

CareConnection

Fall 2013

Hook, Line, and Tackling Lung Cancer

*A minimally invasive
approach to treatment*

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HOOK, LINE, AND TACKLING LUNG CANCER

A minimally invasive approach to treatment

The last thing that Burton Wilkins remembers before drifting off to sleep in Orange Coast Memorial's operating room was asking to see the robot. The 78-year-old Santa Ana resident was referring to the state-of-the-art robotic technology that enables physicians to perform complex surgical procedures with greater ease, dexterity and control.

"When I found out that I had lung cancer, I didn't know what to expect. Once I learned that a robot was going to be part of my treatment plan, I could hardly believe it," says Burton.

His cardiothoracic surgeon, **Reginald Abraham, M.D.**, was about to remove the lower and middle lobes of his right lung, where an early-stage, golf ball-sized cancer had been found. Burton felt reassured that this complex and delicate procedure, known as a robotic lobectomy, would involve only three tiny incisions and unmatched precision using the world's most advanced surgical technology.

HOW IT WORKS

A few feet away from Burton, Dr. Abraham sat at the da Vinci® Surgical System console. From there, he controlled every aspect of the surgery. His eyes were trained on the monitor showing magnified 3D images in brilliant color inside Burton's chest. The robot's four arms became precise extensions of his own two hands, translating his finger, hand and wrist movements into real-time movements of the surgical instruments.

"We no longer have to make large incisions to access the chest area. We can view and manipulate tissue in a minimally invasive way," says Dr. Abraham. "As a result, patients experience less pain, less scarring, less risk of infection and faster recoveries than with traditional methods."



*Low-dose computed tomography scans are painless
and take approximately 30 seconds.*

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KNOWLEDGE IS LUNG POWER

More men and women die from lung cancer than any other type of cancer – including breast, colon and prostate cancer combined. Smoking ranks as the number-one risk factor, followed by age. Lung cancer is also one of the most difficult cancers to treat, partly because it is often diagnosed in later stages.

“Simply put, earlier detection means more treatment options,” says Dr. Abraham. “We are now able to screen and find tumors at an early stage, especially in people with known risk factors, and offer effective therapies for longevity.”

Burton had no symptoms of lung cancer, such as pain or coughing. A routine CT scan revealed a suspicious mass on his lung.

“My lung cancer was diagnosed at stage 1B, one of the earlier stages. With the help of my doctor, I researched my condition and discovered that surgery offered the best chance for a cure,” says Burton.

SURPRISED BY SURGERY

A day after surgery, Burton was walking around the nursing unit. By the second day, he was off pain medication. “My friends and family were amazed that I was back on my feet so quickly,” says Burton.

He is building his stamina by walking about a mile each day and riding his stationary bike.

“Dr. Abraham and the entire team at Orange Coast Memorial were instrumental in my rapid recovery,” says Burton. “I couldn’t have asked for better care. I’m even hoping to go bass or trout fishing again really soon.”

For more information on robot-assisted surgery, visit memorialcare.org/orangecoast or call 1-800-MEMORIAL.



Scan this QR code with your smartphone to hear featured speaker Dr. Abraham discuss minimally invasive approaches to lung cancer diagnosis and treatment in our 10-minute podcast.



ACCURATELY STAGING LUNG CANCER

To determine the stage of lung cancers, Orange Coast Memorial is one of only a few hospitals in

the region to introduce a minimally invasive tool called EBUS, or endobronchial ultrasound. While the patient is sedated, usually under general anesthesia, a thin, lit and flexible scope fitted with an ultrasound device at its tip is inserted into the mouth, passed down the windpipe and into the chest to identify real-time images.

“EBUS allows us to view the airways, lungs and, most importantly, biopsy lymph nodes without the need for surgery – no incisions at all. We can then quickly and accurately determine the stage of cancer. This sophisticated technology makes a dramatic difference in treatment planning and improves patient outcomes,” says pulmonologist **Thomas Asciuto, M.D.**

EARLY DETECTION = IMPROVED OUTCOMES

Low-dose computed tomography (CT) scans have been shown to increase the detection of lung cancer in the earlier stages by up to 85 percent. The procedure is painless and takes approximately 30 seconds. Orange Coast Memorial provides low-cost CT screening for individuals who have no symptoms of the disease but are at risk for developing lung cancer. This includes current and former long-term smokers over 50 years of age.

For more details and to find out if you are eligible, please call (714) 378-7650 or visit memorialcare.org/cancer.



Scan this QR code or visit Orange Coast Memorial’s Lung Health playlist on YouTube to watch an interview with Russel Klein, M.D., about low-dose computed tomography or to hear Thomas Asciuto, M.D. discuss advances in lung cancer staging with EBUS.

CLASSES AND EVENTS

Register for events and classes online at memorialcare.org/classes or call 1-800-MEMORIAL (1-800-636-6742).



OCTOBER: Breast Center Tours

Join us for an interactive guided tour of the MemorialCare Breast Center at Orange Coast. You'll discover state-of-the-art technology in a spa-like atmosphere. Get all your questions answered by our breast care specialists, enjoy refreshments and take home a gift. All attendees are entered into a drawing to win a special grand prize. Bring a female friend or family member to double your chances of winning.

Learn about:

- Breast care and routine screenings
- Digital mammography
- Automated Whole Breast Ultrasound technology
- Genetic counseling and testing
- Bone density screening

Register for one of the tours below.

Thursday, October 3 • 6 – 7 p.m.

Refreshments • Drawing Prize: Pink KitchenAid 5-Speed Blender

Tuesday, October 8 • 7:30 – 8:30 a.m.

Light breakfast served • Drawing Prize: \$150 Burke Williams Gift Certificate

Thursday, October 17 • 6 – 7 p.m.

Refreshments • Drawing Prize: Pink iPod Nano

Tuesday, October 22 • 7:30 – 8:30 a.m.

Light breakfast served • Drawing Prize: \$150 Gift Certificate to Williams-Sonoma

Register online at memorialcare.org/classes or call 1-800-MEMORIAL. Space is limited.



NOV 9: Fall Festival for Life

PEOPLE OF ALL AGES

Exercise and Nutrition

Thursday, Oct 24, 6 – 7:30 p.m.

Regular exercise and healthy eating habits are important components of staying healthy while improving our overall quality of life. Join Summer Nguyen, M.D., a board-certified family medicine physician with MemorialCare Medical Group, as she discusses the importance of exercise and proper nutrition and how you can incorporate both into your daily routine. Registration required.

Stress Management

Thursday, Dec 12, 6 – 7:30 p.m.

Studies have shown there is a strong link between stress and overall health. Join Kim Trinh, M.D., a board-certified internal medicine physician with MemorialCare Medical Group, as she discusses ways to identify and manage your stress to help cope with life's daily challenges. Registration required.

Avoiding Exercise-Related Injuries

Tuesday, Jan 21, 6 – 7:30 p.m.

People who are just beginning workout routines are especially prone to exercise injuries, but injuries can also happen to experienced athletes. Join Adam Wass, M.D., a board-certified family medicine physician with MemorialCare Medical Group, as he discusses the signs, symptoms and treatment of workout injuries and how to avoid the most common exercise injuries. Registration required.

Smoking Cessation

Mondays, Sep 9 – Oct 21, Nov 4 – Dec 12, 6 – 8 p.m.

The MemorialCare Cancer Institute at Orange Coast Memorial is pleased to offer the American Lung Association Freedom From Smoking® class. This is a 7-week course taught by a certified facilitator. Call (714) 378-7650 to register. Cost: \$30 per 7-week session.

Fall Festival for Life

Saturday, Nov 9, 11 a.m. – 2 p.m.

Orange Coast Memorial Patient Care Pavilion 18111 Brookhurst St., Fountain Valley

Enjoy live entertainment, refreshments, tours, gifts and a craft boutique. Attendees will also have the opportunity to obtain free skin screenings, clinical breast exams, free flu shots, as well as visit cancer education and Ask-the-Doctor booths. Bring a friend and join us for this fun, informative annual event. For questions, please call (714) 378-7900.

BREAST CARE

The Journey: Breast Cancer Support Group

First and third Thursday of every month
Noon – 1:30 p.m.

This is a special group for women at any stage of the breast cancer experience, as well as their female family members and friends. This group provides educational information, supportive discussion and embraces vital breast cancer issues and concerns.

PARKINSON'S SUPPORT

Steps Forward – A Parkinson's Disease Exercise Class

Tuesdays, 9:45 a.m., Fridays, 9:30 a.m.

This exercise class focuses on yoga exercises and stretching styles specifically designed for patients with Parkinson's Disease. Please contact Kathy Jurgensen at (949) 279-2356 to register.

Caregiver Support Group

Second Tuesday of every month, 10 – 11 a.m.
Orange Coast Memorial – Conference Room B

This support group is designed to help caregivers come to a better understanding of the disease, learn practical tools for providing care for their loved one, communicating and taking better care of themselves. It allows caregivers to address their concerns with sympathetic listeners who share their experiences. Registration is not required. For questions, please call Teri Brown at (714) 378-5022.

Parkinson's Disease Support Group

Third Thursday of every month, 10 – 11 a.m.

American Parkinson's Disease Association (APDA) support groups are designed to help patients and their families understand and cope with a loved one's condition. This support group offers guest speakers, education, art therapy and a time to share and learn with your fellow PD community. Refreshments are served and caregivers are welcome. Please call (714) 378-5022 or (877) 610-2732 to register.

PARENTING & CHILD BIRTH

Childbirth Classes

Condensed Saturday Class, Saturday, Sep 21
9:30 a.m. – 4 p.m.

A preparation course designed for first-time parents that covers the physical and emotional changes in an expectant mother's last trimester, the labor and delivery process and relaxation and breathing techniques. Cost: \$90 per couple.

Baby Care Basics

Saturdays, Sep 28, Oct 26, Nov 30, Dec 14,
10 a.m. – Noon

This one-day class will discuss the basics of caring for your new baby. Topics include diapering, bathing, feeding and newborn behaviors. Parents will also be educated on newborn safety. Cost: \$25 per couple.



To browse or register for classes and events, scan this code by downloading a QR reader app to your smartphone.

Maternity Tour

Wednesdays, Oct 2, Nov 6, Dec 4, 6 or 7 p.m.

Sundays, Sep 15, Oct 20, Nov 17, Dec 15
2 or 2:45 p.m.

This tour is designed for expectant parents and includes a tour of the maternity center, as well as information on preadmission. Cost: Free of charge.

Breastfeeding

Saturdays, Sep 14, Oct 12, Nov 9, Dec 7
10 a.m. – Noon

A one-day class will teach breastfeeding, positioning and attachment, health benefits for the baby and mom, breastfeeding for the working mom and how to pump and store breast milk. Dads are encouraged to attend. Cost: \$25 per couple.

Breastfeeding Clinic

Wednesdays, 1 – 4 p.m.

This clinic is provided for follow up breastfeeding care for infants of all ages. Mothers may come to the open clinic between the hours of 1 – 4 p.m. and receive assistance for issues such as sore nipples, baby not latching, low milk supply, going back to work or any other breastfeeding concerns. Mothers are also welcome if their baby is breastfeeding well for social support. Cost: \$20 per mother.

MEMORIALCARE CENTER FOR OBESITY AT ORANGE COAST

The MemorialCare Center for Obesity at Orange Coast Memorial is an official Bariatric Center of Excellence, as designated by the American Society of Metabolic and Bariatric Surgery (ASMBS). For more information about the program or to speak with one of our counselors, please call 1-877-HEALTHY.

Surgical Weight-Loss Support Group

Every Monday except the fifth Monday of the month, 6:30 – 8:30 p.m.

Support meetings for patients who have undergone surgical intervention for treatment of clinically severe obesity. Any individual who is considering having a bariatric surgery procedure is also welcome. Meetings are conducted by clinical psychologist Diane LeMont, Ph.D.

Strength Training for Before and After Weight-Loss Surgery

Tuesdays, 6:30 – 7:30 p.m.

This exercise class is specifically designed to meet the needs of patients prior to and after weight-loss surgery. Orange Coast Patient Care Pavilion: 18111 Brookhurst St., Ste 2450. To register, call 1-877-HEALTHY. Cost: \$60 per 6-week session.

SCREENINGS AND PREVENTION

CT Lung Cancer Screening

Orange Coast offers low-cost screening CT scans to patients who meet the established risk profile. Exams are conducted without intravenous contrast and performed according to the guidelines of the ACR for low-dose radiation technique, the radiation dose is equivalent to 4 – 5 chest X-rays. Call (714) 378-7900 and ask to speak to our dedicated oncology nurse navigator.

(Must meet all 3 requirements):

- Age greater than 50
- A history of having smoked for at least 30 years
- Still smoking or have quit within the last 15 years

Women's Heart Screening

Cardiovascular disease is the leading cause of death in women over the age of 25. Orange Coast is dedicated to keeping your heart healthy with our Women's Cardiac Health Program. We offer an \$85 comprehensive cardiac screening just for women which includes:

- Complete medical and family history and health risk assessment survey
- Physical exam, blood pressure, weight, body mass index (BMI), body fat analysis
- Cholesterol and blood sugar testing, electrocardiogram, ankle brachial index testing
- Personal plan and coordination of care

To schedule your comprehensive cardiac screening, call (714) 378-7234.

CANCER CARE

Prostate Support Group

**First and third Tuesday of every month
6 – 7:30 p.m.**

This group provides supportive discussion and educational information for prostate cancer patients, family members and friends. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Lung Cancer Support Group

**Fourth Wednesday of every month
6 – 7:30 p.m.**

Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300. To register, please call (714) 378-7650.

Support Connection

**First and third Tuesday of every month
Noon – 1:30 p.m.**

This is a general cancer support group for women undergoing treatment for any kind and at any stage of cancer. Attendees will connect with others and receive educational information, and compassionate support. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Transitions/Bereavement

**First and third Wednesday of every month
6 – 7:30 p.m.**

This group provides support for adults who have recently lost a loved one to cancer. Pre-registration is required, please call (714) 378-7950. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Look Good Feel Better

**Mondays, Oct 7, Nov 4, Dec 2, Jan 6
10 – 11:30 a.m.**

Are you currently undergoing chemotherapy or radiation therapy treatments? If so, then spend a morning with us learning creative make-up tips and stylish ways of wearing turbans, scarves and hats. Registration is required.

Cancer Rehabilitation Services

Specialized individualized care from our staff of caring physical therapists. For more information or to make an appointment, call (714) 378-5095.



SEP 26: Prostate Screening

Thursday, Sep 26, 5 – 7 p.m.

Join the Orange Coast Memorial Cancer Institute for a FREE annual prostate cancer screening offered to men between the ages of 50 and 70 or those over 45 with a family history of prostate cancer. Reservations are required. For more information, visit us online at memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

FOR SENIORS

The following health education classes are open to all seniors age 55 or better, and are free to SENIOR PLUS members. Fees vary by class for non-members. Reservations are required for all classes. For reservations and non-member fees, visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742) unless otherwise noted in the class description.

Your Health Matters!

**Tuesday, Sep 10, 10:30 a.m. – Noon
Palm Island Senior Apartments (or)
Monday, Oct 14, 11:30 a.m. – 1 p.m.
The Center at Founders Village Senior and
Community Center**

Join Bonnie Cheung, M.D., an internal medicine physician with Greater Newport Physicians, as she

explains why having annual exams and routine vaccines is important, and how controlling health issues can greatly improve our quality of life. Bring your questions! Light refreshments will be provided and reservations are required. Please choose one date to attend. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Medicare Made Simple

**Wednesday, Sep 11, 10 – 11:30 a.m.
Orange Coast Memorial**

Are you turning 65 or retiring in 2013? Join Chanté Chambers, Senior Ambassador with Monarch HealthCare IPA, as she explains Medicare basics and coverage aspects that best fit individual needs. Refreshments will be provided and registration is required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

This class is for informational purposes only and no specific plan benefits or details will be shared.

What is a Patient-Centered Medical Home?

**Wednesday, Oct 2, 11:30 a.m. – 1 p.m.
Orange Coast Memorial**

Join Karen Don, M.D., an internal medicine physician with Edinger Medical Group, as she discusses what a Patient-Centered Medical Home is, how it will benefit you and why you should consider this network of care model as you look to 2014. Bring your questions and tell a friend! A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Jazz Up Your Mood with Color!

**Wednesday, Oct 9, 10:30 – 11:30 a.m.
Costa Mesa Senior Center**

Fall is in the air and the holidays are fast approaching, but sometimes we don't feel so jolly and need a little boost. Join Kristine Arthur, M.D., an internist with MemorialCare Medical Group, along with Orange Coast Memorial and the Costa Mesa Senior Center to learn how a few simple and inexpensive changes with color can bring surprising jazz to our lives. Light refreshments will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Medicare 2014

**Friday, Oct 11, 9 – 11 a.m.
Orange Coast Memorial**

Frank Van Nostrand, public affairs specialist for the Social Security Administration, will be back to discuss choices and options Medicare beneficiaries will have for 2014 during the Annual Election Period (October 15 – December 7, 2013). Representatives from Edinger Medical Group, MemorialCare Medical Group, Greater Newport Physicians, Monarch HealthCare, Alamitos IPA and more will be on hand to answer your questions about their services. This is not a sales meeting. Light refreshments will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Fearless Aging

**Wednesday, Oct 16, 10:30 – 11:30 a.m.
Palm Island Senior Apartments**

Michele Cooper, G.N.P., a geriatric nurse practitioner with MemorialCare Medical Group, will share tips on how to stay sharp and enhance your life as you age. A light lunch will be provided. Reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Medicare 101

**Orange Coast Memorial
Tuesday, Oct 15, 6 – 7:30 p.m.
Saturday, Nov 23, 9:30 – 11 a.m.**

Hosted by Greater Newport Physicians, MemorialCare Medical Group and Orange Coast Memorial, and presented by Nautilus Health Insurance Services.

Tuesday, Nov 12, 6 – 7:30 p.m.

Hosted by Greater Newport Physicians, MemorialCare Medical Group and Orange Coast Memorial, and presented by Frank Van Nostrand, public affairs specialist for the Social Security Administration.

Join us to learn about Original Medicare, Medicare Advantage, Prescription Drug Plans, and Medigap plans for Orange County Medicare beneficiaries. Light refreshments will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

These classes are for informational purposes only and no specific plan benefits or details will be shared.

Home for the Holidays

**Tuesday, Dec 10, 10:30 a.m. – Noon
Palm Island Senior Apartments**

Join MemorialCare Medical Group, Orange Coast Memorial and Palm Island Senior Apartments for a fun and festive celebration this holiday season. Light refreshments will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Celebrating You!

**Friday, Dec 6, 11:30 a.m. – 1 p.m.
Orange Coast Memorial**

Orange Coast Memorial Medical Center is pleased to host this fun-filled event for older adults. Please join Edinger Medical Group, Greater Newport Physicians, MemorialCare Medical Group, Talbert Medical Group – a division of HealthCare Partners, Alamitos IPA, Monarch HealthCare IPA, and our other partners and guests as we serve you lunch in your honor. Space is limited and reservations are a must! Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Knee Pain Treatment Advances

**Thursday, Dec 12, 11:30 a.m. – 1 p.m.
Orange Coast Memorial**

Join Afshin Mashoof, M.D., a board-certified orthopedic surgeon with the MemorialCare Joint Replacement Center at Orange Coast Memorial, as he discusses the latest advances in diagnosis and treatment options for chronic knee pain (arthritis pain). A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

EMERGENCY EXCELLENCE

New Emergency Pavilion vital for community's health



Each year, about one in five adults makes at least one trip to an emergency department. Last year, residents made nearly 30,000 visits to Orange Coast Memorial's Emergency Department (ED), a number that keeps climbing. When Orange Coast Memorial's expanded Emergency Pavilion opens in 2015, its capacity to meet growing community needs will double.

"Our goal is to remain prepared for any emergent need," says Marcia Manker, CEO. "It's an exciting community effort, with input from physicians and hospital staff members to ensure emergency care access, timeliness, safety, privacy and comfort."

PATIENT EXPERIENCE ENHANCEMENTS

The state-of-the-art Emergency Pavilion will feature an 11,400 square-foot Emergency Department with 27 treatment areas – one exclusively for children – and two triage rooms for rapid assessment of patients' conditions. Computers on wheels will allow for easy access to patient records as well as bedside registration, while a healing garden will provide respite for patients, families and hospital staff.

"We are taking every measure to ensure first-class, quality care. We invite community-minded individuals and companies to partner with us in our

fundraising campaign. Their support will truly be lifesaving," says Paul Stimson, Orange Coast Memorial Foundation Director.

A FOUNDATION OF SUPPORT

The Catalina Club is Orange Coast Memorial's new giving society dedicated to promoting and financially supporting Orange Coast Memorial. Contributions to the Catalina Club will support the major initiatives of Orange Coast Memorial, such as the new Emergency Pavilion.

Members can become a part of this prestigious group by making an annual contribution of \$100 to the Foundation. Catalina Club members will receive invitations to Orange Coast Memorial's biggest events of the year.

Through your meaningful donation to the Orange Coast Memorial Foundation, you will become part of the Orange Coast Memorial family of supporters who, together, are a fundamental part of our ability to meet the needs of the community. To make a gift by phone, call the Foundation at (714) 378-7397 or visit our website at memorialcare.org/ocmf.

CATALINA
CLUB

A GENETIC EDGE FOR WOMEN

Learning about hereditary breast cancer risk



Nadine Rayes, M.S., L.C.G.C.,
Orange Coast Memorial Cancer
Risk and Prevention Program

Do I have a hereditary risk for breast cancer? How do I manage my risk? What does this mean for my family members?

Women seeking answers to questions like these confide in the certified genetic counselor of the Cancer Risk and Prevention Program at the MemorialCare Breast Center at Orange Coast Memorial, Nadine Rayes, M.S., L.C.G.C. Nadine's role involves providing patients with a complete risk assessment based on family and medical history and making recommendations for preventive screenings and surgical interventions.

"Many women gain peace of mind after learning their breast cancer risk. Whether it's low, moderate or high, there is a sense of empowerment that comes from knowing and determining what actions would be helpful to take," says Rayes.

PREVENTIVE ACTIONS

Some cancers may be lifestyle-related. Preventive lifestyle measures include controlling weight, limiting alcohol consumption, and having regular breast screenings to find cancer at an early, treatable stage.

Gene mutations account for approximately 5 to 10 percent of cancer cases. The most common gene mutations that cause hereditary breast and ovarian cancer are BRCA1 and BRCA2. Recently, Angelina Jolie made public her BRCA1 gene mutation, and her choice to have a double mastectomy, an aggressive risk-reduction option.

"Angelina Jolie used her celebrity platform to raise awareness and help women have open discussions about breast cancer. Not every woman will choose the same path, and that's okay. It's about knowing all of the facts so you can make informed decisions," says Rayes.

Talk to your family members about breast and ovarian cancer histories, and share any concerns with your doctor. To contact the Orange Coast Memorial Cancer Risk and Prevention Program, please call (949) 452-7201, or scan this QR code to listen



to a podcast and learn more about genetic counseling.



Join us...

in the month of October for a tour of our state-of-the-art Breast Center. Learn more about your breast health while interacting with our expert team of physicians. **Visit memorialcare.org/classes or refer to the calendar section for more details.**

DELICATE SURGICAL DEVELOPMENTS

Robotic hysterectomies speed healing for women

Like many women, Linda Mendoza was anxious about having surgery. She tried non-surgical treatments to relieve the back pain, abdominal cramping and headaches caused by her uterine fibroids. Unfortunately, her symptoms grew worse. When the busy wife, mother and ambulance dispatcher decided it was time for a hysterectomy, her gynecologic surgeon, **Gerardo Bustillo, M.D.**, recommended robot-assisted surgery.

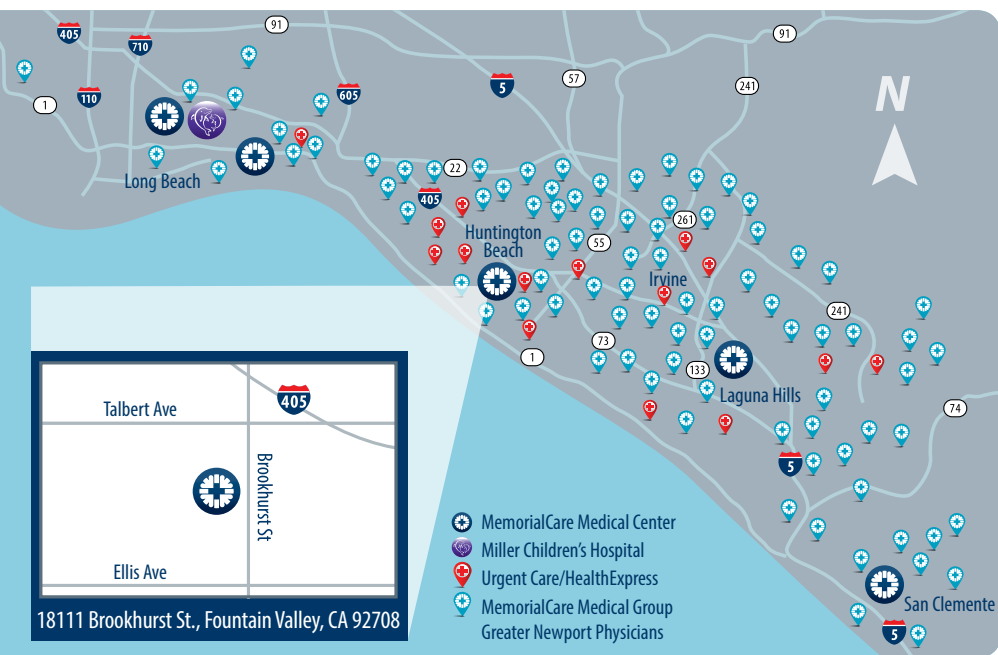
"I felt great! I actually had to be careful not to do too much, too quickly. Within one week I was back to work. My only regret was not having surgery sooner," says Linda.

Dr. Bustillo often hears that from his patients. "With an experienced robotic surgeon, patients have less pain and are home within a day or less," he says.



To learn more, visit memorialcare.org/davinci. To hear more about robot-assisted surgery and Linda's story, scan this QR code or visit Orange Coast Memorial's YouTube channel at youtube.com/OrangeCoastMemorial.





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Orange Coast Memorial is a member of the not-for-profit MemorialCare Health System, an integrated delivery system that includes four other top hospitals—Long Beach Memorial, Miller Children's Hospital Long Beach, Community Hospital Long Beach and Saddleback Memorial Laguna Hills and San Clemente; three medical groups—MemorialCare Medical Group, Memorial Prompt Care and Specialty Physicians of Long Beach; an Independent Practice Association (IPA) Greater Newport Physicians; MemorialCare HealthExpress retail clinics; and numerous outpatient health centers throughout the Southland.



Mallorie Croal, R.N.

Navigating the cancer journey



Thoracic program nurse navigator, Mallorie Croal, M.S.N., R.N., B.S., guides patients diagnosed with lung cancer through their care plan and course of treatment.

After earning her master's degree in nursing two years ago, Mallorie joined Orange Coast Memorial's oncology unit. In April she became a nurse navigator, a role shown to improve patient outcomes in cancer care.

"My top priority is to provide support during what can be a very frightening and overwhelming time," says Mallorie. "Instead of worrying about the little details, I want them to focus on the big picture – their wellness."

From helping patients set appointments and managing treatment side effects to teaching Orange Coast Memorial's ongoing smoking cessation classes, Mallorie is a voice for cancer prevention.

"As the coordinator of the hospital's lung cancer screening program, I encourage patients to be proactive. Just because you don't have any symptoms does not mean you are not at risk. When it comes to lung cancer, early detection makes all the difference," says Mallorie.



ENCOURAGE EXCEPTIONAL PEOPLE
Scan this QR code with your smartphone to share great experiences you've had with the staff at Orange Coast Memorial on Yelp.com. Your praise inspires our team!



An Extra Helping for Healthier Holidays

The holidays are fast approaching! Our plates will soon be full of calorie-laden temptations and potentially stressful situations. This year, Orange Coast Memorial wants to help trim the guilt – and fat – with a dash of fun by sharing your healthful holiday ideas.

Like us on Facebook and tell us how you pledge to stay healthy and merry throughout this holiday season. **You will be entered to win a holiday meal with all the trimmings from Whole Foods Market (up to \$150), and a \$100 Burke Williams Gift Card to enjoy a stress-relieving massage. All pledges must be submitted by October 30, 2013.**



Give and receive the best and brightest strategies for healthier holidays by scanning this QR code with your smartphone or visit us at facebook.com/OrangeCoastMemorial.

TechConnection

SUBSCRIBE AND LISTEN



Would you like to know more about a health topic or tips to stay well? Tune in to MemorialCare's NEW podcast! Each 10-minute, weekly segment will offer listeners practical, useful tips and advice for a lifetime of good health. From managing weight to keeping your heart beating strong, you'll find everything you need when it comes to your health on our station presented by credible, knowledgeable physicians and health experts. Visit memorialcare.org to learn more about our podcast and how to subscribe.

LIKE US. FOLLOW US. WATCH US.



Learn more about local health events, the latest medical technology and procedures, and how to lead a healthier life. Visit Orange Coast Memorial and all other MemorialCare sites on Facebook, Twitter and YouTube to join the conversation.