

Health & Wellness

Comfort without Compromise

Urologist, Mark Saleh, MD, explains how a simple procedure treats benign prostatic hyperplasia.

— See page 2 for details. “Aquablation[®]: A Transformative BPH Treatment”



COMMUNITY HEALTH SEMINARS & EVENTS

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

Events: In person, online — or both!

While all of our Health & Wellness seminars will continue with the online format, as safety permits, two seminars will also be in person.

The in-person seminars will also be online. Community members are welcome to participate in person (Anderson Auditorium, Washington West) or watch from the comfort of their homes using one of the online methods described below.

Online Events

In an effort to safely provide education, greater access and support to our community members, we continue to present community health seminars through Facebook and YouTube.

Facebook

- Sign in to your account
- Go to the Washington Hospital Healthcare System page: 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

Miss an event? Following the presentations, seminars will be added to our YouTube channel. For these and many other informative and entertaining presentations, see YouTube.com/whhsInHealth.



Cervical Health: Why is it Important?

This presentation will cover the importance of cervical health. Topics include importance of and recommendations for pap tests, as well as the vaccination available to decrease risk of cancer caused by human papillomavirus (HPV).

When: Thursday, January 11, 11 a.m.
Presenter: Timothy Lin, MD
Family Medicine

Naloxone: A Lifesaver in the Opioid Crisis

What is naloxone (Narcan) and how can it save lives? This seminar will explore the urgent need for naloxone in our communities and its remarkable ability to reverse opioid overdoses. Discover why understanding naloxone and its proper administration is crucial for anyone who may encounter opioid emergencies. This presentation will include an introductory message from our community partner, Haller's Pharmacy.

When: Thursday, January 18, 2 p.m.
Presenter: Kadeer Halimi, DO
Emergency Medicine

TAVR: Minimally Invasive Procedure for Heart Valve Replacement

TAVR is a minimally invasive heart valve replacement procedure. It stands for transcatheter aortic valve replacement and may benefit patients with severe aortic stenosis. Learn what this procedure is and how it can help restore blood flow, reduce the signs and symptoms of aortic valve stenosis, and improve quality of life.

When: Thursday, February 8, 2 p.m.
Presenter: Ramin Beygui, MD, PACS
Cardiothoracic Surgery



Aquablation: A Transformative BPH Treatment

Join us for an informative presentation on Aquablation, a minimally invasive treatment for benign prostatic hyperplasia (BPH). This talk will explore how Aquablation revolutionizes the management of BPH, offering patients a safer and more effective alternative to traditional surgical procedures. Learn the science behind this innovative technology and how the procedure relieves pain without compromises, improving the quality of life for men affected by BPH.

When: Tuesday, February 13, 12 p.m.
Presenter: Mark Saleh, MD
Urology

Scoliosis and Spinal Deformity: What is it and What Can be Done About It?

Scoliosis and common forms of adult spinal deformity can have a painful impact on quality of life. At this seminar, Dr. Saigal will review treatment options and discuss when surgery is recommended.

When: Tuesday, February 20, 11 a.m.
Presenter: Rajiv Saigal, MD, PhD, FAANS, FACS
Spine and Neurosurgery

United Against Colorectal Cancer

Colorectal cancer is often preventable with screening and is highly treatable when detected early. Discover the screening options available to detect colorectal cancer, common symptoms of the disease, important risk factors, and healthy living tips to lower the risk.

When: Tuesday, March 5, 2 p.m.
Presenter: Arun Srivatsa, MD
Gastroenterology

Managing Diabetes with Exercise

Did you know physical activity can help maintain or improve blood sugar levels? Join this seminar to learn more about how staying physically active can benefit patients with diabetes.

When: Wednesday, March 20, 2 p.m.
Presenter: Lina Huang, PharmD, BC-ADM
Diabetes Education

Sun: Beauty or Beast

We may admire healthy-looking bronze skin, but is a tan ever a sign of good health? How can you enjoy outdoor fun while protecting your skin?

When: Friday, April 5, 2 p.m.
Presenter: Sunil Dhawan, MD
Dermatology

Robotic Knee Surgery and Muscle-sparing Anterior Hip Surgery: Cutting Edge Technologies and Techniques in 2024

Advancements in knee and hip replacement are evolving at a rapid pace both nationally and here in Silicon Valley. Dr. Alexander Sah, medical co-director of the Institute for Joint Restoration and Research, will describe robotic knee technologies and the benefits of an anterior approach to hip replacement. **Please note: This seminar will be hosted both online and in person at 2500 Mowry Ave., Anderson Auditorium.**

When: Wednesday, April 24, 4:30 p.m.
Presenter: Alexander P. Sah, MD
Orthopedic Surgery

Stroke Prevention Awareness

Stroke is a leading cause of death and disability in the U.S. and in our Tri-City Area. Celebrate Stroke Awareness month by learning how you can prevent stroke and why it's important to BE FAST in the event of a stroke emergency.

When: Tuesday, May 7, 1 p.m.
Presenter: Jack Rose, MD
Neurology

Choking First Aid

If someone was choking, would you know what to do? This presentation focuses on the importance of learning choking first aid and abdominal thrust skills. Find out which community resources can provide training. **Please note: This seminar will be hosted both online and in person at 2500 Mowry Ave., Anderson Auditorium.** It will feature an introduction from community partner Fredericos' Grill, where personal experience emphasized the importance of this topic.

When: Tuesday, May 21, 12 p.m.
Presenter: Betty Goodwin, DNP, RN, CNS, AGCNS-BC, CEN
Emergency Medicine



Updated Treatment for Hip Pain and Arthritis

Does hip pain limit your activities and enjoyment of life? At this seminar, learn the common causes for hip pain, the typical symptoms and treatment options. In addition to surgical options, including the anterior hip replacement approach, Dr. Bonner will address nonoperative treatments including medications and injections.

When: Thursday, June 6, 3 p.m.
Presenter: Bryant Bonner, MD
Orthopedic Surgery

Mental Health in the LGBTQIA+ Community

This talk will delve into the unique mental health challenges faced by individuals within the LGBTQIA+ community, emphasizing the importance of awareness, acceptance, and support. Discover how understanding these challenges can foster resilience, promote well-being, and create a more inclusive society. Dr. Acosta-Goldstein will address meaningful steps towards fostering mental health equity for all.

When: Wednesday, June 19, 11 a.m.
Presenter: Suselina Acosta-Goldstein, MD
Psychiatry

Celebration of Life

Cancer survivors, friends, and loved ones are invited to join Celebration of Life, an annual gathering intended to inspire and educate everyone touched by cancer. This celebratory evening will take place in Anderson Auditorium at Washington West, 2500 Mowry Ave. Register online at whhs.com/Events or call 800.963.7070.

**May 16, 2024
6 p.m.**



January 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 □☆	2 △○	3	4 ○	5 ◇	6
7	8 □☆	9 △○	10	11 ○	12 ◇	13
14	15 □☆	16 △○	17	18 ○	19 ◇	20
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28	29 □☆	30 △○	31			

February 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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March 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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24	25 □☆	26 △○	27	28 ○	29 ◇	30
31	□☆	△○		○	◇	

January

- 11 Cervical Health: Why is it Important? (pg. 2)
- 18 Naloxone: A Lifesaver in the Opioid Crisis (pg. 2)

February

- 8 TAVR: Minimally Invasive Procedure for Heart Valve Replacement (pg. 2)
- 13 Aquablation: A Transformative BPH Treatment (pg. 2)
- 20 Scoliosis and Spinal Deformity: What is it and What Can be Done About It? (pg. 2)

March

- 5 United Against Colorectal Cancer (pg. 2)
- 20 Managing Diabetes with Exercise (pg. 3)

- ☆ TAI CHI
- KEEP IT MOVING
- △ GENTLE YOGA
- LADIES' CHOICE
- ◇ YOGA



37th Annual Golf Tournament, May 2, 2024

Each year in May, the Washington Hospital Healthcare Foundation hosts a golf and bocce ball tournament at The Club at Castlewood in Pleasanton. This charity event is a fun-filled day of golf, games, auction and camaraderie that supports the health needs of the community. For more information, please visit www.whhs.com/foundation, contact the Foundation by phone at 510.818.7350, or email foundation@whhs.com.



Join Us on Social Media

Social media is a quick and easy way to get health guidance and updates. Follow us on Instagram, Facebook, LinkedIn and X to learn about new and expanded services, awards and distinctions, community health and giving events, career opportunities, and special recognitions.



Life-threatening bleeding can happen to people injured in serious accidents or disasters. Bleeding control—keeping blood inside the body—is part of our commitment to serve South County residents when minutes and seconds count. As we prepare for trauma center designation, our Healthcare System will begin offering Stop the Bleed education and training for the community. Learning how to recognize life-threatening bleeding and acting quickly and effectively using techniques to control bleeding can make a difference when a bleeding emergency happens.

Watch the whhs.com/events website for more details in the coming months.

April 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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May 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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12 □☆	13 □☆	14 △○	15	16 ○	17 ◇	18
19 □☆	20 □☆	21 △○	22	23 ○	24 ◇	25
26 □☆	27 □☆	28 △○	29	30 ○	31 ◇	

June 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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9 □☆	10 □☆	11 △○	12	13 ○	14 ◇	15
16 □☆	17 □☆	18 △○	19	20 ○	21 ◇	22
23	24 □☆	25 △○	26	27 ○	28 ◇	29
30 □☆						

April

- 1 Diabetes Matters (pg. 6)
- 5 Sun: Beauty or Beast (pg. 3)
- 24 Robotic Knee Surgery and Musclesparing Anterior Hip Surgery: Cutting Edge Technologies and Techniques in 2024 (pg. 3)

May

- 7 Stroke Prevention Awareness (pg. 3)
- 16 Celebration of Life (pg. 3)
- 21 Choking First Aid (pg. 3)

June

- 3 Diabetes Matters (pg. 6)
- 6 Updated Treatment for Hip Pain and Arthritis (pg. 3)
- 19 Mental Health in the LGBTQIA+ Community (pg. 3)

- ☆ TAI CHI
- KEEP IT MOVING
- △ GENTLE YOGA
- LADIES' CHOICE
- ◇ YOGA

EDUCATION AND COMMUNITY SERVICES

DIABETES EDUCATION

whhs.com/diabetes | 510.818.6556

We offer a range of programs and classes to support patients with their diabetes management. On the first Monday of the month, we host a diabetes support group on Zoom from 6-7 p.m. The diabetes support group in January will be on Tuesday, Jan. 2. Diabetes educators also hold educational sessions on Zoom. Diabetes Matters classes will be held on April 1 and June 3 from 6-7 p.m. On months when Support Group and Diabetes Matters fall on the same day, support group will start at 7 p.m. Zoom meeting ID: 859 1880 2883. Passcode: diabetes

PULMONARY REHABILITATION

whhs.com/PulmonaryRehab | 510.818.7025

Washington Hospital's Pulmonary Rehabilitation Program offers individual counseling and support for patients suffering from shortness of breath due to asthma, chronic bronchitis, emphysema, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis and other respiratory diseases. Please ask your primary care physician for a referral.

PALLIATIVE CARE

whhs.com/PalliativeCare | 510.818.5433

Palliative care provides an added layer of support that patients and their families need when living with a chronic disease or life-limiting illness. The Palliative Care service offers assistance with navigating a complex medical system to help align your values with medical choices. The Palliative Care Team at Washington Hospital includes doctors, nurse

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

practitioners, a social worker and a spiritual care coordinator. Please contact your primary care doctor for a referral.

CHILDBIRTH & FAMILY SERVICES

whhs.com/childbirth | 510.818.7424

With a Baby-Friendly designation, Washington Hospital offers exceptional support and education to expectant couples. Visit our website to discover the services we offer.



HEALTH INSURANCE INFORMATION SERVICE

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 about Medicare, Medi-Cal, and private and employer-based plans. The Health Insurance Information Coordinator can also guide individuals through completing advance health care directives and Physician Orders for Life-Sustaining Treatment (POLST).

ARTHRITIS SUPPORT GROUP

510.818.7450

Washington Hospital hosts an in-person arthritis support group on the fourth Wednesday of each month from 3-4 p.m. in Anderson Auditorium. This

support group is for people who suffer from arthritis. Friends and family members are welcome. Please call 510.818.7450 to sign up or get more information.

LYMPHEDEMA EDUCATION

whhs.com/lymphedema | 510.818.6758

The Lymphedema Education series is offered to anyone interested in learning general information about the lymph system and lymphedema. Meetings take place the second Tuesday of the month from 1:30-2:30 p.m. in the Washington Women's Center conference room in Washington West.

CANCER SUPPORT GROUP

whhs.com/cancer | 510.248.1600

The cancer support group holds meetings on the second Wednesday of each month from 2-4 p.m. in Washington West. This support group provides a safe space for people affected by cancer to share their experiences and emotions with others who have cancer. This group requires pre-registration.

ADDITIONAL SUPPORT GROUPS

whhs.com/supportgroups

Please check the website and call for meeting details.

Better Breathers for Life.....	510.818.7025
Breast Cancer Support.....	510.818.7356
Alzheimer Support.....	800.272.3900
Diabetes Support.....	510.818.6556
Grief Support.....	510.818.6569
Mended Hearts.....	510.818.7022
Stroke Support.....	510.818.5080

CRANIAL, SPINAL AND NEUROVASCULAR SERVICES

Patients come to the Taylor McAdam Bell Neuroscience Institute at Washington Hospital Healthcare System from all over California and the U.S. for a wide range of neurological and spinal treatments and surgeries. Our patients have access to academic care including the latest clinical trials, most advanced techniques and technology, and positive patient outcomes right here in Fremont.

Specialty services include:

- **Cerebrovascular Program:** Treatment for aneurysms, hemorrhages, vascular malformations, vascular brain tumors, strokes, and more.
- **Spine Deformity and Tumor Program:** Treatment and surgery for spinal tumors; spine metastases; spine deformities; scoliosis; kyphosis; and spinal fractures and cord injuries.
- **Endoscopic Skull Base and Pituitary Center:** Skull base procedures, craniotomies, and care for malignant and benign lesions ranging from pituitary to pineal tumors.
- **Minimally Invasive Spine Program:** Surgery performed through tiny incisions provides relief from painful osteoporosis, herniated discs, spinal fractures, tumors, and stenosis.
- **Stroke Program:** Fast, effective response to acute stroke. Our Stroke Program receives top honors from the American Heart and Stroke Associations, and Washington Hospital is a Designated Stroke Receiving Center for Alameda County.



Neurosurgeons Sandeep Kunwar, MD, FAANS, FACS; Eldan Eichbaum, MD, FAANS, FACS; Rajiv Saigal, MD, PhD, FAANS, FACS; Cerebrovascular and Neurointerventional Surgeon Jeffrey E. Thomas, MD, FAANS, FACS; and Neurointensivist Jack Rose, MD.

Minimally Invasive Procedures, Excellent Outcomes

Our world-class neurosurgeons look first to noninvasive treatments to help patients manage their neurological and spinal conditions. When surgery is required, they use the least invasive procedure possible. Our state-of-the-art imaging technologies enable minimally invasive procedures that result in less blood loss and chance of infection, and faster recovery time. Now, instead of staying several days in the Hospital, many surgical patients can go home the same or next day and return to normal life much quicker.



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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.



Addressing Behavioral Health Needs

Every three years, WHHS conducts a Community Health Needs Assessment (CHNA) to identify health concerns and develop programs to address local gaps. The findings revealed behavioral health at the top of several health concerns, including lack of information and resources available for community access.

The Healthcare System has added behavioral health providers to meet the growing needs of our community.

The Healthcare System works with local partners including SAVE, BAWAR and Narika, and routinely offers community mental health seminars (see “Naloxone: A Lifesaver in the Opioid Crisis” and “Mental Health and the LGBTQIA+ Community” pgs. 2, 3). We will continue evaluating opportunities to improve community access to address this important health concern.

The 988 crisis line connects callers experiencing a mental health emergency to more than 200 call centers with trained crisis counselors. This hotline provides free and confidential emotional support and crisis counseling to people in suicidal crisis or emotional distress, and connects callers to resources. 988 is available 24 hours a day, seven days a week, across the United States.

