



Washington Hospital Healthcare System

This is my Hospital

JANUARY-JUNE 2023

whhs.com



Health & Wellness



Growing and Thriving

**Dr. Patricia Tenold
offers advice on
“Feeding Your
Baby During
the First Year.”**

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, some will also be in person. Check the Events page (whhs.com/Events) or call 800.963.7070 to find out the format option for each seminar that interests you.

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.

Shoulder Pain: Causes and Treatment Plans

Pain when you raise your arm? Popping sound? Sharp pain when you try to pick up something? There are many common discomforts with shoulders and most have different treatment plans. Medical Director of Washington Sports Medicine, Dr. Russell Nord, will review possible causes and treatment options for shoulder pain.

When: Thursday, Jan. 19, 3:30 p.m.

Presenter: Russell Nord, MD, Orthopedic Surgery

Hip Replacements— The Anterior Approach

Anterior hip replacement is a minimally invasive approach to hip replacement. Dr. Alexander Sah, President of the Anterior Hip Foundation for 2023 and co-author with Dr. Joel Matta of the book, *Anterior Hip Replacement*, will explain the muscle-sparing benefits of this advanced technique, which uses state-of-the-art technology for best possible outcomes.

When: Wednesday, Jan. 25, 4:30 p.m.

Presenter: Alexander P. Sah, MD, Orthopedic Surgery

Managing Diabetes

Given the prevalence of diabetes in our community, many households have felt the impact of this condition. Join family medicine physician, Dr. Thomas Collins-Pallet, for a conversation on how diabetes can be managed through lifestyle changes and medication.

When: Tuesday, Feb. 7, 1:30 p.m.

Presenter: Thomas Collins-Pallet, MD, Family Medicine

Lung Cancer Detection with Low-Dose CT

Lung cancer is the second most common cancer in both men and women. Dr. Sunil Upender will discuss the importance of screenings to detect lung cancer at an early stage—when it has the highest cure rate. This seminar will feature a powerful survivor story from a community member.

When: Thursday, Feb. 16, 3:30 p.m.

Presenter: Sunil Upender, MD, Radiology

Staying Heart Healthy

While a heart attack can be life-altering, there are preventive strategies everyone should consider. Cardiologist, Dr. Rohit Sehgal, explains the importance of heart health and what you can do to improve yours.

When: Thursday, Feb. 23, 3 p.m.

Presenter: Rohit Sehgal, MD, Cardiology

Life After Stroke

Recovering from a stroke can be overwhelming. Dr. Prabhjot Khalsa, medical co-director of Washington Hospital's Stroke Program, will address the health complications that may arise following a stroke. This presentation will cover the importance of rehabilitation programs and home adaptations to contribute to a successful recovery.

When: Wednesday, March 8, 1:30 p.m.

Presenters: Prabhjot Khalsa, MD, and Maria Nunes, NP Neurology



SCAN
ME



For easy access
to our InHealth
YouTube Channel!

Robotic-assisted Knee Replacement

Washington Hospital's award-winning Institute for Joint Restoration and Research continues to invest in the latest technology to benefit our community members. With the VELYS™ Robotic-Assisted Solution knee replacement procedure, surgery is planned in real time and tailored to each patient. Dr. Bryant Bonner will present the benefits of this latest technology.

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

Presenter: Bryant Bonner, MD, Orthopedic Surgery

Mood and Anxiety Disorders: Breaking the Stigma

Teens and young adults increasingly struggle with mood and anxiety disorders. However, fear of being treated differently or losing a job can result in many young people not seeking assistance.



Dr. Neeru Kumar, psychiatrist, will discuss what can be done to reduce the stigma of mental illness. Join this important seminar to learn what resources are available to address these issues.

When: Wednesday, March 22, 12 p.m.

Presenter: Neeru Kumar, MD, Behavioral Health

The Aging Spine

While age impacts the health of your spine, there are things you can do to maintain spine health. Join this seminar to hear from neurosurgeon, Dr. Rajiv Saigal, and learn about spine changes you can expect with age and back conditions that may require surgery.

When: Tuesday, April 4, 2 p.m.

Presenter: Rajiv Saigal, MD, Spine and Neurosurgery

Early Stage Breast Cancer: What You Should Know

Many lives are touched by breast cancer each year. What are the risk factors, treatment options and survival rates of early stage breast cancer? Dr. William Wood's seminar will include a special presentation from the HERS Breast Cancer Foundation.

When: Tuesday, April 18, 1:30 p.m.

Presenter: William Wood, MD
General Surgery

Carotid Artery Disease (CAD) What is it? How Can We Treat it?

Carotid artery disease is a serious condition that blocks blood flow to the brain. Untreated, it can lead to a stroke and death. Join vascular specialist, Dr. Stella Asuquo, to hear about the current therapeutic strategies that exist for people with CAD.

When: Tuesday, May 2, 1:30 p.m.

Presenter: Stella Asuquo, MD
Vascular Surgery

HPV Vaccine: When and Why?

The HPV vaccine protects against most HPV infections that can cause cancer later in life. How important is this vaccine and what is the best age to receive it? Join Dr. Maliha Rahman for this important conversation.

When: Tuesday, June 6, 12 p.m.

Presenter: Maliha Rahman, MD
Obstetrics and Gynecology

Feeding Your Baby During the First Year

Dr. Patricia Tenold will share nutritional guidance to help your baby develop and thrive during the first year. As a pediatrician, Dr. Tenold will cover breast feeding, formula feeding and the introduction of solid foods.

When: Wednesday, June 14, 1:30 p.m.

Presenter: Patricia Tenold, MD, Pediatrics



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

Cancer survivors, friends, and loved ones are invited to join our annual Celebration of Life, a 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 18, 2023
6 p.m.



January 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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February 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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March 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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- KEEP IT MOVING
- △ GENTLE YOGA
- LADIES CHOICE
- ◇ YOGA

Heart Health

According to the American Heart Association, heart disease remains the number one cause of death in the U.S. Yet people who pay attention to certain factors, can reduce their risk of developing heart disease. Reduce your risk for heart disease with:

Regular exercise

- Strive for 30 minutes per day, five days a week (cumulative 150 minutes per week)
- Don't have 30 minutes? Do 10 minutes at a time

Heart-healthy diet

This means a high-fiber, mostly vegetable-based diet, with lean proteins including fish, chicken, legumes and nuts. Add whole grains such as quinoa, oats and brown rice to your meals. Limit intake of trans-fats and pre-packaged foods, which often contain preservatives, added sugar and sodium.

A good night's sleep

Chronic lack of sleep can increase the risk of heart disease. Tips for a better night's sleep may include:

- Finish eating several hours before bedtime
- No screen time 30 minutes before bed
- Relaxation techniques such as meditation or breathing exercises

Avoid smoking

People who smoke are two to six times more likely to have a heart attack.

Know your numbers

With your physician, discuss your blood pressure and cholesterol numbers, your body mass index (BMI), and if you are at risk to develop diabetes.



Contact a primary care physician to assess how changes to your lifestyle can improve your heart — and overall — health.

See whhs.com for physician options.



Help with Health Insurance Questions

Understanding health insurance options can be daunting.

Washington Hospital offers a free, unbiased confidential service to help with:

- Medicare and Medi-Cal enrollment information
- Finding referrals for health care providers
- Questions about changes in benefits coverage
- Health care options after a job loss
- Understanding COBRA

Health Insurance Information Service is available to all community members.

Visit whhs.com/health-insurance or schedule an individual appointment to help you make informed decisions.

510.818.7005



April 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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30						

May 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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June 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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- KEEP IT MOVING
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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 April 6 and June 1 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: 859 1880 2883. 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

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

for patients suffering from shortness of breath 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 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.

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).

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.

ADDITIONAL SUPPORT GROUPS

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

INSTITUTE FOR JOINT RESTORATION AND RESEARCH

A History of Excellence

For nearly 25 years, Washington Hospital has been on the leading edge of joint restoration and replacement. The latest in technology and the volume of procedures performed make the Institute for Joint Restoration and Research (IJRR) at Washington Hospital the premier place for hip, knee, and shoulder repair or replacement.



Center for Joint Replacement

Our surgeons' pioneering work in minimally invasive techniques led to the opening 10 years ago of the Center for Joint Replacement — a state-of-the-art facility specially designed to provide patients with everything they need under one roof. Today, the IJRR offers the most advanced joint care possible.

Minimally Invasive Techniques

Minimally invasive techniques reduce hospital stays and recovery times, allowing patients to get back to the activities they enjoy much sooner. The IJRR offers patients advanced procedures including:

- Partial and Total Knee Replacement
- Kneecap Replacement (patellofemoral replacement)
- Knee Arthroscopy
- Hip Replacement (anterior and posterior approach)
- Reverse Total Shoulder Replacement
- Rotator Cuff Repair (shoulder arthroscopy)
- Robotic-assisted Knee Surgery



Surgeons from the IJRR: Dr. Bryant Bonner, Dr. Alexander Sah, Dr. John Dearborn, and Dr. John Costouros.

Total Care Team

Much of the Institute's success is driven by the highly-skilled surgeons and a multidisciplinary team of nurses, physical therapists and physician assistants who together, provide specialized care to every patient.

These physicians perform more than 1,800 joint replacement surgeries every year. Their teams have a patient-centered approach that begins before a patient's surgery date and continues through the procedure and afterwards. The goal of every care team is to help patients return to the lives they love.

Award-Winning Care

The quality care provided at the Institute for Joint Restoration and Research has earned Washington Hospital multiple awards from Healthgrades, the leading resource that connects consumers, physicians and health care systems.

This recognition includes being acknowledged as one of America's 100 Best Hospitals for Orthopedic Surgery six consecutive years (2018-2022) — one of only two Bay Area hospitals to achieve this. Additionally, Washington Hospital is the only hospital in the Bay Area to receive the Joint Replacement Excellence Award for 17 consecutive years (2007-2023).






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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.



From Weekend Warrior to Outdoor Enthusiast — Injuries Happen

Find out what is causing your pain and what we can do about it.

Whether you're suffering from a sudden injury or an ongoing condition, Washington Hospital is your source for total orthopedic care. From back and spine surgery to elbow and shoulder replacement, Washington Hospital offers a comprehensive range of orthopedic treatments and services, including:

- Elbow
- Hip
- Shoulder
- Foot and Ankle
- Hand and Wrist
- Knee
- Spine



Call 510.818.1040
for Orthopedics and
Sports Medicine.

Call 510.818.1160
for spine-related
conditions.