



Washington Hospital Healthcare System

This is my Hospital

JANUARY-JUNE 2022

whhs.com



Health & Wellness

Active Life, Healthy Life



**“Men: Take Charge
of Your Health!”**

On June 9, Dr. Tam Nguyen will host a seminar empowering men to take control of their health.

See page 3 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 currently presenting community health seminars through Facebook and YouTube.

Later in 2022, we hope to offer a hybrid format for the seminars, with attendance in person as well as virtually. Please check the EVENTS page on our website (whhs.com/events), where we will post format updates for our Health & Wellness seminars.

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 (no interaction available)

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.

SCAN
ME



For easy access
to our InHealth
YouTube Channel!

Heart Attack: Symptoms and Prevention

Would you know if you or a loved one were having a heart attack? Do you know that the signs of a heart attack are different for women and men? Washington Hospital is a designated STEMI receiving center. Join this seminar to learn what that means to you and hear more about the symptoms that accompany a heart attack.

When: Tuesday, February 8, 6:30 p.m.

Presenter: Rohit Sehgal, MD, Cardiology

Advances in Joint Replacement Surgery

As the number of joint replacement surgeries increases each year, the use of new surgical instrumentation is also on the rise in the operating room. This seminar covers new advances in the field of joint replacement and how it benefits patients.

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

Presenter: Bryant Bonner, MD, Orthopaedic Surgery

COVID-19: What Families Need to Know

Living through the pandemic, we have all learned a new normal with COVID-19. But there is still confusion about what precautions to take when a family member tests positive. After almost two years living with this virus, what precautions should we still take for vacations and family outings?

When: Wednesday, February 23, 3:30 p.m.

Presenter: Stephen Catalya, MD, Infectious Disease



Improve Your Balance with Yoga

A simple fall can lead to serious health complications and lifestyle limitations. But the good news is that you can improve your balance dramatically by practicing a variety of yoga poses. During this seminar, you will learn the basic components of balance and how practicing gentle yoga poses can help.

When: Wednesday, March 2, 6:30 p.m.

Presenter: Shari Gant, Yoga Instructor

Overactive Bladder: Causes, Symptoms, and Treatment

People who develop the condition called overactive bladder (OAB) experience a frequent and sudden urge to urinate that may be difficult to control. At this seminar, urologist Mark Hsu, MD, will review the causes and symptoms of OAB and present treatment options for the condition.

When: Tuesday, March 22, 6:30 p.m.

Presenter: Mark Hsu, MD, Urology

Treatments and Procedures for Common Spine Conditions

Throughout our lives, a variety of factors including aging, trauma, structural abnormalities, and improper body mechanics can lead to spine injuries and back pain. If chronic back pain is interfering with your daily life, and previous treatments have not provided relief, you may be a candidate for surgery. At this seminar, learn about spinal conditions and minimally invasive treatment options.

When: Tuesday, April 19, 3:30 p.m.

Presenter: Rajiv Saigal, MD, PhD, FAANS, Neurosurgery

Diabetes Self-Management: Lesser-known Factors Impacting Blood Glucose Levels

After a diabetes diagnosis, patients learn about eating habits that help maintain healthy blood glucose levels. But did you know that other factors, such as stress, lack of sleep, and prior medical conditions also influence blood sugar levels? At this seminar, learn about often overlooked factors that contribute to fluctuations in blood glucose levels.

When: Wednesday, April 27, 3:30 p.m.

Presenter: Desiree Mehrabian, RN, CDCES, Diabetes Educator



Newborn Parent Boot Camp

Bringing a newborn home from the hospital may be one of the most exciting — and daunting — experiences new parents face. “Is this normal?”

and “Are we doing this right?” are two common thoughts. This seminar will provide tips and advice on sleeping, eating, crying, and more. From car seats to carriers and breastfeeding to bottle prep, this seminar will arm new parents with the confidence to conquer this exciting new chapter in their lives.

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

Presenter: Jessica Miller, Certified Childbirth Educator



Kindergarten Readiness

Is your child ready for kindergarten? What developmental skills do they need? Pediatrician Bhaskari Peela, MD, will offer guidance on the factors to weigh as you plan this big step for your little one. Dr. Peela will offer advice on how to make the transition to the kindergarten classroom successful.

When: Thursday, May 12, 6:30 p.m.

Presenter: Bhaskari Peela, MD, Pediatrics



Men: Take Charge of Your Health!

A surprising number of healthy men do not know their family health history and do not get regular checkups or health screenings. Join Dr. Tam Nguyen for a presentation on men’s health to understand the importance of regular physician visits.

When: Thursday, June 9, 6:30 p.m.

Presenter: Tam Nguyen, MD, Family Medicine

InHealth
A Washington Hospital Channel

InHealth YouTube Channel

Washington Hospital hosts a YouTube channel where you can view each of these seminars the day following their premiere.

On this channel, find hundreds of health topics presented by health care experts. Visit www.YouTube.com/whhsInHealth.

*Celebration
of Life*

**May 19, 2022
7 p.m.**

Cancer survivors, friends and loved ones are invited to join us in a celebration of life.

As we confirm the details, they will be posted on the Events page on our website, whhs.com/EVENTS

January

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	21	22
23	24	25	26	27	28	29
30	31					

February 2022

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	21	22	23	24	25	26
27	28					

March 2022

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	21	22	23	24	25	26
27	28	29	30	31		

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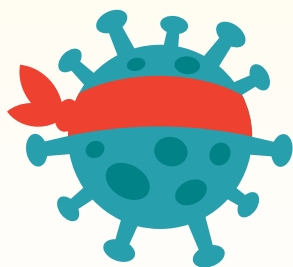
March

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Notes

[illegible]

COVID DOESN'T SEE AGE



The CDC recommends COVID-19 vaccines for those 5 years of age and older. The vaccine for children 5-11 is administered as a two-dose primary series, three weeks apart, and is a lower dose (one-third the amount) than for individuals 12 years and older.

Additionally, booster vaccines are recommended for those who have been fully vaccinated (at least 6 months after the second Pfizer vaccine and 2 months after the J&J vaccine).

A vaccine clinic is located in Washington West. Appointments are required and can be made by calling 510.248.8200.

Note: Information is accurate at time of printing.

April 2022						
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	21	22	23
24	25	26	27	28	29	30

May 2022						
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	21
22	23	24	25	26	27	28
29	30	31				

June 2022						
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	21	22	23	24	25
26	27	28	29	30		

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EDUCATION AND COMMUNITY SERVICES



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 to support patients with their diabetes management. On the first Thursday of the month, we host a diabetes support group on Zoom. And every other month, diabetes educators hold an educational session called Diabetes Matters. Diabetes Matters classes will be held on Feb. 3, April 7, and June 2, from 7-8 p.m., with the support group meeting following from 8-9 p.m. In the months when there is no Diabetes Matters class, the support group meets from 7-8 p.m. Zoom meeting ID: 296 199 5185. Passcode: diabetes

PULMONARY REHABILITATION

[whhs.com/PulmonaryRehab](https://www.whhs.com/PulmonaryRehab) | 510.818.7025

Washington Hospital's Pulmonary Rehabilitation Program offers individual counseling and support for patients suffering from shortness of breath

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

due to asthma, chronic bronchitis, emphysema, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis and other respiratory diseases. Ask your primary care physician for a referral.

PALLIATIVE CARE

[whhs.com/PalliativeCare](https://www.whhs.com/PalliativeCare) | 510.818.5433

Palliative Care provides the support that patients and their families need when living with a chronic disease or life-threatening illness. Offering an added layer of support, the Palliative Care Team at Washington Hospital includes a physician, nurse practitioner, nurse, social worker, and Spiritual Care coordinator.

WELLNESS PROGRAMS

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

The Washington Hospital Wellness Center offers a wide variety of fitness classes and meditation instruction to help relieve pain, reduce stress, and increase well-being. The Wellness Center also provides massage services in a warm, therapeutic environment designed to promote relaxation.

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 discover the services 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 about Medicare, Medi-Cal, 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).



ADDITIONAL SUPPORT GROUPS

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

Please check the website and call for meeting details.

Arthritis Support	510.818.7450
Better Breathers for Life	510.818.7025
Breast Cancer Support	510.818.7356
Dementia Family Caregiver Support	800.272.3900
Diabetes Support	510.818.6556
Grief Support	510.818.6569
Mended Hearts	510.818.7022
Stroke Support	510.818.5080

SPINE AND NEURO SERVICES

Advanced Neurological Care



World-renowned physicians and surgeons at our Taylor McAdam Bell Neuroscience Institute utilize the most effective, least invasive techniques to treat a wide range of neurological conditions:

- Stroke
- Brain tumors
- Aneurysms
- Movement disorders

Our globally-respected experts specialize in brain aneurysms and tumors, and utilize advanced surgical and imaging equipment to achieve superior outcomes. Washington Hospital is a designated stroke receiving center, providing award-winning stroke care.

Minimally Invasive Spine Program

Using the newest minimally invasive techniques and state-of-the-art technology, our spine surgeons provide each patient with the best possible outcome and a faster and easier recovery.

Treatments to deliver pain relief, optimal functionality and a better quality of life, may include:

- Spinal decompression
- Spinal fusion
- Artificial disc replacement
- Deformity correction

They treat disorders that can cause chronic neck and back pain such as:

- Spinal stenosis
- Spinal tumors
- Spinal deformity
- Fractures
- Herniated discs
- Scoliosis / kyphosis



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

Positive Outcomes

Washington Hospital's Neuroscience Institute has exceptionally low rates of:

- Postoperative infection
- Neurologic deficit
- Need for return to the operating room

This track record has earned the Neuroscience Institute numerous awards including one of America's 50 Best Hospitals for Surgical Care™ for 2022, and the Surgical Care Excellence Award™ for 2022.



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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.



Heart Attack Symptoms—Know the Difference

Do you know how heart attack symptoms differ between men and women?



Symptoms in Men

- Squeezing chest pressure or pain (“an elephant sitting on my chest”)
- Jaw, neck or back pain
- Pain or discomfort in one or both arms
- Nausea or vomiting
- Shortness of breath

Symptoms in Women

- Chest pain, feels like heartburn
- Pain or pressure in the lower chest or upper abdomen
- Jaw, neck or upper back pain
- Nausea or vomiting
- Shortness of breath
- Dizziness or fainting

In February, we recognize Heart Health Awareness.

Join cardiologist, Rohit Sehgal, MD, for a special presentation. See page 2 for details.

