treatment?

A Unique rehabilitation program helps patients regain their lives

It's a Tuesday afternoon and the sound of Shania Twain's "I Feel Like a Woman" is coming from a gym within the St. Jude Centers for Rehabilitation and Wellness. Inside, Jason Tse, occupational therapist, is helping Julia Cook Muneer master a new line dance.

But if you look beyond the music and laughter, you'll see a highly effective, evidence-based therapy for improving balance and stamina as well as memory and concentration—areas often affected by chemotherapy and other cancer treatments.

Welcome to one of the nation's most innovative and successful cancer recovery programs. At most hospitals care ends with the last cancer treatment, but at St. Jude, something very different happens: a unique rehabilitation program offers patients the therapeutic and emotional support they need to recover their health and vibrancy.

"Some patients are able to simply step back into life, but others leave cancer treatment with serious side effects, wondering where they will find the energy to step out of bed, much less back into their lives," explains Jean Dean, PT, who helps lead the widely-respected program. Although problems with fatigue, weakness, pain, insomnia, depression and incontinence are common among cancer survivors, programs designed to help are



still rare—and outcomes like those being created at St. Jude are rarer still.

"We see significant improvements in physical and emotional well-being, as we address each side effect or symptom—whether it's a swallowing issue, loss of balance, pain, or anxiety," explains Jason, who says the one-on-one therapies are customized to fit a patient's specific needs and can benefit those still in treatment as well as those who celebrated the end of treatment years ago.

The comprehensive program features a multidisciplinary team of oncology rehabilitation experts who, together, offer the entire range of therapeutic interventions, from pelvic floor rehabilitation and stress management, to vocational rehabilitation and neurocognitive recovery.

Julia's treatment for non-Hodgkin lymphoma left behind issues with fatigue, balance, and concentration—all of which have vastly improved through weekly therapy. "It's made a tremendous difference," says the 61-year-old buyer for a local school district. "The therapy focuses on my priorities, which on one day might mean improving my ability to focus at work, while on another, learning how to reduce stress and anxiety."

According to Sue Potts, PT, Outpatient Therapy Manager, creating a nationally-recognized rehabilitation program is familiar territory for St. Jude physicians and staff. "In areas from stroke recovery to sports injuries, we exceed national benchmarks and create higher standards of care," Sue says. "It's exciting to bring that same expertise to cancer recovery."

To learn more about the St. Jude Cancer Rehabilitation and Wellness Program, please visit stjudemedicalcenter.org/cancerrehab.

Watch Julia master a new line dance by going to Facebook.com/stjudemedicalcenter

Is it GERD or Something Else?

From the common to the complex, state-of-the-art answers are found here

About one in five Americans will develop GERD, the medical name for acid reflux disease, in which acid from the stomach flows up into the esophagus, causing frequent, sometimes daily symptoms.

While heartburn is common, it's not always present. For some, the signs of GERD include a chronic cough, sore throat, hoarseness, wheezing (often mistaken for asthma), nausea or even chest pain—often prompting a trip to an emergency room.

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

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

Called radiofrequency ablation, this sophisticated technique is among the procedures that have earned St. Jude

national recognition. By bringing together state-of-the-art technology and experts in their field, we continue to rapidly advance care beyond the community norm—not only in the treatment of Barrett's esophagus, but for many of today's most common GI conditions.

For instance, St. Jude gastroenterologists routinely use minimally-invasive techniques to remove cancerous polyps within the GI tract, replacing complicated and lengthy open surgeries. An innovative diagnostic technique, called double-balloon enteroscopy, is allowing—for the first time—the evaluation and treatment of symptoms originating from the small intestine. Thanks to donor-funded technology, St. Jude is also one of a handful of Southern California hospitals to routinely use endoscopic ultrasound to more accurately stage cancers and

identify disease in its earliest stage, as well as perform therapeutic interventions—often eliminating the need for surgery.

For GERD sufferers, St. Jude gastroenterologists are among the few to offer Transoral Incisionless Fundoplication (TIF), a successful endoscopic solution that is giving patients back symptom-free lives with little to no recovery time. "We bring together a level of expertise and state-of-the-art technology that is almost unheard of for a community hospital," explains Dr. Yoon. "The exceptional outcomes routinely created here allow us to make a significant difference in our patients' health and quality of life."

To make an appointment with a St. Jude gastroenterologist, call (714) 446-5831, or to find a physician visit stjudemedicalcenter.org/gerd.



Already recognized by U.S. News & World Report as one of the nation's high performing hospitals in gastroenterology and GI surgery, we just added a new honor. The St. Jude Center for Digestive Health was named a national Center of Excellence by ASGE (American Society of Gastrointestinal Endoscopy), the nation's leading medical society of quality and safety in endoscopic diagnosis and treatment.

Two prestigious honors that make it easy to recognize where to find the highest quality care for you and your family.

The Next Evolution in Radiotherapy

Short, convenient and highly effective

Stereotactic
Body Radiation
Therapy



After listening to Leonard Farber, MD, carefully outline the treatment options, the 59-year-old patient didn't hesitate: he wanted his mid-stage prostate cancer gone quickly and with as little disruption as possible to his busy life.

Instead of surgery or traditional radiotherapy—typically requiring 45 sessions over two months—the patient chose a leading-edge, high-dose radiation therapy called stereotactic body radiation therapy or SBRT.

Requiring just five sessions over one week, the short-course, non-invasive treatment for prostate cancer is available at only a handful of medical centers in Southern California—and is one of the radiotherapy techniques in which Dr. Farber brings extensive experience.

"SBRT is emerging as an exciting treatment option that represents the next evolution in radiotherapy," explains Dr. Farber, a board-certified radiation

oncologist who left Memorial Sloan Kettering Cancer Center in New York to join the St. Jude Jordan Family Radiation Oncology Center. "Advances in technology are creating improvements in accuracy, allowing us to take advantage of the tumor's biology and its responsiveness to more concentrated doses of radiation."

For men facing prostate cancer treatment, SBRT is now bringing the same advantages it has to other cancers: the convenience of five treatment sessions, each taking only minutes, all as an outpatient—no hospital stays, general anesthesia or wearing a catheter. Most importantly, studies show SBRT therapy offers the same five-year cancer control rates seen with conventional treatment options.

SBRT uses state-of-the-art image guidance and RapidArc technology to deliver higher radiotherapy doses with unprecedented accuracy. This translates into better cure rates and fewer side effects. The precision of image guidance

allows the radiation to be shaped to fit and surround the prostate gland, sparing much of the surrounding tissues and organs from unnecessary exposure.

"While more long-term data is needed, it is very possible that SBRT could offer higher cure rates, especially for moderate and high-risk cancers," explains Dr. Farber.

Dr. Farber, who also offers expertise in SBRT for brain, spine, lung, and breast cancers, as well as high-dose brachytherapy for skin, breast and gynecological tumors, says SBRT is often so well-tolerated by patients it doesn't disrupt daily activities. "I've had professional athletes go straight from therapy to training sessions," he explains. "We never stop working toward achieving the best outcomes with the fewest side effects."

To make an appointment or to learn more about SBRT, please call St. Jude Jordan Family Radiation Oncology Center at (714) 446-5632.

Ask a Doctor



In terms of nutrition, what should I focus on to improve my child’s health?



Cutting back on sugar is a great place to start. Nutrition advice has changed over the years; for instance, once upon a time parents were told to eliminate fats from their child’s diet. But when the importance of healthy fats to brain development and overall good health was understood, the advice became more accurate and nuanced: unhealthy fats (especially the trans fats found in crackers, cookies and processed foods) are seriously problematic. Healthy fats—like those found in fish, avocados, olive and nuts—should be plentiful in your child’s diet. But reducing your child’s sugar consumption is nutrition advice that has not changed. It remains as important today, as when physicians and nutritionists first sounded the alarm several decades ago. High sugar consumption has been linked to everything from cognitive decline and depression, to obesity, diabetes and artery damage.

Health and nutrition experts have two simple recommendations. First, restrict sugar-sweetened drinks to once a week. (Kids shouldn’t consume more than six teaspoons of added sugar per day—yet most consume three times this amount.) And, don’t give children under two any added sugar (including juice), as they need nutrient-rich diets and are developing taste preferences.



David Joung, MD, is a board-certified pediatrician with St. Jude Heritage Medical Group, who is committed to offering comprehensive care and education to his patients and their families.

Dr. Joung is accepting new patients and his office is located at 4300 Rose Drive in Yorba Linda. To make an appointment, please call (714) 528-4211.



What are the symptoms of prediabetes? Is it serious?



For most people, there are no symptoms. About 86 million Americans—one-third of adults—have prediabetes, and most of them don’t even know it. Prediabetes means your blood sugar levels are higher than normal, but not yet high enough to be diagnosed as diabetes. In other words, prediabetes means you are on the road to diabetes and all of its health-threatening complications, unless you take steps to prevent or reverse it.

- Talk to your doctor about your risk and ask for a blood glucose test, particularly if you are overweight and inactive, or have a family history of type 2 diabetes.
- Increase your physical activity and make smarter, more nutritious food choices. Start to include Mediterranean-style eating habits into your daily routine (more fish, healthy fats and vegetables, and less sugar and trans fats). This style of eating offers a long list of benefits for your heart, brain and overall health.

Losing even a small amount of weight and getting at least 150 minutes of physical activity per week can dramatically reduce your risk of diabetes. In addition to pushing blood sugar levels back into the normal range, exercise and weight loss can also help prevent stroke, heart disease, Alzheimer’s and other debilitating diseases.



Henry Kaw, MD, is a board-certified family medicine physician who cares for individuals of all ages and every stage of life. He is committed to helping patient prevent disease and improve their well-being.

Dr. Kaw is accepting new patients. To make an appointment, please call (714) 462-8383. His office is located at 321 N. Pomona Avenue, Suite D, in Fullerton.



If you want to avoid osteoporosis, are Tums and other antacids a way to get extra calcium?



No, antacids like Tums actually oppose the very stomach acid (hydrochloric acid) needed for calcium absorption. Calcium is one of the most important minerals in the body, not only for bone health but for nerve transmission, blood clotting, heart function, hormone function and metabolism.

While some can meet their daily calcium needs through good nutrition, most people should add a calcium supplement to ensure their body’s need for this essential mineral is met. Calcium also requires a lot of digestive teamwork, including the presence of an alphabet of vitamins, magnesium, and other minerals. If there are deficiencies along the line—for instance, not enough vitamin D—it won’t matter how much calcium you get, your body will take it (and whatever other minerals it needs) from your bones. So, in addition to a calcium supplement, you may want to take a high-quality multivitamin.

The other essential step is exercise, whether walking or another weight-bearing activity. If possible, add strength training a couple times a week. People diagnosed with osteoporosis often mistakenly avoid exercise, which actually makes their bones more vulnerable. Bones strengthen with use, just like muscle, all through your life. And because bones are constantly regenerating, every positive step you take will make a big difference—at whatever age you take them.



Board certified in Internal Medicine, **Jyotika Wali, MD**, helps and supports her patients by providing the entire spectrum of health care needs, from well-woman care to chronic disease management.

Dr. Wali is accepting new patients and her office is located at 1001 E. Chapman Avenue in Fullerton. To make an appointment, please call (714) 451-0000.



Is there anything new in the treatment of erectile dysfunction?



Yes, there is. Over 50 percent of men in their 50s and 60s suffer from erectile dysfunction (ED) (formerly called impotence), negatively impacting their lives and relationships. GAINSWave represents an exciting paradigm shift in our ability to cure ED and restore normal function, even for men who do not respond to other treatments.

Low intensity, high-frequency shock waves have been used to cure ED in Europe for more than a decade —a painless and successful treatment finally available here.

GAINSWave, a noninvasive office treatment, has a greater than 75 percent success rate in more than 40 clinical studies. Shock waves “wake up” dormant stem cells and stimulate growth factors that allow the body to create new blood vessels and nerve tissue, reversing ED. While previous treatment options were about managing just the symptoms—medications, surgical implants, vacuum pumps, or penile injections—for the first time, this is an option that offers a real cure.

Blood flow is essential to normal erectile function. By repairing aged blood vessels, stimulating the growth of new blood vessels, and removing micro-plaque, the benefits from GAINSWave typically last years. The procedure is safe and effective, with no significant side effects or risks, restoring normal erectile function.



Alan Weinberg, MD, FACS, is a board-certified urologist who provides noninvasive, minimally-invasive, and robotic techniques to treat prostate cancer, incontinence, and other issues impacting men’s health.

Board-certified urologists of Southland Urology, Alan Weinberg, MD, FACS, Michael Gazzaniga, MD, FACS, and Eric Tygenhof, MD, practice in Fullerton and Yorba Linda and are accepting new patients. To make an appointment, please call (714) 870-5970.

‘Playing’ it Forward

How One Mother is Stepping Up for Women’s Health

Beverly Dreher doesn’t need to be convinced of the importance of annual mammograms. A member of the Yorba Linda Country Club, she always participated in the club’s annual golf tournament dedicated to friends who have passed away from breast cancer. When the tournament’s organizer also passed away from the disease, Beverly and other members stepped in to continue the fundraising efforts.



Soon after, Beverly’s daughter, Kim, was diagnosed with breast cancer. The news was devastating, but she was impressed with Kim’s care team at St. Jude from day one. “Everyone was very helpful and action-oriented,” describes Beverly. “It really eased my fears.”

Kim—a mother of two, pediatrician and avid runner—received word that something unusual was spotted on her annual mammogram. Kim intuitively sensed something was wrong when she was called back to St. Jude’s Kathryn T. McCarty Breast Center, a nationally-recognized Breast Imaging Center of Excellence. Kim’s grandmother had been diagnosed with breast cancer in her 40s, and she was aware of the implications. An ultrasound-guided breast biopsy confirmed Kim’s suspicion.

Fortunately, her cancer was detected early, and she had one of the nation’s top cancer treatment programs in her backyard. A multidisciplinary team at the St. Jude Crosson Cancer Institute developed a personalized treatment plan, starting with a double

mastectomy and breast reconstruction which was performed in a single operation.

Following the procedure, Kim underwent chemotherapy and testing through St. Jude’s Cancer Genetics Program. That’s when Kim learned she has a gene that increases her risk of breast cancer, news that was difficult to hear, but nonetheless provided valuable insight into her health.

Upon celebrating four years of survivorship, Kim feels blessed her cancer was caught early and that St. Jude was there for her every step of the way.

For Beverly, it reinforced her conviction that early detection is crucial. She organized her club’s latest golf tournament to benefit St. Jude’s campaign to bring state-of-the art, 3D mammography to its breast center. The technology is shown to improve detection rates by up to 41%, catching cancers when they are small and easier

to treat. For the 30,000 women who receive mammograms each year at St. Jude, access to 3D mammography could be life-saving.

The community’s investment is imperative in bringing 3D mammography to St. Jude. That’s why philanthropic efforts like Beverly’s and the members of Yorba Linda Country Club are invaluable. Through their tournament, which raised \$18,000, they have joined with hundreds of other community supporters who have contributed a total of \$2.4 million toward the \$4.1 million project goal to date.

“Get involved,” urges Beverly. “Doing a fundraiser, big or small, is extremely rewarding. It’s an opportunity to share the importance of breast care and how having the latest technology can save and change lives.”

To learn how you can support the 3D mammography project or St. Jude Crosson Cancer Institute, contact the St. Jude Memorial Foundation at (714) 992-3033.

THE POWER OF GRASSROOTS PHILANTHROPY

St. Jude is grateful for community partners who have organized innovative and heartwarming ways to raise support for our services and programs.

If you are interested in supporting St. Jude Medical Center through a project or a gift, please contact the St. Jude Memorial Foundation at (714) 992-3033.



Through their Pink Patch Project, the Buena Park Police Department raised over \$5,600 to help bring 3D mammography to St. Jude’s Kathryn T. McCarty Breast Center.



In honor of her grandfather, nine-year-old Dakota raised \$100 for the St. Jude Crosson Cancer Institute by selling handmade bracelets around her neighborhood.



Retired St. Jude chief operating officer Doreen Dann raises over \$1,000 each year for nursing scholarships by hosting an intimate gathering of current and former staff members at her home.



Over the years, student groups from Rosary Academy have raised a total of \$20,000 through game ticket sales, bake sales and more to support cancer services at St. Jude.



Three high school students organized a classical music concert which raised over \$2,300 in support of St. Jude’s Neurosciences Institute.



Girl Scout Troop 3235 donated their cookie program proceeds to St. Jude’s Neighborhood Health Centers and wellness programs which support low-income and underserved populations.

Upcoming St. Jude Memorial Foundation Events

A Walk Among the Stars Fashion Show and Luncheon

October 14, 2018

ANAHEIM MARRIOTT

St. Jude cancer patients and survivors will showcase their courage on the runway as the community comes together to raise funds for the St. Jude Crosson Cancer Institute. This year’s event will help bring the latest technology in breast cancer detection, 3D mammography, to our Kathryn T. McCarty Breast Center.

It’s Your Money! And It’s Your Estate! Workshops

**Weekly in September and October
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.

Light Up a Life: Celebration of Love and Remembrance

November 11, 2018

ST. JUDE MEDICAL CENTER CHAPEL

A candlelit ceremony, remembering loved ones who are no longer with us and honoring those we cherish, will support palliative care at St. Jude.

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

Follow us on Facebook

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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

Sept. 6, Oct. 4 and Nov. 1 | 1:30 – 3 p.m.

DIAMOND BAR
1514 S. Valley Vista Drive, Diamond Bar, 91765

Sept. 13, Oct. 11 and Nov. 8 | 1:30 – 3 p.m.

YORBA LINDA
4300 Rose Drive, Yorba Linda, 92886

Sept. 20, Oct. 18 and Nov. 21 | 1:30 – 3 p.m.

FULLERTON - ST. JUDE MEDICAL PLAZA
2151 N. Harbor Blvd., 1st Floor, Fullerton 92835

Sept. 27, Oct. 25 and Nov. 29 | 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. This class helps 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. Free notary services available for those who have completed their advance directive, toolkits available to those who haven’t.

Understanding Dementia and Alzheimer’s

Choose one class: Sept. 5, Oct. 3, Nov. 7 and Dec. 5 | 6 – 7 p.m.

This class can help anyone affected by memory loss, Alzheimer’s or dementia. Learn about the difference between Alzheimer’s and dementia, the impact of Alzheimer’s and its stages, current research and treatments available to address symptoms and available resources.

Classes will offer rotating educators from St. Jude Senior Services, OC Family Caregiver Resource Center, and Alzheimer’s Association.

Effective Communication Strategies and Tools for Caregivers

Choose one class: Sept. 19, Oct. 17, Nov. 21 and Dec. 19 | 6 – 7 p.m.

This monthly class is designed to provide practical guidance and tools for those caring for someone with Alzheimer’s or a related dementia. Come

for one or all of the dates listed. You will learn to decode the verbal and behavioral messages delivered by someone with dementia, identify strategies to help you connect and communicate at each stage of the disease. You’ll also learn about some of the common triggers for behaviors associated with dementia, how to assess the person’s needs and how to intervene effectively.

Senior Resources 101 Class

Choose one class: Sept. 26, Oct. 24, Nov. 28 or Dec. 26 | 6 – 7 p.m.

Worried about an aging parent, spouse or friend? St. Jude Senior Services and the North Orange County Senior Collaborative have suggestions, advice and answers to your questions.

You’ll learn about steps to help you get organized, in-home care solutions, essential legal documents, ways to pay for care and how to find the right setting and resources to help you cope.

Orientation & Info Session for Nation’s # 1 Weight Loss Plan

Come learn about St. Jude’s HMR weight loss program, ranked #1 in the nation by U.S. News & World Report. Free (no obligation) orientations are offered every Tuesday at noon or 5 p.m. Proven to create substantially more weight loss than standard diets, you’ll learn why and how the program works, including options, results and pricing. You can even taste the delicious meal replacements.

Call (714) 446-5154 for more information.

Suicide: A Growing Epidemic

Oct. 3 | 6 p.m.

When does sadness or depression become something to worry about? If you are worried about a friend or family member—or simply want to learn more—join Allison Bickler, Psy.D, St. Jude Clinical Psychologist, to learn about the risk factors for suicide, how to recognize the symptoms, and how to get help.

Healthy Living with Chronic Conditions

Thursdays, Oct. 4 – Nov. 8 | 9:30 a.m. – 12 p.m.

This 6-week interactive workshop and evidence-based class was developed by Stanford University to help anyone with a chronic health condition—from pain to Parkinson’s—as well as those caring

for a loved one with an ongoing illness. During six highly informative sessions, you’ll learn skills in day-to-day self-management of your condition and gain confidence to more fully participate in life’s activities and learn from others who share your challenges.

Living Well With Early Memory Loss

Wednesdays, Oct. 10, 17, 24 and 31 | 1:30 – 3 p.m.

This four-week class and discussion is for those diagnosed with Mild/Moderate Cognitive Impairment (MCI), Alzheimer’s or another form of dementia—as well as their family care partner (spouse, adult child or other)—to learn and talk about their own experience. Each week, the group will discuss topics related to diagnosis, medications, clinical trials, coping skills, legal and financial issues, planning for the future, safety and driving, family and social relationships.

Stress Less for the Holidays

Nov. 14 | 6 p.m.

’Tis the season to stress out . . . but it doesn’t have to be. Join our licensed psychotherapist, Heather Schwartz, for an evening to help combat holiday stress before it even has a chance to start. Identify the top 10 reasons we stress out over the holidays and learn practical tools to prevent sabotaging yourself and not lose the holiday spirit.

Join the Beat: Healthy Heart Class

Several dates and times to choose from.

If you need to lower your blood pressure or cholesterol, are at-risk for heart disease or already have it, this informative class was created for you. Our experienced educators will show you how to make lifestyle changes to improve your numbers and health.

Call (714) 618-9500 to reserve your spot.

Diagnosed with Diabetes? We Can Help.

Several dates and times to choose from.

Our nationally-recognized diabetes education and support program can help you take control of your health. Fun and interactive, you’ll gain valuable information about nutrition, exercise and blood glucose monitoring—while getting answers to your questions.

Learn how to control your diabetes, prevent complications, and protect your quality of life.

Program begins with a one-on-one assessment (where you’ll receive a glucose meter) and includes four two-hour classes. Cost is \$25.

To sign up, please call (714) 618-9500.

Losing Weight to Gain Back a Life

Loss of mobility, hobbies, and health—a story that’s familiar to anyone carrying too many pounds. It was Mike Eakle’s story as well, until he rewrote it using an innovative weight loss program.

Weighing 373 pounds and taking five insulin shots a day to control his diabetes, Mike couldn’t walk more than 20 feet, suffered from severe neuropathy in his hands and feet, and was dependent on an electric cart to make it through the grocery store.

Mike’s physician recommended the HMR Program, ranked the #1 Fast Weight Loss Diet by U.S. News & World Report.

In 18 weeks, he has lost 89 pounds—and the insulin shots and high blood pressure medications are a thing of the past. “I have so much energy, the neuropathy is gone, and I can actually see my feet,” explains the 63-year-old, who is back to gardening, playing Frisbee with his grandchildren, and walking through every aisle of Home Depot – just for fun—instead of strategizing the shortest distance to a needed item.

Proven to create substantially more weight loss than standard diets, HMR provides every element needed for success: nutritionally complete meals, vitamin supplements, individualized education, accountability, and if needed, medical supervision.

Jennifer MacDuff, MS, CWC, St. Jude Heritage Healthcare, provides one-on-one support for Mike and others in the program, giving her a front row seat to the significant, often dramatic, changes in participants’ quality of life. “The motivation is frequently a serious medical condition, like diabetes, heart disease or joint deterioration,” explains Jennifer, a certified health coach and exercise physiologist. “They recognize their future is at stake if they don’t change something.”

Designed to help individuals lose anywhere from 20 to 300 pounds, the program’s success at creating weight loss is matched by its success at keeping the pounds off—a rare accomplishment among weight loss programs.

“Not only is the food good, there is a lot of it,” Mike explains, describing the mushroom risotto as his favorite. “The philosophy is ‘more is better’



WEIGHT
LOSS

When Joey first became part of Mike Eakle’s life, he was a medical-assistance dog, trained to alert Mike whenever his blood sugar level began to drop. But after losing over 90 pounds, Mike’s diabetes is gone and Joey transitioned to a different role, that of a faithful companion to his owner’s new life—a life now filled with optimism, confidence, and previously-abandoned activities, like long walks.

and the emphasis is on learning healthy strategies, not going without.” In fact, Mike recently ran the donut machine at a community carnival and didn’t even feel tempted. “I’ve got some more weight to lose, but the future is exciting and optimistic for the first time in years.”

To learn more about HMR or to enroll, please call (714) 446-5154.



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

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Q: Should You Go to the Emergency Room or Urgent Care?

A: It's Friday evening and your son hurt his ankle at soccer practice. Or it's Saturday morning and you've got a sore throat and high fever. What should you do?

"Recognizing the differences between 'emergency' and 'urgent' care can be confusing, because both terms imply there is a medical need that needs to be addressed quickly," says Eugene Kim, MD, Chief Medical Officer, St. Jude Medical Center. "However, there are distinct differences between them and the level of care provided." Urgent care centers offer greater convenience for sore throats, fevers, flu, ear infections, sprains, and more, often with less wait time. And unlike the higher co-pay required to visit an ER, the co-pay for urgent care is typically the same as a visit to your primary care physician.



"If your illness or injury is something you would normally see your doctor for, then an urgent care setting is probably more appropriate than the ER," says Dr. Kim.

ERs are the best place for treating severe and life-threatening conditions, providing the widest range of services for critical care, including diagnostic tests and access to specialists and procedures, which makes care more

expensive. And you may have to wait to be treated because ERs prioritize patients according to the severity of their illness or injury.

"If you are having a medical emergency, there is no better place than St. Jude Medical Center's Emergency Department, nationally-recognized for its success in treating severe and life-threatening conditions," Dr. Kim explains. "But for less serious health issues, urgent care centers are a more convenient, less expensive choice."

St. Jude Urgent Care
2251 N. Harbor Blvd.
(714) 449-6230

Open from 9 a.m. - 9 p.m.
7 days a week



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