

WINTER  
2019

# Health Matters

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



“Don’t worry about doing things perfectly or compare your self to moms you see on Instagram,” suggests Salena Trujillo, MSN, RN, St. Jude Maternity Services and proud mother of four, pictured below. “You will have your own unique style and it will be exactly what your baby needs.”





# Great Beginnings at St. Jude

## Named one of the best places in America to have a baby

MATERNITY

Salena Trujillo, MSN, RN, is part of St. Jude's award-winning maternity services department—and in addition to the certifications and credentials after her name, she brings something else to her role: a wisdom and practicality that comes from being the mom of four.

"Like so many of the nurses within our department, being a mother allows me to bring empathy and insight," explains Salena who, as part of the postpartum unit, is an expert in helping mothers and babies thrive physically—and emotionally. "I love helping women find joy and confidence in their role as moms."

Recently recognized as one of the nation's best hospitals for maternity care by the Women's Choice Award, the uniqueness of St. Jude's services extends from what happens before reaching the hospital, to what happens after going home. From childbirth classes and a Fetal Diagnostic Center that expertly manages high-risk births, to breastfeeding support groups and a state-of-the-art Level III Neonatal Intensive Care Unit that creates some of the state's best outcomes, St. Jude provides a happily-ever-after beginning by offering features and comforts, such as large private rooms to accommodate dads and families, wireless monitoring that allows laboring moms to remain mobile and innovative approaches to mother-baby bonding.

Even amid the hospital's advanced capabilities, many of Salena's favorite moments involve something more



personal: the chance to invest in the success of another mom. Often, in between the questions about breastfeeding, recovery or baby care, is the opportunity to relieve anxiety or worry—and maybe offer a little advice,

"Don't worry about doing things perfectly or compare yourself to moms you see on Instagram," suggests Salena, whose children range in age from 3 to 8. "You will have your own unique style and it will be exactly what your baby needs."

Honors earned by the hospital—such as Top 100 Hospitals in America for Patient Experience, and the elite Baby Friendly accreditation—reflect not only an expertise, but the ability to walk alongside each patient. Or in Salena's case, to walk directly in their shoes. "We call it 'our family caring for your family,'" she explains. "The highest quality care delivered with compassion and warmth."

**To learn more, visit us at [stjudemedicalcenter.org/maternity](http://stjudemedicalcenter.org/maternity).**

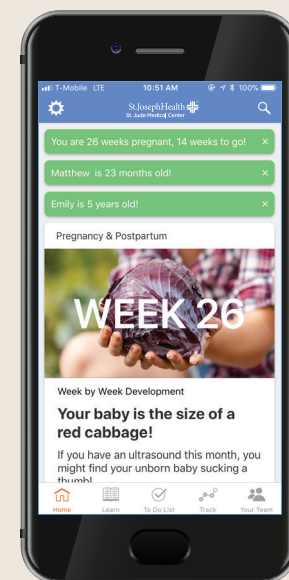
### From pregnancy to parenthood: we have an app

Circle® by St. Joseph Health is a free pregnancy and parenting app that provides useful health resources and tools, as well as information on St. Jude Medical Center programs, services and classes.

From early pregnancy through your child's toddler and teen years, Circle customizes information based on your family's needs.

Go to the App Store to download for iPhone or Google Play for Android. Look for Circle by St. Joseph Health, then select St. Jude Medical Center.

**Learn more at [stjudemedicalcenter.org/circle](http://stjudemedicalcenter.org/circle).**



# A Better Approach to Back Pain

Back pain is common. Unfortunately, successful evidence-based treatment is not.

“Those with back pain often end up seeing multiple doctors, waiting for imaging that offers little or no useful information, and pursuing solutions with no proven benefit,” explains Natalia Covarrubias, MD, a board-certified physical medicine and rehabilitation physician at St. Jude. “All of which delays recovery.”

The St. Jude Back Pain Program was created to offer patients comprehensive, effective care that avoids the wrong-turns and delays.

## Getting the right diagnosis—quickly

The first step is accurate diagnosis: patients are evaluated by a physical therapist who specializes in neck and back pain, often within 48 hours of referral. “Through a comprehensive musculoskeletal exam we can usually identify the cause and degree of impairment,” explains Michael Heaton, PT, Supervisor, Orthopedic and Sports Rehabilitation Services, an experienced clinician in evidence-based approaches to back pain, from therapeutic exercise to myofascial release. “Treatment begins during the patient’s first appointment.”

The vast majority of patients, especially those with lower back pain, are successfully treated with noninvasive therapies, which may include acupuncture and biofeedback. But if more complex care is needed, Dr. Covarrubias directs and coordinates the next steps, whether that means a referral to a spine surgeon, more advanced pain interventions or additional testing.

## From simple muscle strain to more complex issues

“Having a board-certified rehabilitation physician oversee and ‘quarterback’ treatment offers a huge advantage to our patients,” says Michael. “Her expertise allows patients to sidestep common mistakes, such as waiting to see the wrong specialist.”

Located at the St. Jude Centers for Rehabilitation and Wellness in Brea, the Back Pain Program also offers the benefits of a board-certified neuropsychologist, weight loss programs, and nationally-respected chronic pain program. “Our goal is to offer care that is as comprehensive and effective, as it is convenient,” explains Dr. Covarrubias.

***To make an appointment with the St. Jude Back Pain Program, please call (714) 578-8720. A physician referral is required and services are covered by most insurance plans.***

## Interested in a Healthy, Pain-Free Back?

Feb. 13 | 6 p.m.

To RSVP, call (877) 459-3627 or visit [stjudemedicalcenter.org/healthclasses](http://stjudemedicalcenter.org/healthclasses).

We’ve all known someone who has lost weeks or months to back pain. So how do you avoid that outcome? If you’re having occasional back pain now—maybe it comes and goes or is only present during certain activities—it’s a warning sign.

Two experienced physical therapists from St. Jude’s Back Pain Program will cover today’s best evidence-based approaches to preventing back pain—and treating it once it’s arrived.



# Not Your Mother's Mammogram

MAMMOGRAPHY



When it comes to diagnosing and treating breast cancer, the good news just keeps coming. One example is 3D mammography—also known as tomosynthesis or 3D breast imaging—a new technology that is significantly improving our ability to detect breast cancer earlier and with more accuracy.

Like traditional 2D mammograms, 3D mammography uses X-ray to create images of the breast. But 3D technology records images from more angles and uses high-powered computing to convert the images into a stack of very thin “slices”—allowing a radiologist to review each layer of the breast, one at a time.

“Think of the difference between being able to look through each page of a book, versus simply studying the cover,” explains Brenna Chalmers, MD, a board-certified diagnostic radiologist who specializes in women’s imaging at the St. Jude Kathryn T. McCarthy Breast Center. “The information provided by 3D mammography is definitely better, and we’re grateful to the donors whose

contributions totaling over \$2.6 million to date have allowed us to acquire our first two units. With continued support from generous community members, we can acquire the remaining four systems needed to fully transition our breast program to 3D mammography.”

In fact, according to research, tomosynthesis detects 41 percent more invasive cancers than traditional mammography, while reducing the number of false positives by up to 40 percent.

“A 3D mammogram is more likely to get it right the first time, reducing unnecessary callbacks—a source of enormous anxiety for women,” says Dr. Chalmers, explaining that many false alarms on 2D mammograms simply represent normal areas of breast tissue superimposed on top of each other. “With 3D imaging, the area can be seen more clearly because the radiologists can see layer by layer through the tissue, rather than a flat, single picture of the breast.”

Of course, the value of any mammogram depends on the skill with which it’s read. “Any technology is only as good as the

physician interpreting it,” explains Dr. Chalmers. “Look for a breast imaging center with radiologists who specialize in mammography. There is an accuracy that comes from specialization.”

Although surveys show women overestimate their chance of dying from breast cancer by a factor of 20, Dr. Chalmers urges women to be smart, not fearful. “Focus on minimizing your risk—through regular exercise and losing weight if needed—and getting routine screenings,” she explains. “The vast majority of women will never develop breast cancer, but for those who do, catching it early is the key to a cure.”

## Scheduling a Mammogram is Easy

We make getting a mammogram convenient by offering screenings at three locations: Fullerton, Yorba Linda and Diamond Bar.

**Call (714) 446-5650 or request an appointment online: go to [stjudemedicalcenter.org/mammogram](http://stjudemedicalcenter.org/mammogram)**

The breast center offers convenience, comfort and the expertise of fellowship-trained radiologists who specialize in women’s imaging and technologists who have been certified in mammography.

Our mammography services are accredited and recognized by:





# An Unforgettable Anniversary

In 1968, Dave and Vicki Schindele stood before family and friends and vowed to care for each other “in good times and bad.” Little did they know that they would be fulfilling that promise 50 years later in St. Jude’s Emergency Department (ED), on the eve of their Golden Anniversary.

It was Wednesday night when Dave’s left ring finger began to swell. By 2:30 a.m. Thursday, he was in enough pain to wake his wife and go to the ED. “He never complains, so I knew something was really wrong,” Vicki recalls.

Walking through the doors of the emergency department began a chain of events the Fullerton couple won’t soon forget. A patient care technician promptly greeted them and attended to them for the rest of the night. “Extraordinary” is the word Dave uses to describe her and the care he received from St. Jude’s ED team.

“They were sensitive and gentle while figuring out the right solution,” remembers Dave. “They were even able to save my wedding band without cutting it off.”

That extraordinary care would continue over the next 36 hours, as a team of physicians and support staff worked quickly and meticulously to treat Dave’s septic arthritis, a serious and painful bacterial infection of the joint. After stabilizing the infection with antibiotics, a consultation was scheduled for later that morning with Allen Tham, MD, a board-certified orthopedic hand surgeon at St. Jude. Upon confirming the severity of the infection, Dr. Tham recommended Dave for surgery that afternoon.

“I was impressed by how seamlessly everything flowed from the time we entered the ED to the care I received following my surgery,” says Dave. “If it weren’t for the expertise and efficiency of the team at St. Jude, my outcome may not have been as good.”

A particular moment stands out to the couple after Dave’s surgery. Upon realizing the two hadn’t eaten all day, one of the nurses arranged for a special anniversary dinner in Dave’s room. “They had everything but the candle,” remembers Vicki. “St. Jude made sure we were taken care of not only medically, but personally.”



The final hurdle would be getting Dave home in time for their big anniversary party on Saturday. Friends and family had flown in for the occasion. But Dave needed to start a week-long course of antibiotics delivered through an IV. Without missing a beat, the staff timed his last hospital infusion for 2:30 p.m. so that Dave could be discharged at 3 p.m. in time for the party at 6 p.m.

For the Schindeles, this experience was a reminder of why they have supported St. Jude over the years. “Sustaining high quality care in your community is critical because you never know when you will need it yourself,” explains a grateful Vicki. “Because of St. Jude, we were able to celebrate what we had been looking forward to for over a year. We can’t say thank you enough.”

***To support life-changing care at St. Jude, contact the St. Jude Memorial Foundation at (714) 992-3033.***



# Honor Your Doctor

## Expressing Gratitude for National Doctors' Day

Each day at St. Jude, more than 700 physicians treat patients as if they were treating their own family and friends. Their heartfelt care goes beyond good medicine—our doctors are dedicated to addressing the physical and emotional needs of every patient and family.

**National Doctors' Day is an opportunity to express appreciation to your physician(s) for their relentless commitment to your health.**

Now through March 30, celebrate your doctor by making a contribution in their honor and sending them a personal note of gratitude. Your special message will be shared with your doctor, letting them know how much you value their care and compassion.



## Upcoming St. Jude Memorial Foundation Fundraising Events

### ShowCare Music & Talent Competition

**February 8, 2019**

**HOPE INTERNATIONAL UNIVERSITY, FULLERTON**

Enjoy performances by local artists in this talent showcase organized by St. Jude youth volunteers. Proceeds support health services for the underserved.

### Neighbors Helping Neighbors Dinner

**March 14, 2019**

**SUMMIT HOUSE RESTAURANT, FULLERTON**

Learn how St. Jude's Care for Poor Program is increasing access to health care for vulnerable populations. Proceeds support health and wellness services for the underserved, homeless and frail elderly.

### Annual Golf Classic

**May 20, 2019**

**LOS COYOTES COUNTRY CLUB, BUENA PARK**

Join us for a day of golf, food and camaraderie featuring on-course contests, continental breakfast, lunch, hosted cocktail reception, dinner, silent auction and grand prize raffle. Proceeds will help fully equip St. Jude's Kathryn T. McCarty Breast Center with 3D mammography.

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

## National Doctors' Day



**March 30, 2019**

To honor a special doctor and support the continuation of exceptional care at St. Jude, complete the enclosed envelope, visit:

**[donate.stjudemedicalcenter.org/docsday](https://donate.stjudemedicalcenter.org/docsday), or call (714) 992-3033.**

*Did you know? Charitable gift annuity rates are the highest they've been in years. To learn how you can support St. Jude and get income for life, call (714) 992-3033.*





CARPAL TUNNEL  
SYNDROME

# Are You Ignoring the Signs of Carpal Tunnel Syndrome?



It's a mistake that can lead to permanent damage to your hand. Carpal tunnel syndrome (CTS) is the result of pressure on the median nerve as it travels through the wrist. Symptoms often appear gradually—tingling, pain or numbness—and get worse with time.

"A frequent mistake is waiting too long to seek treatment," explains Allen Tham, MD, a board-certified and fellowship-trained orthopedic hand surgeon at St. Jude. "Left untreated, the nerve damage and muscle atrophy created by CTS can become irreversible."

Frequently caused by chronic use or injury, occupations and hobbies with repetitive motions increase your risk—from assembly line workers and cashiers, to excessive smart phone users who are increasingly clicking, swiping, scrolling and tapping their way to hand and wrist pain.

### Early treatment means options

"When treated early, patients can often slow or stop CTS with simple measures like wearing a brace at night, as sleeping with your wrists flexed is a common cause of stress on the nerve," explains Mary Long, DPT, OCS, CHT, a certified hand therapist at St. Jude Centers for Rehabilitation, who specializes in nerve entrapment syndromes and other hand, wrist and elbow conditions. "An experienced hand therapist can also help offload pressure from the nerve through manual therapy, education and improved mechanics."

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"When treated early, patients can often slow or stop CTS with simple measures..."

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But for those whose symptoms have become constant or progressed to muscle weakness—causing you to drop things or have trouble writing—surgery is often needed. Dr. Tham routinely treats carpal tunnel with a "mini-open" release procedure performed at the St. Jude Outpatient Surgery Center. The 10-minute, minimally-invasive procedure relieves the pressure by dividing the carpal ligament to give the median nerve more room. Mild sedation and a numbing block, but no general anesthesia, allows patients to return home within an hour or two.

"We ask manual laborers to take a month off work, but for patients who work at a desk, many go back to work the same day, right after surgery," explains Dr. Tham. "It's a convenient, successful and typically permanent solution."

***To make an appointment with Dr. Tham, please call (714) 626-8630.***



## The Benefits of Hand Therapy

We offer an important advantage in helping you recover more quickly and completely: a care team exclusively dedicated to the unique needs of patients with hand, wrist and elbow injuries, diseases or surgeries. Experienced in today's best practices and evidence-based care, we offer expert evaluation and individualized treatment for a wide range of acute, post-surgical and chronic conditions.

Our hand therapists are certified occupational and physical therapists with extensive training and clinical expertise in hand therapy—and most are board-certified in their specialty, an advanced designation requiring years of additional training, education and proficiency. The result is an uncommon and highly successful level of care.

Our hand therapists can help with:

- Arthritis
- Carpal tunnel and other repetitive use disorders
- Dupuytren's Disease
- Fractures
- Muscle sprains and strains
- Nerve injuries
- Post-surgical recovery
- Tendon injuries
- Work-related overuse conditions

For further information or to make an appointment, please contact St. Jude Hand Therapy at **(714) 578-8720**.

### When Your Hands Hurt

Feb. 28 | 6 p.m.

To RSVP, call (877) 459-3627 or visit [stjudemedicalcenter.org/healthclasses](http://stjudemedicalcenter.org/healthclasses).

Whether the problem is arthritis, carpal tunnel, overuse, trigger finger or another issue, join our experienced hand therapists to learn about today's best techniques and strategies to diminish or eliminate pain while protecting the health of your hands.

Gain invaluable insight and education into the common causes of hand pain and what you can do to regain pain-free function.



# 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](http://stjudemedicalcenter.org/healthclasses) or call (877) 459-DOCS (3627) unless another phone number is noted.**

## Senior Resources 101 Class

**Choose the date most convenient: Jan. 23, Feb., 27, Mar. 27 or April 24 | 7-8 p.m.**

Worried about an aging parent, spouse or friend? St. Jude Senior Services and the OC Senior Collaborative have suggestions, advice and answers to your questions. During this one-hour class you'll learn: steps to help you get organized; in-home care solutions and suggestions; essential legal documents; ways to pay for care and how to find the right setting; resources to help you cope.

## Fatty Liver Disease: Is it Your Greatest Health Risk?

**Feb. 5 | 6 p.m.**

Non-alcoholic fatty liver disease (NAFLD) affects nearly 25 percent of the U.S. population. By 2020, it will be the number one cause of liver failure and with no symptoms, most people don't realize they have it until liver damage has occurred. The good news is: it's preventable and often reversible.

Join Hyder Jamal, MD, a board-certified gastroenterologist, to learn why fatty liver disease may be impacting your health, how it's diagnosed and treated, and what you should do today to protect your liver function. Because NAFLD is directly related to weight, you'll also learn about the St. Jude Heritage Medical Group, HMR Program, named the best, fast weight loss program in the nation, and programs and classes offered by St. Jude Wellness Center.

## Beautiful Skin in Your 40s, 50s and 60s

**Feb. 6 | 6 p.m.**

Learn about today's best techniques for not only keeping your skin healthy but improving its appearance. Whether your goal is reducing wrinkles or combatting dark spots, Michael McConnell, MD, a board-certified plastic surgeon, will cover which skin products really work—from over-the-counter to medical grade—as well as which noninvasive cosmetic treatments are creating great results for everyday women. From peels to lasers, it's never been easier to erase years from your skin and look better than ever before.

## Understanding Dementia and Alzheimer's Behaviors and Developing Communication Strategies

**ST. JUDE COMMUNITY SERVICES BLDG.**  
130 W. Bastanchury Road, Fullerton

**Wednesdays: Feb. 6 and 20, Mar. 6 and 20, and, April 3 and 17 | 5:30 - 7 p.m.**

Join us to learn the facts about memory loss, useful communication strategies, some of the common triggers for behaviors associated with dementia, how to assess the person's needs and how to intervene effectively. Topics rotate bi-weekly. Presented in partnership with the Alzheimer's Association. Reservation not required, for information please call (714) 446-5030.

## Advance Care Planning — Your Life, Your Decisions

**BREA**  
955 W. Imperial Hwy, Suite 220, Brea  
**Feb. 7; and Mar. 7 | 1:30–3 p.m.**

**DIAMOND BAR**  
1514 S. Valley Vista Drive, Diamond Bar  
**Feb. 14; and Mar. 14 | 1:30–3 p.m.**

**YORBA LINDA**  
4300 Rose Drive, Yorba Linda  
**Jan. 17; Feb. 21; and Mar. 21 | 1:30–3 p.m.**

**FULLERTON- ST. JUDE MEDICAL PLAZA**  
2151 N. Harbor Blvd., 1st Floor, Fullerton  
**Jan. 24; Feb. 28; and Mar. 28 | 1:30–3 p.m.**

This class helps you think through the care you'd want if you became unable to speak for yourself, talk to your loved ones about your decisions, choose your advocate, and complete an Advance Directive. Free notary services will be available.

**No registration required.**

## Healthy Living with Chronic Conditions

**Thursdays, Feb. 7–Mar. 14 | 9:30 a.m.–Noon**

This once-a-week interactive workshop was developed by Stanford University to help anyone with a chronic health condition—from chronic 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.

## Waking Up to Fall Asleep: Do You Have Sleep Apnea?

**Feb. 7 | 6 p.m.**

Sleep apnea is the leading undiagnosed sleep problem in America – affecting almost 10 million people, most of whom have no idea why they feel so tired all the time. Waking up with headaches, snoring, feeling tired during the day even after spending 8 or 9 hours in bed are common symptoms.

If you feel tired throughout the day, or know someone struggling with constant fatigue, join our sleep expert to learn about symptoms, diagnosis and solutions. If you've already been told you have sleep apnea but have questions about your diagnosis or equipment, come for answers and solutions.

## Congestive Heart Failure (CHF): What You Need to Know

**Feb. 12 | 6 p.m.**

If you've been diagnosed with congestive heart failure, join Harry Peled, MD, Medical Director of Cardiovascular Services, board-certified cardiologist and published expert in improving CHF outcomes, to get the information you need to regain your health and quality of life.

From common misconceptions ("an ultra-low salt diet is best") to what research says will allow you to recover faster and more completely, Dr. Peled will answer your questions and offer the facts you need—that too few have. Learn how to avoid the common mistakes that cause hospital readmissions and decreased function, while learning what strategies that will allow you to improve, recover and thrive.

## Interested in a Healthy, Pain-Free Back?

**Feb. 13 | 6 p.m.**

We've all known someone who has lost weeks or months to back pain. So how do you avoid that outcome? If you're having occasional back pain now—maybe it comes and goes or is only present during certain activities—it's a warning sign.

Two experienced physical therapists from St. Jude's Back Pain Program will cover today's best evidence-based approaches to preventing back pain—and treating it once it's arrived. Learn strategies to build a healthier, pain free back and preserve your quality of life.

## ADHD: The Facts

**Feb. 20 | 6 p.m.**

Attention Deficit Hyperactivity Disorder is one of the most common diagnoses given to children. But are some children misdiagnosed or mislabeled? Is medication necessarily the best treatment?

Join Nicolle Bugescu, PhD, a pediatric psychologist, to get answers to your questions—whether your child has been diagnosed with ADHD, or simply has trouble concentrating or maintaining focus.



# Rebalance, Restore and Revitalize

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 personal training, 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**.

## Massage: Experience the Health Benefits

Massage therapy is one of the oldest and most natural forms of healing, strengthening the immune system and relieving disease-causing stress and tension. Our certified professional Massage Therapists can help you improve your well-being, both mind and body.

Specialized massage therapies range from prenatal and sports, to oncology and trigger point therapy. To schedule your massage, call the

St. Jude Wellness Center at **(714) 578-8770**, or visit **stjudewellnesscenter.org**

## Never tried Pilates?

Curious about Pilates but aren't quite sure what it involves? Join us for our Pilates orientation, where we show you the basic movements on a mat/reformer and explain why and how it can transform your body. Cost is \$10 per person

## REACH: A Different Approach to Weight Loss

Weight loss is hard, but keeping it off can feel nearly impossible. That's why St. Jude Wellness Center's REACH Program offers a compassionate, realistic approach to not only losing the pounds, but maintaining your optimal weight. Unlike fad or commercialized programs, we offer a hands-on approach that addresses the true complexity of weight management. Our multidisciplinary team uses evidence-based strategies that integrate five pillars of wellness:

**REAL, NOURISHING FOOD:** Trained in culinary nutrition, our registered dietitian will help you create a sustainable eating plan using delicious and fulfilling foods.

**MOVEMENT MATTERS:** With the help of our fitness specialists, you'll begin a long-term exercise plan that fits your body's unique needs.

**PSYCHOLOGICAL WELLNESS:** Our licensed psychotherapist will help you address any

psychological components that may have hindered past weight loss efforts.

**RELAXATION & SELF COMPASSION:** Managing chronic stress is essential to achieving a healthy weight. Our team can give you the tools and daily self-care practices to support weight loss and wellness.

**ACCOUNTABILITY & CONNECTION:** Isolation can compromise weight loss efforts. REACH gives you instant access to your team of experts when life gets tough, while fostering safe connections with a weight loss community.

REACH includes:

- Monthly coaching sessions with our registered dietitian or licensed psychotherapist
- Fitness assessment with a personal trainer to set up your exercise plan
- Monthly body composition analysis checks
- Twice a month education classes focused on behavior change and hands-on approach to eating
- Unlimited access to our group fitness classes and gym
- 20 percent off all other wellness services, from personal training to massage

Cost is \$100 initial evaluation fee + 6 month commitment for \$95/month (SJMC caregivers receive a discount of \$76/month).

This informative class will cover the diagnosis and treatment of ADHD, including the powerful impact of sleep, nutrition and exercise, and discuss what works, what doesn't, and strategies that can help any child improve their chance of success.

## Skin Strategies for Teens

**Feb. 21 | 6 p.m.**

Many teens are washing their face incorrectly, using the wrong products, or failing to understand the connection between sun-smart precautions and healthy skin. The result is acne, scarring and premature skin aging. Taught by May Ali, a Physician Assistant, St. Jude Heritage Medical Group, Plastic Surgery, this class will offer every teen the knowledge and strategies to improve and protect their skin, including what over-the-counter and medical grade products can help.

## Swollen Ankles and Feet. . .Take it Seriously

**Feb. 26 | 6 p.m.**

Chronic swelling of the feet and ankles is a common side effect of diabetes and poor blood flow (venous insufficiency) and puts you at much greater risk of problematic wounds that simply won't heal.

Join our certified wound care expert to learn how to protect yourself from diabetic wounds as well as problem wounds—and how to reduce swelling in the ankles and feet and increase circulation. Practical advice and tips, important health information, as well as a Q & A to get answers to your questions.

## Want to Avoid America's Number One Killer—Heart Disease?

**Feb. 27 | 6 p.m.**

Or maybe you've had a heart attack and want to regain your health? Research shows that four simple tenants – move more, stress less, love more and eat healthy—are the key to preventing and stopping heart disease, as well as a list of other chronic conditions.

Come learn from our cardiac experts what these four elements look like and how to add them to your life.

## When Your Hands Hurt

**Feb. 28 | 6 p.m.**

Whether the problem is arthritis, carpal tunnel, overuse, trigger finger or another issue, join our experienced hand therapists to learn about today's best techniques and strategies to diminish or eliminate pain while protecting the health of your hands.

Gain invaluable insight and education into the common causes of hand pain and what you can do to regain pain-free function.

## 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 for best, fast weight loss. Proven to create substantially more weight loss than standard diets, the program combines accountability, meal replacements, vitamins and behavior change.

Free, no-obligation orientations are offered every Tuesday at noon or 5 p.m. — join us to learn why and how the program works, and taste our delicious food. **Call (714) 446-5154 to RSVP.**



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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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ST. JUDE CROSSON CANCER INSTITUTE

# YOU ARE INVITED!

**February 23, 2019 | 9:30 a.m. to Noon**  
**St. Jude Medical Plaza**  
2141-2151 N. Harbor Blvd., Fullerton 92835

## Please join us to celebrate the transformation of the St. Jude Crosson Cancer Institute

The expansion and enhancement of our patient areas, pharmacy and Virginia K. Crosson Infusion Center are complete and we're pleased to offer a setting that is as exceptional as our quality and care.

This very special Open House will include:

- Behind-the-scenes tours
- Live demonstration of the Da Vinci Robot
- Health screenings for heart disease (carotid artery), blood pressure, osteoporosis (bone density test) and sun damage/skin cancer (DermaScan) and more
- Activities for kids (and the young at heart)

Our nationally-recognized Crosson Cancer Institute was created to offer unmatched care to neighbors, friends and loved ones—and serving this community is what inspires us to make the extraordinary an everyday occurrence.

We hope to see you on the 23rd.

***For more information please call, (714) 446-5912.***



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