

Health & Wellness

World- Class Cardiac Care

Cardiothoracic surgeons share cutting-edge techniques through new UCSF fellowship program.

On Feb. 17, Dr. Ramin Beygui will present, "When Your Heart Needs a Little Help." See page 2 for details.



COMMUNITY HEALTH SEMINARS & EVENTS

To register or for more information about community seminars, visit whhs.com/seminars or call 800.963.7070.

Virtual Events

In an effort to safely provide education and support to our community members, we are exploring alternative ways to present community health seminars.

These avenues include Facebook, YouTube and Zoom meetings, which can all be accessed safely and conveniently from home.

The EVENTS page on our website www.whhs.com/events will list events and advise how to join them.

Facebook

- Sign in to your account
- Go to the Washington Hospital Healthcare System page: www.facebook.com/WashingtonHosp
- Watch live
- Ask questions and hear them read to the presenters in real time

YouTube

- No account needed
- Go to our YouTube page: YouTube.com/whhsInHealth
- Watch live (no interaction available)

Zoom

- Sign up for the seminar on the EVENTS webpage or call 800.963.7070
- You will be emailed a link to log in before the seminar begins with instructions

Miss an event? After the presentations, seminars will be archived and available to view within 24 hours.

When Your Heart Needs a Little Help

Cardiac care is world class in Fremont. The affiliation between Washington Hospital and UCSF Health brings academic-level care with the convenience of a local setting. At this seminar, learn about advanced techniques including the transcatheter aortic valve replacement (TAVR) and the new UCSF Cardiothoracic Surgery Fellowship Rotation at Washington Hospital.

When: Wednesday, February 17, 6:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.



Advanced Treatments for Knee Pain

When knee pain impacts your daily activities, it's time to see a specialist. At this seminar, learn about common causes, symptoms, and treatment options for knee pain including medications, injections and joint replacement. Knee replacements have come a long way in recent years. Hear about the latest technology from an expert in the field.

When: Wednesday, March 3, 4:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

COVID-19: The Road Ahead

The COVID-19 pandemic has upended all our lives. Hear from an infectious disease specialist about the latest clinical developments and the vaccine.

When: Tuesday, March 16, 3:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Managing Diabetes During Challenging Times

Challenging times, particularly during COVID-19, can impact diabetes self-management. Many people with diabetes experience difficulty accessing medications, finding fresh foods and being physically active due to shelter-in-place mandates. These factors can result in worsening symptoms. At this seminar, learn tips on how to effectively manage your diabetes during the pandemic.

When: Tuesday, March 23, 6:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Treating Neck and Back Pain from Home

Life can be a pain in the neck—and the back! Increased time on computers, less-than-perfect home office setups and an overall increase in stress may be contributing to an increase in neck and back pain. From the convenience of home, learn the common causes of pain and see a demonstration of physiotherapy exercises you can do to help relieve pain.

When: Tuesday, March 30, 3:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.



Palliative Care, an Extra Layer of Support

It takes a village—or sometimes a team of interdisciplinary specialists. Palliative care is a medical subspecialty devoted to providing the support that patients and their families need when living with a chronic disease or life-threatening illness. This type of care is appropriate for patients receiving medical treatments, at any age and at any stage of a medical condition. At this seminar, learn about the interdisciplinary Palliative Care Team at Washington Hospital.

When: Tuesday, April 6, 3:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Interventional Radiology (IR) for Vascular Disease

IR refers to a range of techniques to treat conditions in a minimally invasive manner. Vascular disease is any abnormal condition of the blood vessels (arteries and veins). This can cause severe pain, disability and death. At this seminar, learn about interventional radiology treatment options for vascular disease.

When: Tuesday, April 27, 6:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Enlarged Prostate: Causes, Symptoms and Treatment

As men age, benign prostatic hyperplasia (BPH) — also called prostate gland enlargement becomes increasingly common. An enlarged prostate gland can cause uncomfortable urinary symptoms, such as flow blockage. It can also cause bladder, urinary tract or kidney problems. At this seminar, learn about symptoms, causes, diagnosis and effective treatment options for BPH.

When: Tuesday, May 11, 6:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Chronic Venous Disease: Causes, Symptoms and Treatment

Chronic Venous Disease (CVD) refers to conditions related to, or caused by, veins that become diseased or abnormal. CVD can cause swelling and pain or a feeling of ‘heaviness’ in the legs. At this seminar, learn more about the causes, symptoms and treatment options for CVD.

When: Wednesday, May 19, 3:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Breathe Easier with Pulmonary Rehab

While living with a lung condition such as chronic obstructive pulmonary disease (COPD), everyday activities like climbing stairs, gardening, or taking a walk can leave you out of breath. Pulmonary Rehab is a comprehensive program offering exercise training, education and breathing



strategies to improve the quality of life. At this seminar, learn more about the Pulmonary Rehab Program at Washington Hospital.

When: Wednesday, June 16, 3:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.



Fun Fresh Summer Cooking Demonstration

Barbecues and cookouts are not just for burgers and hot dogs! Summer vegetables deserve a spot on the outdoor table as well. Learn the nutritional benefits associated with vegetables and how to make healthy food options taste good, too.

When: Wednesday, June 30, 3:30 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.

Special Virtual Event: Earth Day 2021

We may not be able to physically get together, but we can still celebrate Earth Day. Learn about the health effects of climate change and what you can do to reduce the harm caused by global warming.

When: Thursday, April 22, 6 p.m.

Where: Visit whhs.com/seminars or call 800.963.7070 to find out which format we are using for this seminar.



| January 2021 | | | | | | |
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| February 2021 | | | | | | |
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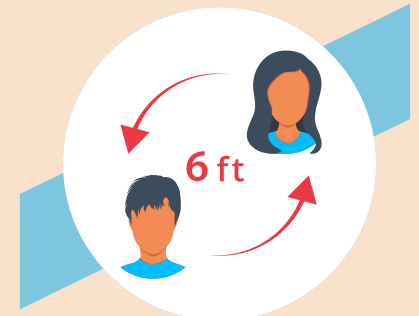
**COVID-19—
Practice the
three Ws and
Slow the Spread!**



Wash Your Hands



Wear a Mask



Watch Your Distance —
stay six feet from others

For more COVID-19 information,
visit whhs.com/covid.



The Future is Paperless

Choose to start receiving information and announcements from Washington Hospital right in your inbox.

Sign up today on the home page of www.whhs.com (scroll to bottom of the page).

| April 2021 | | | | | | |
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| June 2021 | | | | | | |
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EDUCATION AND COMMUNITY SERVICES

Washington Hospital offers education, support, and community services to guide you towards health and well-being.

DIABETES EDUCATION

[whhs.com/diabetes](https://www.whhs.com/diabetes) | 510.818.6556

The Washington Outpatient Diabetes Center offers a range of programs and classes geared toward specific topics related to diabetes management. This includes a support group and an education series, Diabetes Matters. Dates for the educational series are: Feb. 4, April 1, June 3.

STROKE EDUCATION

[whhs.com/stroke](https://www.whhs.com/stroke) | 800.963.7070

Stroke education is a leading health care need in our community. In addition to a stroke support group, Washington Hospital's Stroke Program includes a two-part series, Stroke Prevention (May 18) and Life After a Stroke (May 25).

PALLIATIVE CARE

[whhs.com/PalliativeCare](https://www.whhs.com/PalliativeCare) | 510.818.5228

Palliative Care provides the support that patients and their families need when living with a chronic disease or life-threatening illness. The Palliative Care Team at Washington Hospital includes physicians, nurses, social workers, a nurse practitioner, a Spiritual Care coordinator and other specialists.

WELLNESS PROGRAMS

[whhs.com/wellness](https://www.whhs.com/wellness) | 510.818.7301

Exercise classes, meditation instruction and massage services are part of the Washington Hospital Wellness Center. Call to find out which services are currently available.

The Wellness Center also offers monthly educational classes, Women Empowering Women. These 30-minute lectures are followed by one-hour discussions (Jan. 21, Feb. 18, April 15, May 20, June 17). Register at [whhs.com/seminars](https://www.whhs.com/seminars).



CHILDBIRTH & FAMILY SERVICES

[whhs.com/childbirth](https://www.whhs.com/childbirth) | 510.818.5040

With a Baby-Friendly designation, Washington Hospital offers exceptional support and education to expectant couples. Visit our website to find out all we offer.



HEALTH INSURANCE INFORMATION SERVICE

[whhs.com/health-insurance](https://www.whhs.com/health-insurance) | 510.818.7005

Washington Hospital Offers a free, confidential and unbiased service for community members who have questions about their health insurance plan. The service offers information on Medicare and Medi-Cal, private and employer-based plans. Also, information on how to purchase health insurance.

ADDITIONAL SUPPORT GROUPS

[whhs.com/supportgroups](https://www.whhs.com/supportgroups)

Please check the website and call for meeting details.

| | |
|-----------------------------------|--------------|
| Arthritis Support Group | 510.818.7450 |
| Better Breathers for Life | 510.818.7025 |
| Breast Cancer Support | 510.818.7356 |
| Dementia Family Caregiver Support | 800.272.3900 |
| Grief Support | 510.818.6569 |
| Mended Hearts | 510.818.7022 |

Cancer Treatment Advances With New Technology

3D Mammography Provides More Precise Imaging

**Washington Women's Center, 2500 Mowry Ave.
whhs.com/Womens-Center | 510.818.7410**

Washington Women's Center offers state-of-the art 3D mammography, also called tomosynthesis. This advanced imaging takes multiple pictures of the breast which can be viewed as a 3D image, allowing radiologists to see signs of breast cancer earlier than with traditional 2D mammograms.

"Our system represents the most advanced technology available and now we get both 3D and 2D images from one scan," notes radiologist, Sunil Upender, MD. "This is important because it provides us an additional flat image that better shows calcifications and allows us to readily compare women's 2D scans from previous years without having to take another scan, which would double their radiation exposure."

The Washington Women's Center is designed to provide mammogram patients a comfortable experience in a serene environment staffed by women. Rigorous cleaning and safety precautions have been put in place to prevent the spread of COVID-19.

New Linear Accelerator Provides Expanded Treatment Options

ROC, 39101 Civic Center Drive | whhs.com/ROC | 510.818.8620

The Radiation Oncology Center (ROC), which is affiliated with UCSF Health, has reopened after an extensive remodel that includes the installation of a new linear accelerator for radiation treatment.

This state-of-the-art technology uses sophisticated imaging to conform to a tumor's shape and destroy cancer cells while sparing surrounding healthy tissue. It features several built-in safety measures to ensure that it will deliver the precise dosage. For patient comfort, a mural provides a soothing "view" of the sky.

According to UCSF assistant professor and medical director of the ROC, Dr. Emi Yoshida, "Our new linear accelerator offers a broad range of treatment techniques that have incredibly high degrees of precision, accuracy, and speed. This means patients will spend less time on the treatment table every day. Our new system also has more advanced imaging capabilities that enable us to make fine-tuned adjustments on a daily basis."

The ROC is located in Fremont allowing our oncology patients to receive academic-level treatment while remaining local.






2000 Mowry Avenue
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POSTAL CUSTOMER

 Washington Hospital's Health & Wellness Catalog is printed on paper containing a minimum of 30 percent post-consumer fiber. The catalog is also available to download and view on the Hospital website: whhs.com/catalog.



Don't Delay Your Health Care



We know. Concerns about COVID-19 are on everyone's mind. But managing chronic conditions like diabetes, and getting routine screenings including mammograms and colonoscopies haven't become less important this year.

Medical emergencies like signs of a heart attack or stroke require the same immediate medical attention they did last year.

Between phone or video appointments and the rigorous safeguards put in place at Washington Hospital, getting safe care in 2021 is something you owe yourself.