



Washington Hospital Healthcare System

This is my Hospital

JULY-DECEMBER 2023

whhs.com



Health & Wellness



Palliative Care: *An extra layer of support*

**Dr. Krishna Suri explains
how the Palliative Care Team
helps patients with serious
conditions maintain the
highest possible quality of life.**

— 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.

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 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.



Atrial Fibrillation: Symptoms and Treatment Options

When is sudden shortness of breath or dizziness a sign of something more serious? Atrial fibrillation, or AFib, is a type of irregular heartbeat that can be dangerous if left untreated. This seminar will explore the causes, symptoms, and treatment of AFib, as well as lifestyle changes that can help reduce the risk of developing this condition.

When: Wednesday, July 26, 1 p.m.

Presenter: Nowwar Mustafa, MD
Interventional Cardiology

Heart-healthy Cooking Made Easy

Learn how to make heart-healthy dishes that not only taste great but are also good for your cardiovascular health. Whether you're looking to reduce your risk of heart disease, manage your blood pressure and cholesterol levels, or simply eat better, this seminar is a great way to get started.

When: Wednesday, August 16, 2 p.m.

Presenters: Grace Ching, RD, Clinical Dietitian
Anna Corona, RD, Clinical Dietitian

Medicare: What You Need to Know

What are your Medicare options? This seminar will provide an overview of coverage provided by Medicare, an explanation of Medicare Advantage Plan (Part C), Medicare supplement insurance and Medicare prescription drug coverage (Part D), and what you need to know during open enrollment. **Please note: This seminar will be hosted both online and in person at 2500 Mowry Ave., Anderson Auditorium.**

When: Tuesday, August 29, 11 a.m.

Presenter: Kristi Caracappa, Health Insurance
Information Coordinator

When Heartburn is Acid Reflux

Burning sensation in your chest after you eat? That heartburn could be a sign of acid reflux. This seminar will explore the causes, symptoms, and treatment of acid reflux and the different screening options patients have.

When: Tuesday, September 12, 1 p.m.

Presenter: Zaid Imam, MD
Gastroenterology

Current Concepts in the Management of Shoulder Arthritis

This presentation will provide an overview of current treatment options for patients with shoulder arthritis, from conservative treatment including injections, to arthroscopic surgery and joint replacement. The presentation will also look ahead to future technological innovations.

When: Tuesday, September 19, 1 p.m.

Presenter: John Costouros, MD, FACS, FAAOS
Orthopedic Surgery

Staying Healthy to Retirement and Beyond

As we grow older, our bodies go through many changes and it becomes increasingly important to stay on top of our health to maintain our quality of life. Regular health screenings can help detect potential problems early on, when they are more easily treatable. This seminar will discuss the importance of routine health screenings as we age, along with strategies for maintaining a healthy lifestyle in retirement.

When: Tuesday, September 26, 1 p.m.

Presenter: Jaya Kediya, DO
Family Medicine

Genetic Testing for Breast Cancer Risk

This seminar will provide an overview of the genetic mutations that can increase the risk of breast cancer and explain how genetic testing can help identify individuals who may be at higher risk. Learn about the benefits and limitations of genetic testing, as well as the implications of test results.

When: Tuesday, October 3, 3 p.m.

Presenter: Bogdan Eftimie, MD
Hematology-Oncology

Think Pink

Think Pink is a special event to raise breast cancer awareness. It is a fun and energetic evening. Put on your pink and learn the latest information on breast cancer prevention and treatment plans.

When: Thursday, October 19, 5 to 7 p.m.

Where: Tent Atrium, Washington West,
2500 Mowry Ave.



Anatomy-preserving Spine Surgery

This seminar will explore the benefits of anatomy-preserving spine surgery, as well as the types of conditions that may be treated with this technique. Learn about the preoperative evaluation process, the surgical procedure itself, and the postoperative recovery process.

When: Thursday, October 19, 1 p.m.

Presenter: Sandeep M. Kunwar, MD
Neurosurgery

Opening Doors to Empower Victims of Interpersonal Violence

Washington Hospital's Sexual Assault Response Team and nurse examiners offer trauma-informed care and key resources for victims of interpersonal violence in the community. Learn about the screening process for abuse stemming from domestic violence, human trafficking, and elder and child abuse. Community partner Safe Alternatives to Violent Environments (SAVE) will provide an introductory message for the presentation.

When: Tuesday, October 24, 1 p.m.

Presenter: Betty Goodwin, DNP, RN, CNS, AGCNS-BC, CEN

Safe Same-day Discharge After Total Hip Replacement: Straight From the Experts

The need for a hospital stay after a hip replacement is a thing of the past. Come and learn how our proven system is changing the landscape of joint replacement surgery all over the country. **Please note: This Health & Wellness seminar will be hosted both online and in person at 2500 Mowry Ave., Anderson Auditorium.**

When: Wednesday, November 1, 4:30 p.m.

Presenter: John T. Dearborn, MD, FAAOS
Orthopedic Surgery

Is a Continuous Glucose Monitor Right for You?

At this presentation, explore the different types of continuous glucose monitors (CGMs) that diabetes patients can use to monitor their blood glucose levels. Learn how to properly read and interpret CGM reports and how to set goals based on age and diabetes history.

When: Thursday, November 9, 2 p.m.

Presenter: Lina Huang, PharmD, BC-ADM
Clinical Manager, Diabetes Program



Living with Serious Illness: Understanding Palliative Care

Navigating a serious illness can bring new challenges for patients and loved ones. Join this seminar to learn what it means when palliative care is offered as an option.

When: Tuesday, November 28, 1 p.m.

Presenter: Krishna Suri, DO
Palliative Care Medicine

Pregnancy After Age 35

Considering pregnancy or currently pregnant at age 35 or older? This seminar will provide an overview of the potential risks and challenges associated with advanced maternal age pregnancy, as well as offer practical advice on how to optimize health and well-being for both mother and baby. Topics covered will include fertility, prenatal testing, common complications and childbirth options.

When: Tuesday, December 5, 1 p.m.

Presenter: Saloni Mathur, MD
Obstetrics & Gynecology

Holiday Anxiety: How to Beat the Blues

While the holiday season is often a time for joy and celebration, it can also be a time of stress, anxiety and depression for many people. During this seminar, we will explore the various factors that can impact our mental health during the holiday season and strategies for coping with these challenges.

When: Monday, December 18, 11 a.m.

Presenter: Seema Sehgal, MD
Psychiatry

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



Family Health Fair

Where can you sit in a fire truck, run a fitness course, listen to great music and get health information — all in one afternoon? The Family Health Fair! This family-friendly day is sponsored by Washington Hospital and Washington Township Medical Foundation.

Date: Saturday, July 29
Time: 10 a.m. to 2 p.m.
Location: Washington West parking lot, 2500 Mowry Ave., Fremont





Washington
Wellness Center

Wellness Programs

whhs.com/wellness
510.818.7301

The Washington Hospital Wellness Center offers a wide variety of fitness classes to help relieve pain, reduce stress and increase well-being. The Wellness Center also provides massage services in a welcoming, therapeutic environment designed to promote relaxation. Call for registration and location information.

WELLNESS CLASSES

- Tai Chi for Beginners
- "Keep It Moving"
Exercise Program
- Gentle Yoga
- Ladies' Choice Program
- Yoga



October 2023						
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December 2023						
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- ☆ TAI CHI
- KEEP IT MOVING
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- LADIES' CHOICE
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EDUCATION AND COMMUNITY SERVICES

DIABETES EDUCATION

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 Monday of the month, we host a diabetes support group on Zoom from 6–7 p.m. Please note that the diabetes support group in September will be on Tuesday, September 5. Every other month, diabetes educators present on Zoom, Diabetes Matters. Diabetes Matters classes will be held on Aug. 7, Oct. 2, and Dec. 4, from 7–8 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 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. Please ask your primary care physician for a referral.

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

CHILDBIRTH & FAMILY SERVICES

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 | 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).

ARTHRITIS SUPPORT GROUP

510.818.7450

Washington Hospital hosts an in-person arthritis support group on the fourth Wednesday of each month, except in November or December, 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 more about the lymph system and lymphedema. This class covers general information about the anatomy and function of the lymph system. Meetings take place the second Tuesday of the month from 1–2:30 p.m. in the Washington Women's Center conference room of Washington West.

CANCER SUPPORT GROUP

whhs.com/cancer | 510.248.1600

The cancer support group holds meetings 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. Participating in a support group can be beneficial for people in stressful situations. 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
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

UCSF – WASHINGTON CANCER CENTER



Complete Cancer Care Close to Home

Tri-City residents don't have to travel far to get the latest advances in cancer care thanks to a partnership between Washington Hospital and UCSF Health. The UCSF – Washington Cancer Center in Fremont was established in 2017 to provide the local community with the highest-quality cancer treatment, research and technology close to home. The Cancer Center brings together specialists from both institutions who work together to provide the most effective therapies possible today.

Medical Oncology Clinic

We understand that a cancer diagnosis can be overwhelming for both patients and their loved ones. Our team of cancer specialists at the Medical Oncology Clinic are here to guide you every step of the way. Cancer patients not only receive individualized cancer treatment plans, they also get the compassionate care and support they need to thrive. Breast cancer patients have access to a nurse navigator, who can schedule appointments and help navigate the difficult journey ahead.

Clinical Trials

Clinical trials are research studies that aim to evaluate a medical, surgical, or behavioral intervention. Our clinical trial team includes a Clinical Research Coordinator who can advise which trials are available.

Infusion Clinic

Chemotherapy and other drugs that need to be given intravenously can take time to administer. The Infusion Clinic at the UCSF – Washington Cancer Center provides a comfortable setting for patients who need frequent infusions. Patients are treated in a private infusion area with internet access and a personal television.

Radiation Oncology Clinic


State-of-the-art radiation technology, including a new linear accelerator is available locally. UCSF Health physicians provide compassionate care along with academic-level expertise.



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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.



LIVING WITH DIABETES?

Self-management is the key.

Get the education and support you need

Our community has seen an increase in diabetes. In response to this community need, Washington Hospital has several resources available. Research shows that diabetes education helps people prevent, delay, or reverse complications through effective self-management. Regardless of where you are in your journey with diabetes, we offer comprehensive education and support options, including:

- Diabetes education and support, where participants learn lifestyle approaches to manage diabetes
- Diabetes education during pregnancy
- Medical Nutrition Therapy
- Monthly Zoom support group
- Health & Wellness community seminars
- Regular Diabetes Matters presentations

Many of our offerings are free and others are generally covered by health insurance.

Call the Washington Outpatient Diabetes Center at 510.818.6556 or go to whhs.com/diabetes to learn more.

