

Health Matters

WINTER 2018

Concussions: New Approaches, New Research, New Success


Introducing the St. Jude
Kidney Stone Center for
Prevention, Diagnosis
and Treatment

Low-Dose CT Lung
Screening Finds Cancer
at its Earliest, Most
Treatable Stage

Beautiful Surroundings
and State-of-the-Art
Capabilities for our
Tiniest Patients

Help for Those Suffering
from Chronic Conditions,
Such as IBS, Fibromyalgia
and Crohn's Disease

Health Education and
Wellness Classes

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stjudemedicalcenter](https://www.facebook.com/stjudemedicalcenter)



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

Concussions: New Approaches,

The first time Clara suffered a concussion playing high school soccer, her doctor recommended bedrest for a week. But after her second concussion, her mother took her to the St. Jude Concussion Clinic, where each of her lingering symptoms were treated with targeted, individualized therapy.

"New research is helping to significantly improve how we treat concussion," explains Sue Potts, PT, Outpatient Therapy Manager, Neuro and Cancer Rehabilitation, who helps lead the highly respected and multidisciplinary St. Jude Concussion Clinic. "We know so much more about concussion today, we can isolate each symptom and tailor treatment in a way that wasn't possible before."

The trauma that the brain sustains during a concussion and the symptoms it creates — including headaches, dizziness, confusion and fatigue — will usually resolve within two weeks. For most individuals, simply taking it easy and avoiding any physical activities that could reinjure the brain is enough.

But for patients like Clara, where symptoms linger, expert assessment and treatment becomes essential. "Symptoms that remain untreated for months become much more complex and difficult to treat," says Kevin Smith, PT, an expert in balance and vestibular issues at the clinic. "When we can evaluate and treat a patient two weeks after injury — like Clara — we can support the brain's ability to heal and return patients much more quickly to their lives."

After being evaluated by one of the clinic's physical medicine and rehabilitation physicians, Clara began a week of individualized therapy. A physical therapist specializing in orthopedic and sports

issues helped resolve the neck pain caused by strained cervical muscles — and then provided sports-specific rehabilitation and training to allow a quicker return to play. Her lingering problem with dizziness was Kevin's focus, who utilized vestibular training techniques and sophisticated computerized balance therapy to treat the symptom. And because Clara also had headaches when doing homework, making her anxious, she was assessed by the clinic's neuropsychologist, who provided strategies to resolve her issues with concentration, memory and anxiety. The neuropsychologist also provided Clara's school with a detailed plan on how to accommodate her symptoms as she recovered.

Two weeks after sustaining a concussion, Clara was back on the field. "My symptoms were frightening at first," explains the 18-year-old. "But the therapy made a difference right away and when I got back to practice I felt really good, ready to go."

As research continues to shed light on how diverse symptoms of a concussion can be, the type of multidisciplinary evaluation and treatment that Clara received is key — yet most concussion clinics only provide limited assessment and diagnosis. "What we offer our patients is definitely unique," Sue says. She explains that the clinic draws from St. Jude's nationally-respected services in brain injury, neuro-rehabilitation, pain management, and sports medicine. "You might say we have a significant head start when it comes to helping patients recover more quickly and successfully."

To learn more, visit us at stjudemedicalcenter.org/concussion or call (714) 578-8706, ext. 2328.

SYMBOLS OF QUALITY:

We are one of the only CARF (Commission on Accreditation for Rehabilitation Facilities) accredited programs in the state for Traumatic Brain Injury, which means our training, expertise, and outcomes are among the very few to meet CARF's rigorous standards. Accreditation signifies that a hospital's program represents the highest quality, value, and optimal outcomes for the individuals served.



Our experts are trained in specialized ImPACT testing, designed to assess brain function after an injury has occurred.



A full-page photograph of a soccer game. In the foreground, a player in a maroon jersey with the number 27 is kicking a soccer ball. She is wearing a red headband and red socks. In the background, a player in an orange jersey with the number 5 is running. The scene is set on a green grass field under bright sunlight.

New Research, New Success

Join Us for a Free Community Presentation

March 22, 6 p.m.

Please RSVP by calling
(877) 459-DOCS (3627) or go
to [stjudemedicalcenter.org/
healthclasses](http://stjudemedicalcenter.org/healthclasses).

Concussion rates continue to
rise — especially among young
adults and children — and are
now considered an epidemic
by the Centers for Disease
Control (CDC).

Fortunately, new research and
therapies are transforming
how concussions are
diagnosed and treated. Join
a multidisciplinary team from
St. Jude's highly respected
Concussion Clinic to learn
how to recognize concussion
in athletes and what symptoms
require assessment. The world
of concussion management
has significantly changed in
the last five years, come learn
from the experts how and why.





The St. Jude Kidney Stone Center

Comprehensive, Multidisciplinary — and Convenient

While kidney stones have long been considered one of the most painful conditions, they are quickly also becoming one of the most common. One in 10 Americans will develop these solid concentrations of minerals in the kidneys — a number that continues to rise, especially among women and children.

Fortunately, advances in diagnosis, treatment and prevention are more than keeping pace — all of which can be found at the newly created St. Jude Kidney Stone Center.

“By bringing together a team of experts in urology, nephrology and nutrition, we offer a single point of care for patients suffering from acute or recurrent kidney stones,” explains Eric Tygenhof, MD, a board-certified urologist and expert in stone treatment. “The result is more comprehensive and convenient care.”

Small “pebbles” of salt and minerals build up in the urine creating kidney stones that can range in size from a small grain to a golf ball. Medications can help speed the passage of smaller stones and new noninvasive procedures use high-energy sound waves or lasers to safely and painlessly break apart larger stones. Although many kidney stones are treated non-surgically or minimally-invasively — often as a simple outpatient procedure — the center also offers specialized experience in complex cases, including one of

the region’s only surgeons trained in kidney-sparing robotic surgery procedures.

A multidisciplinary approach means that while the Kidney Stone Center’s urologists bring specific expertise to treatment, board-certified nephrologists focus on the overall kidney health of patients. A nutritionist works hand-in-hand with patients on a personalized plan to reduce the risk of future stone formation.

Most kidney stone patients will develop another one, making prevention — including metabolic evaluation to identify the source of the problem — a key part of the center’s focus. “Today we know so much more about how and why stones form,” Dr. Tygenhof explains, “allowing us to tailor treatment and prevention to the individual.”

To make an appointment with the St. Jude Kidney Stone Center, please call (714) 992-3000, ext. 2055.

Kidney Stones: Prevention, Diagnosis and Treatment

March 20, 6:30 p.m.

Please RSVP by calling (877) 459-DOCS (3627) or go to stjudemedicalcenter.org/healthclasses

If you’ve ever had a kidney stone, you surely remember it. The pain can be unbearable, coming in waves until the tiny stone passes out of the body. For many, kidney stones aren’t a one-time occurrence. Approximately 50 percent of the individuals who have a kidney stone, will have another within seven years without prevention.

Join Eric Tygenhof, MD, a board-certified urologist for an informative discussion about how to prevent kidney stones and the latest treatment options.

Lung Cancer is the deadliest cancer, but it doesn't have to be.

Lung cancer kills more Americans than the next three cancers (breast, colon and prostate) combined. Typically caught in its later stages, survival rates are often in the single digits.

St. Jude is at the forefront of changing that statistic, through state-of-the-art diagnosis and treatments — including robotic surgery to more precisely remove the cancer, a technique which St. Jude was recently recognized for being among the nation's best.

Yet the most powerful tool in dramatically increasing survival rates may be far simpler: a low-dose CT lung screening.

“Low-dose CT lung screening can detect even small lung abnormalities and is considered the gold standard in finding lung cancer at its earliest, most treatable stage,” explains Daniel Oh, MD, an internationally-respected thoracic surgeon at St. Jude who leads the hospital's new Lung Cancer Screening Clinic. “Just as mammography and colonoscopy have significantly improved patient outcomes, routine lung screening can shift diagnosis from late-stage to early, far more curable stages.”

Who should be screened?

The clinic is designed to make screening and education easy and convenient for those most at risk of lung cancer — former or current heavy smokers. “Low-dose CT lung screening is covered by most health plans, so if you have smoked a pack a day for 20

or more years, ask your physician for a referral,” explains Shannon Lindop, BSN, RN, OCN, Lung Cancer Nurse Navigator. Heavy smokers who currently smoke or have quit within the last 15 years should also be screened.

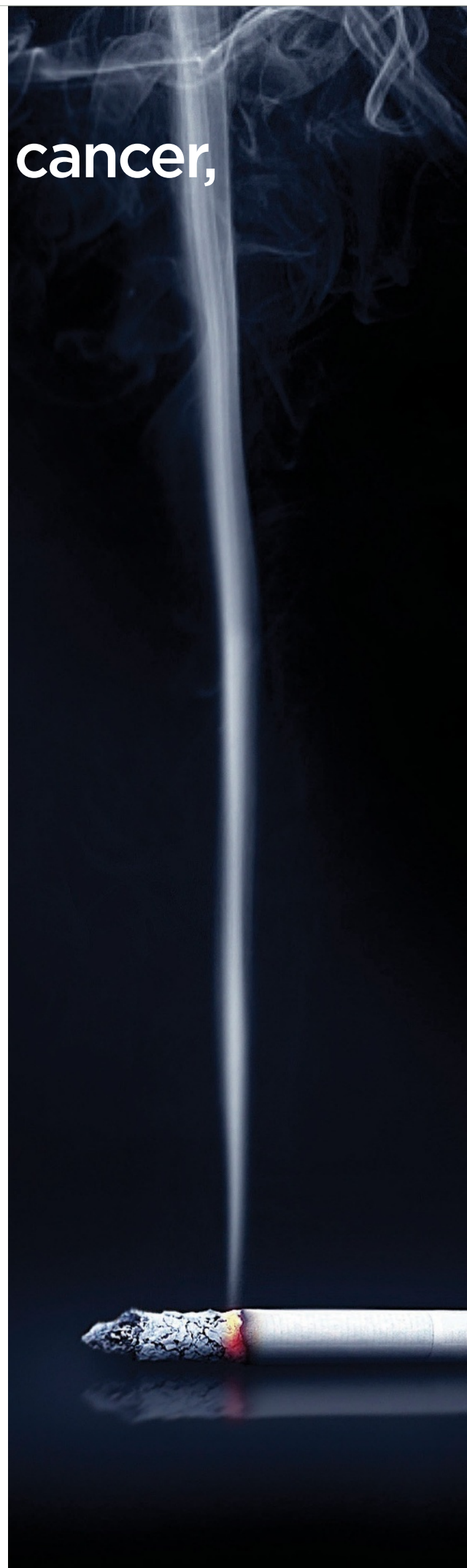
Despite being a covered preventive test, less than 5 percent of those who should be screened are referred by their physician. “Low-dose CT Lung screenings can identify cancer before there are any clinical signs or symptoms,” Shannon explains, “making them valuable in saving lives.”

Expert review and diagnosis

If a lung nodule or “spot” is found, the patient's scans and medical history are reviewed by a multidisciplinary team that includes Dr. Oh, a pulmonologist and a radiologist to determine what, if any, follow-up is needed.

“Most nodules are benign, a few require ‘watchful waiting,’ and a few require immediate testing,” Dr. Oh explains, a Harvard-trained surgeon and Medical Director of the St. Jude Center for Thoracic and Esophageal Diseases. “By using new evidence-based protocols to minimize unneeded or invasive procedures, we offer patients the right care at the right time.”

For any questions or to make an appointment, please call **(714) 446-5830**. A physician referral may be required, please check with you health plan.





Specializing in Bundles of Joy

Nothing is more exciting than the birth of a baby — and St. Jude Medical Center is a leader in offering the absolute best medical care possible to both mother and newborn.

Babies born at St. Jude, will be oblivious to the expertise and innovation around them. While our youngest patients probably won't notice the beautiful surroundings and state-of-the-art capabilities, we're certain their parents will. We provide the best of both worlds: the most respected obstetricians and beautiful, private maternity suites that provide a warm and memorable environment. To take a virtual tour, please go to stjudemedicalcenter.org/maternitytour.

Here are a few of the reasons why St. Jude is the first choice of newborns and their parents:

- Beautifully designed and comfortable, our private rooms offer your new family the best possible start. Small details — like sunlight-filled rooms, flat screen TVs, beautiful nighttime views, and a sitting area complete with a sleeper sofa — make the experience special for you and those close to you.
- Our board-certified obstetricians and specially-trained registered nurses are experts in helping ensure a healthy baby while creating a warm and supportive environment.
- For high-risk pregnancies, our Fetal Diagnostic Center provides the expertise of nationally recognized perinatologists to consult with your obstetrician and help monitor your pregnancy.
- You'll also find today's newest approaches to helping newborns thrive, including innovative mother-baby bonding techniques such as our popular "Babymoon".
- If needed, our highly respected Neonatal Intensive Care Unit — staffed by CHOC-affiliated neonatologists — is just steps away. Specialized care helps create remarkable outcomes for the tiniest of patients.

Beautifully designed and comfortable, St. Jude Medical Center's private rooms offer your new family the best possible start.



Take a virtual tour of St. Jude Medical Center's state-of-the-art maternity center at stjudemedicalcenter.org/maternitytour

- To create a more meaningful and positive childbirth experience our caring experts offer support, education and encouragement before and after your baby is born. From prenatal yoga classes to one-on-one breastfeeding guidance we offer dozens of classes and programs to help you succeed once your new family has gone home.

For information on dates, times and fees, call (714) 578-8774 or visit stjudemedicalcenter.org/healthclasses.

It all starts with the right doctor. To learn more, visit us online at stjudemedicalcenter.org, or call (877) 459-DOCS (3627).



When the Cure Doesn't Come in Pill Form

Millions suffer from chronic conditions, such as IBS, fibromyalgia and Crohn's disease, for which there are no easy solutions.

One of them is Andrea Neufeld, a 50-year-old mother and grandmother who has suffered from Irritable Bowel Syndrome or IBS since she was a teenager. "It takes over your life," she explains. "Symptoms like severe constipation and gas aren't something you can talk about with friends and family. Pain and isolation are just two of the consequences of living with something that has no cure."

Fortunately, more and more research is documenting the significant benefits of a holistic approach for many chronic conditions, including nutritional strategies, yoga therapy, and mindfulness-based stress reduction. A new program is utilizing these evidence-based therapies to improve the lives of those with issues as diverse as insomnia, chronic pain, and functional bowel disorders.

"The mind-body and gut-brain connection is particularly important for those living with chronic conditions," explains Martin Carr, MD, a board-certified gastroenterologist at St. Jude who helped create the program. "Stress, anxiety, and depression all worsen symptoms, while nutrition, gentle exercise, relaxation and emotional resilience can significantly improve them."

The unique program doesn't replace the medical care of a physician, but instead provides the coaching, instruction, therapies, and support that isn't possible to provide in a regular doctor's visit.

"To be given a toolkit of techniques and strategies that can help you regain your quality of life is very empowering for someone living with an issue like IBS or chronic pain," explains Kimson Johnston, LMFT, a psychotherapist and certified wellness coach who teaches participants mindfulness-based stress reduction. "We help people learn how to better control their symptoms, feel more confident, avoid constant doctor and hospital visits, and live their lives more fully."

For participants, one of the unexpected benefits is discovering how healing the camaraderie and support of others facing the same battle can be. "The program was phenomenal," Andrea explains, who finished the classes last fall. "After years of feeling alone, having the support and encouragement of others who know exactly what you are going through was an amazing bonus." To learn more, please call (714) 578-8724.

Do you struggle with a chronic condition?

Join us for a **FREE** presentation.
February 19, 6 p.m.
Please RSVP by calling
(877) 459-DOCS (3627) or go to
stjudemedicalcenter.org/healthclasses.

Join a multidisciplinary team to hear what evidence-based therapies are making a difference in the lives of those with issues that range from insomnia to functional bowel disorders.



St. Jude Medical Center

Health Education and Prevention

For information or to RSVP visit stjudemedicalcenter.org/healthclasses or call (877) 459-DOCS (3627).

St. Jude Medical Center offers free health education classes to help you and your family live better, longer and healthier. All classes are free. Space is limited and registration is required.

The Power of the Mediterranean Diet

February 7, 6 p.m.

Studies show that people who eat a Mediterranean diet have lower rates of heart disease, certain cancers, diabetes, obesity and Alzheimer's disease, as well as lower blood pressure and cholesterol levels. Food is medicine, and when it comes to living a longer, healthier life, the Mediterranean diet packs a powerful punch.

Join our registered dietitian and nutritional expert to learn what the Mediterranean lifestyle can offer you, as well as discover easy ways to include this diet's anti-inflammatory and health benefits into your life. Learn how to harness the power of fruits, vegetables, fish, beans, olive oil, nuts and whole grains, as well as other ingredients that have been shown to promote good health — and then eat up.

Do You Struggle With a Chronic Condition?

February 19, 6 p.m.

A growing body of research is documenting the significant benefits of a holistic approach for many chronic conditions, from IBS and inflammatory bowel disease to fibromyalgia and chronic pain.

Nutritional strategies, yoga therapy, and mindfulness-based stress reduction are bringing real benefits to patients as they learn to take advantage of the mind-body and gut-brain connection. Join a multidisciplinary team to hear what evidence-based therapies are making a difference in the lives of those with issues that range from insomnia to functional bowel disorders.

St. Jude Wellness Center Orientation

February 21, 10 a.m. and 6 p.m.

Join us for a lecture and tour of our wellness center and learn how the St. Jude Wellness team can help you achieve your goals. You will hear from our health coaches, fitness specialists, and wellness team to help you navigate the best services customized to your unique needs.

Alzheimer's Research

February 21, 6 p.m.

Join board-certified neurologist Kiran Bath, MD, for an informative class on new research, and what caregivers and family members should understand. In addition to offering accurate, up-to-date information, Dr. Bath will answer your questions and offer helpful insight for those who have already been diagnosed — and those who haven't.

Waking Up Tired: Do You Have Sleep Apnea?

February 22, 6 p.m.

Class offered in Diamond Bar

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, feeling tired during the day even after spending 8 or 9 hours in bed are common symptoms.

If you struggle 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 help.

The Science of Behavior Change with Arivale

February 28, 6 p.m.

When it comes to your wellness, what do you want to change? Your daily habits have a profound effect on your health and no matter how big or small your wellness goals are, you'll need to make changes to reach them.

Change is hard, but it becomes easier when you learn how the brain breaks old habits and creates new ones. Come learn about the fascinating science of behavior change with Arivale — and walk away with effective advice on how you can start creating new healthy habits today. Learn more at arivale.com/sjmcwellness.

Controlling Diabetes: What's in Your Medicine Cabinet?

March 8, 6 p.m.

You have more options than ever before to help you control your blood sugar, from pills and shots to inhalers and combination therapies. Nisha Jayani, MD, board-certified in endocrinology, diabetes and metabolism, will not only help you understand your choices — including recent FDA-approved classes of medications — but will help you separate fact from fiction regarding their side effects, benefits and risks.

Alzheimer's Disease: Diagnosis and Treatment

March 13, 6 p.m.

Join board-certified neurologist Johnson Moon, MD, for an informative class on current treatments and expectations, and what caregivers and family members should understand. In addition to offering accurate, up-to-date information, Dr. Moon will answer your questions and offer helpful insight for those who have already been diagnosed — and those who haven't.

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

March 14, 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 laundry list of other chronic conditions.

Come learn from our cardiac rehabilitation experts on what these four elements look like and how to add them to your life. Find out what programs and resources are available at St. Jude to make it easy, as well as how to do it on your own — using simple daily changes to gain your best heart health ever.



Kidney Stones: Prevention, Diagnosis and Treatment March 20, 6:30 p.m.

If you've ever had a kidney stone, you surely remember it. The pain can be unbearable, coming in waves until the tiny stone passes out of the body. For many, kidney stones aren't a one-time occurrence: in about half of people who have had a stone, another appears within seven years without preventive measures.

Join Eric Tygenhof, MD, a board-certified urologist for an informative discussion about how to prevent kidney stones and the latest treatment options.

Concussions: New Approaches, New Research, New Success March 22, 6 p.m.

Concussion rates continue to rise — especially among young adults and children — and are now considered an epidemic by the Centers for Disease Control (CDC).

Fortunately, new research and therapies are transforming how concussions are diagnosed and treated. Join a multidisciplinary team from St. Jude's highly respected Concussion Clinic to learn how to recognize concussion in athletes and what symptoms require assessment. The world of concussion management has significantly changed in the last five years, come learn from the experts how and why.

Long Term Care Options April 10, 6 p.m.

Don't miss a presentation from St. Jude professionals who specialize in eldercare. They will provide an informative discussion about Medicare long term care placement and housing options.

Improvements in Epilepsy Care April 12, 6 p.m.

Join Manpreet Multani, MD, a board-certified neurologist, to learn more about successfully managing and treating epilepsy in children and adults. Dr. Multani will discuss newer options for controlling seizures — including surgery, devices, dietary therapy, and new or add-on seizure medications — as well as offer insight on living successfully with epilepsy. If you are affected by this neurological condition and your seizures are not well controlled, or if you're just interested in learning more, join us for this informative discussion.

Swollen Ankles and Feet? Take it Seriously April 18, 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.

Living Well with Diabetes April 26, 6 pm

Taught by a registered dietitian and certified diabetes educator, this class will teach you how to successfully manage your blood glucose and control your diabetes to prevent complications, such as heart, kidney, eye and nerve damage. Gain valuable information about diet, exercise and blood glucose monitoring — and learn how to take control of your condition.

St. Jude Senior Services

130 W. Bastanchury Rd., Fullerton
(714) 446-7035

Anxiety and Depression — Improving Brain Health As We Age January 29, 6 p.m. 130W. Bastanchury Rd., Fullerton RSVP not required.

Depression and anxiety are not normal parts of aging, yet many older adults are affected. Depression and anxiety can impair the ability to function independently, contribute to poor health outcomes, and cause suffering and family disruption. Come learn about the treatments that can often help alleviate depression, as well as tools and techniques that can give you a more balanced and happy life.

Healthy Living with Chronic Conditions February 8 – March 15 Every Thursday, 9:30 a.m. – noon RSVP required, please call (714) 446-7035.

This interactive workshop and evidence-based class was developed by Stanford University to help anyone with a chronic health condition or anyone caring for a loved one with a chronic illness. Participants will learn the skills of day-to-day self-management of their condition and gain confidence to maintain or increase life's activities.

Advance Care Planning — Your Life, Your Decisions No RSVP required.

February 22, 1:30 – 2:30 p.m.
St. Jude Medical Plaza
1514 S. Valley Vista Dr., Diamond Bar

March 8, 10 – 11 a.m.
St. Jude Heritage Medical Group
2151 N. Harbor Blvd., Fullerton

March 29, 1:30 – 2:30 p.m.
St. Jude Heritage Medical Group
4900 Prospect Ave., Yorba Linda

Everyone over age 18 should have an Advance Directive. This program will answer your questions and provide you with helpful tools. You will learn: How to record your wishes in the event you cannot speak for yourself; when and how to start the conversation with loved ones and your doctor; what a POLST form is and what to do with it, and much more. Come get your questions answered.

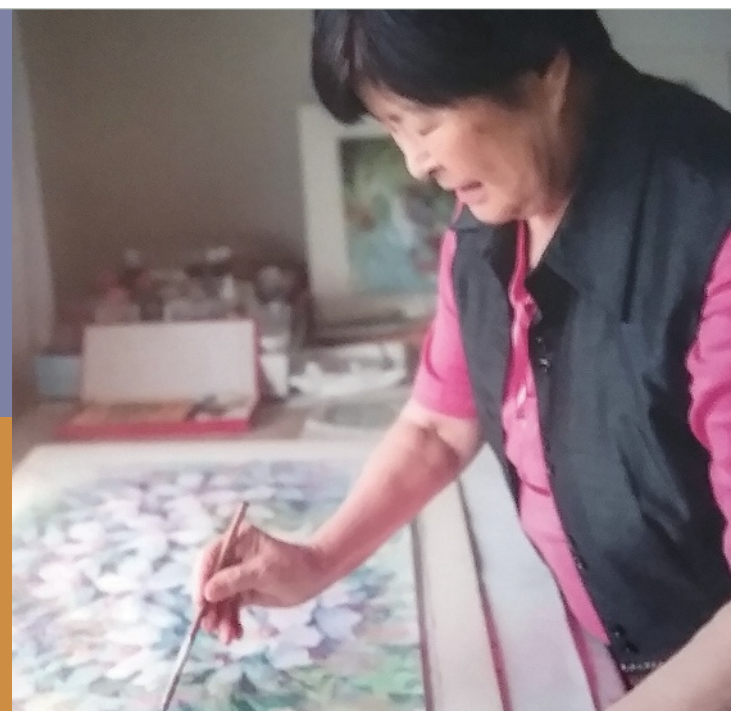




At left: Wo Kong Kwok, Ph.D. stands outside the Tzu-Wen Kwok Diagnostic Imaging Center, named in honor of his late wife.

At right: Tzu-Wen Kwok paints a watercolor piece in her home.

To learn more about honoring or creating a legacy for your family, please call (714) 992-3033.



St. Jude Medical Center Receives \$2 Million Legacy Gift to Establish Endowment

St. Jude Medical Center is pleased and honored to announce a remarkable \$2 million legacy gift from the estate of Wo Kong Kwok, Ph.D., a Fullerton resident who made the donation in gratitude for the care his wife, Tzu-Wen Kwok, received before she passed away in 2016.

The bequest gift will establish the Wo Kong Kwok and Tzu-Wen Kwok Clinical Capacity Endowment Fund.

“We are incredibly grateful for the establishment of this endowment which will allow St. Jude to continue pursuing excellence and innovation year after year, and respond to the greatest needs of our patients and community into the future” said Brian Helleland, chief executive, St. Jude Medical Center.

Dr. Kwok, a retired research fellow from DuPont, was inspired to make the gift after experiencing the care his wife, Tzu-Wen Kwok, received during her final days in St. Jude’s Critical Care Unit. St. Jude was recently honored with the 2016 Beacon Award for Excellence, from the American Association of Critical-Care Nurses (AACN). St. Jude is one of only 24 hospitals in California to earn the prestigious recognition, and one of only three in Orange County.

“During our 20-day stay, we felt like the nurses, doctors and staff genuinely cared for her. They were very concerned with making her comfortable, even though she was in a lot of pain,” recalls Dr. Kwok. “As her sole decision maker, it was a stressful time for me. But the physicians and staff always took the time to discuss the best course for action, and I could tell they had the best intentions at heart. I was so impressed and grateful, and that’s why I made this gift.”

In recognition of Dr. Kwok’s gift, St. Jude Medical Center has named the Tzu-Wen Kwok Diagnostic Imaging Center in honor of his late wife. As one of Southern California’s most advanced imaging centers, the newly named facility will stand as a visible reminder of the Kwoks’ lifelong commitment to giving back to their community.

“My wife and I were always grateful for the chance to study in the U.S., to work, to have all our freedoms. We spent our whole life in the U.S. trying to pay back the community,

so it was a very logical thing to want to give back to our community’s hospital — because everyone, at some point, will need that hospital,” Dr. Kwok explains.

Tzu-Wen Kwok was an artist whose work has been exhibited extensively across the U.S. and Taiwan. Four pieces of her artwork have been displayed in the diagnostic imaging center’s lobby.

For Dr. Kwok, the opportunity to express his gratitude through philanthropy has played an important role in his own healing.

“Doing this for Tzu-Wen has brought me a sense of closure. I often think about the meaning of life. You come, you live, you leave. But what will you do while you’re here? For me and my wife, our philosophy was to do something good for society,” he said. “Thanks to this experience, I now feel ready to move forward.”



Help Bring 3D Mammography to St. Jude's Breast Center

St. Jude Medical Center is on its way to bringing the latest weapon in breast cancer detection — 3D mammography (or digital tomosynthesis) — to its Kathryn T. McCarty Breast Center. To date \$1.9 million in philanthropic support has been contributed to the \$4.1 million priority fundraising initiative, which will secure six 3D mammography units to serve the 30,000 women who are screened each year.

While 2D digital mammography remains the gold standard for early detection, 3D mammography is the newest and most advanced breast screening technology. The cutting-edge equipment allows radiologists to examine fine details in breast tissue like never before by capturing several images at multiple angles. This improvement in visualization is a tremendous advantage in detecting cancer in its earliest stages, giving patients the greatest chances for successful treatment and survival.

All women could benefit from 3D mammography; however, there is increased benefit to women with dense breast tissue. Because dense breast tissue may look similar to cancer tissue and can hide abnormalities on a scan, for the 40–50% of women ages 40–74 who have dense breasts, access to the new 3D mammography equipment could be life-changing.

Joan Brundige, a breast cancer survivor whose cancer was detected and treated early at St. Jude, is passionate about adding 3D mammography to the hospital's arsenal of leading-edge technology. (Joan's story: <https://goo.gl/4VxkRy>)

"The women in my family have a history of breast cancer, as well as having dense breast tissue," says Joan. "I want my daughters and their daughters to have the comfort of knowing that if anything was ever caught, it would be caught at the earliest stages possible and that they would be treated immediately, leading to the best possible outcomes."

Help keep St. Jude at the forefront of women's health by bringing this life-saving technology to our breast center. Contact the St. Jude Memorial Foundation to be a part of this groundbreaking project at **(714) 992-3033**.



Upcoming St. Jude Memorial Foundation Fundraising Events

Neighbors Helping Neighbors Dinner
Thursday, March 22, 2018
Summit House Restaurant, Fullerton

Learn how St. Jude's Community Benefits Program is helping increase access to healthcare for vulnerable populations. Proceeds support health services for the underserved, homeless, and frail elderly, as well as education and outreach initiatives that support healthy communities.

Annual Golf Classic
Monday, May 14, 2018
Los Coyotes Country Club, Buena Park

Join us for a great day of golf, food and camaraderie featuring on-course contests, continental breakfast, lunch, hosted cocktail reception, dinner silent auction and grand prize raffle. Proceeds support clinical excellence and innovation at St. Jude Medical Center.

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

Celebrate National Doctors' Day: March 30, 2018

Recognize the doctors who have touched your life by making a contribution in their honor on National Doctors' Day. On their special day, your physicians will be showered with gratitude as we send them your personal notes of appreciation and a message indicating you've made a gift to St. Jude in their honor. Physicians honored through cumulative gifts of \$1,000+ are recognized on the Tribute & Memorial Wall.

Make a difference in your physician's life, as they have made a difference in yours! Call St. Jude Memorial Foundation at **(714) 992-3033** for details.

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ST. JOSEPH HEALTH SYSTEM
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Irvine, CA 92612

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

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HEALTH SYSTEM

A Ministry founded by the Sisters of St. Joseph of Orange

Proud To Be Named Best Hospital.



This Is Your
Hospital.

