

CareConnection

SPRING / SUMMER
2013



ORANGE COAST MEMORIAL
MEMORIALCARE HEALTH SYSTEM



The CyberKnife Advantage

Eradicating prostate cancer
without surgery or pain

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The CyberKnife Advantage

Eradicating prostate cancer without surgery or pain

As Clyde Cicotte rested comfortably on his back, a robotic arm moved slowly around him, delivering high-dose beams of radiation to a small, cancerous tumor in his prostate.

When his procedure at Orange Coast Memorial was finished, Clyde stood up, walked to his car and drove home.

"I never felt one bit of pain or discomfort," says Clyde. The 76-year-old retired Toshiba executive is cancer-free thanks to CyberKnife®,

a revolutionary robotic radiosurgery system commonly used for the treatment of cancerous and noncancerous tumors in the brain, prostate and lungs. "All it took was five one-hour treatments. It's like it never even happened. Few believe me when I tell them how simple the procedure was."

NON-INVASIVE BREAKTHROUGH

Prostate cancer is the second most common cancer among men. More than 200,000 men will be diagnosed with prostate cancer in the United States this year, according to the American Cancer Society. Sixty-five percent of all prostate cancers are found in men between the ages of 65 and 69.

Many of these men – like Clyde – won't have symptoms.

"CyberKnife is an innovative and effective treatment for patients like Clyde. As a non-invasive alternative to surgery, there is no cutting, no bleeding, no anesthesia and no hospital admission," says **Asif Harsolia, M.D.**, radiation oncologist at Orange Coast Memorial. "It targets the tumor with pinpoint precision through radiation beams while saving healthy

tissue. Treatment takes one to five sessions compared to 44 sessions of traditional radiation therapy. The advantages are unparalleled."

FROM DISCOVERY TO RECOVERY

For Clyde, he knew something was wrong when his blood test showed abnormal levels of PSA, a prostate-specific marker. His doctor ordered a biopsy, which revealed a diagnosis of cancer.

Clyde, an avid falconer for 15 years, immediately began doing his own research, relying on his extensive Toshiba background in the X-ray equipment and radiation oncology business. He quickly realized that CyberKnife was the optimal approach.

"I was ecstatic to discover that such an advanced



“All it took was five one-hour treatments. It’s like it never even happened. Few believe me when I tell them how simple the procedure was.” – Clyde Cicotte

procedure is available right here in my own backyard at Orange Coast Memorial,” says Clyde.

PROVEN EXPERTISE

In addition to being the only hospital in Orange County offering CyberKnife technology, the MemorialCare Cancer Institute at Orange Coast Memorial has earned a three-year accreditation with commendation as a Comprehensive Cancer Center from the American College of Surgeons (ACOS). This coveted status signifies meeting or exceeding all 36 standards in place. Programs earning recognition from the ACOS

have demonstrated the highest-quality cancer care.

“At the MemorialCare Cancer Institute at Orange Coast Memorial, our multidisciplinary team of oncologists, surgeons, nurses and rehabilitation specialists are highly skilled, trained and equipped to provide the best cancer care,” says Dr. Harsolia. “We do everything in our power to customize therapies and improve patient outcomes.”

SURPASSING EXPECTATIONS

With a passion for the outdoors, Clyde was pleased that he had no disruption in his daily

activities. Whether it’s through his memories of the countless hours he spent with majestic falcons and hawks or his recent medical scare, Clyde takes every opportunity to share his life experiences with those around him.

“It’s just incredible what is possible through CyberKnife. People need to know they have choices when it comes to cancer treatment,” he says.

For more information about the CyberKnife procedure at Orange Coast Memorial, please call (714) 378-7900 or visit memorialcare.org/cancer.

Mitral Valve Surgery

From heart disease to hearts-at-ease with robot-assisted surgery

Michael Walo was on vacation when he had difficulty breathing. He was admitted to the hospital, where he received unsettling news that he needed heart surgery.

“One of the valves in my heart wasn’t working properly. I thought my only option was traditional surgery where my doctor would cut through my chest, leaving a large scar,” recalls Michael, a retired Boeing executive. Fortunately, there was another option.

Daniel Bethencourt, M.D., medical director of cardiac surgery at the MemorialCare Heart & Vascular Institute at Orange Coast Memorial and Long Beach Memorial, used state-of-the-art, robot-assisted surgery to repair Michael’s mitral valve, a flap that controls blood flow within the heart.

“This advanced technology allows us to perform difficult cardiac procedures with greater precision and control. The end result is less pain, minimal scarring and faster recovery times for patients,” says Dr. Bethencourt of the robotic treatment, which is a component of Orange Coast Memorial’s comprehensive and advanced cardiac care program.

Within 24 hours, Michael was walking unassisted in his room. Within 48 hours, he was home from the hospital. “I couldn’t believe it. I had to consciously stop myself from doing too much too soon. I felt that good,” says Michael.

If you’re facing cardiac surgery, do your heart a favor: consult with the experts at Orange Coast Memorial for a second opinion by calling (562) 988-9333. To learn more about the MemorialCare Heart & Vascular Institute at Orange Coast Memorial, visit memorialcare.org/heart.



To hear Michael’s story in his own words, scan this QR code with your smartphone or visit Orange Coast Memorial’s YouTube channel at youtube.com/OrangeCoastMemorial.





ORANGE COAST MEMORIAL

MEMORIALCARE® HEALTH SYSTEM

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



Annual Skin Screening

Wednesday, Jun 26, 5:30 - 7 p.m.

Skin cancer is the most common type of cancer with approximately two million cases diagnosed each year. If detected early, most skin cancers can be successfully treated. The American Academy of Dermatology recommends a yearly skin screening – here's your chance! Please join the MemorialCare Cancer Institute at Orange Coast Memorial for a FREE skin cancer screening event. Attendees will receive complimentary "summer survival" items to help with skin protection in the coming summer months. **Registration and an appointment time are required to attend this event.** Space is limited, so register today.

PEOPLE OF ALL AGES

Talking "Back"

Thursday, Jul 25, 6 - 7:30 p.m.

Back pain can come on suddenly from an accident, a fall, or lifting something too heavy, or it can develop slowly as the result of age-related changes to the spine. Please join Adam Wass, M.D., a board-certified family medicine physician, with MemorialCare Medical Group, as he discusses signs, symptoms, treatment and, most importantly, prevention of back pain. Registration required.

Preventing Falls – What You Can Do

Tuesday, Aug 20, 6 - 7:30 p.m.

Back by popular demand! One in every three persons over age 65 falls each year and 50 percent of those will fall again within six months. Join Arfa Babaknia, M.D., family medicine physician with MemorialCare Medical Group, as he presents the risk factors and possible causes of falls and what you can do to help prevent them. Registration required.

Smoking Cessation

Mondays, Jun 3 - Jul 15, 6 - 8 p.m.

The OCMMC Cancer Institute is pleased to offer the American Lung Association Freedom from Smoking class. This is a 7-week course taught by a certified facilitator. Please call the nurse navigator at (714) 378-7650 to register or for more information.

Cost: \$30 per 7-week session.

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

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. For questions, please call (714) 378-5022.

Steps Forward – A Parkinson's Disease Exercise Class

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

This exercise class focuses on yoga and stretching styles specifically designed for Parkinson's Disease symptoms. To register, please call Kathy Jurgensen at (949) 279-2356.

Caregiver Support Group

Second Tuesday of every month, 10 - 11 a.m.

Orange Coast Memorial, Conference Room B
This new Parkinson's 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, communicate and take better care of themselves. This support group will provide caregivers with the opportunity to discuss their questions and concerns with sympathetic listeners who share their experiences.

Registration is not required. For questions, please call Teri Brown at (714) 378-5022.

PARENTING & CHILDBIRTH

Childbirth Classes

Wednesdays

May 8 - 22, Jun 5 - 19, 6:30 - 8:30 p.m.

Condensed Saturday Class

May 11, Jul 20, Sep 21

9:30 a.m. - 4 p.m.

A three-week 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, or \$80 per couple for the condensed Saturday class.

Baby Care Basics

Saturdays

May 18, Jun 15, Jul 20, Aug 17, 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.

Maternity Tour

Wednesdays, Jun 5, Jul 3, Aug 7, Sep 4

6 p.m., 6:45 p.m. or 7:15 p.m.

Sundays, May 19, Jun 16, Jul 21, Aug 18, Sep 15

2 p.m. 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.

Breastfeeding

Saturdays, Jun 1, Jul 6, Aug 3, 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 and 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.



Tune in to MemorialCare's NEW podcast!

A Weekly Dose of Wellness with MemorialCare

Would you like to know more about a health topic or tips to stay well? 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.**

To listen now, scan this QR code with your smartphone.



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 of cancer or who have had a recurrence or who have metastatic disease. Attendees will have the opportunity to connect with others and obtain educational information, as well as experience 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 to register. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Yoga for Patients with Cancer

Tuesdays, 5:15 p.m.

This gentle yoga class, designed for cancer patients and caregivers, is focused on breathing and meditation/gentle yoga poses to help relieve stress and relax muscles. No experience required. Wear comfortable clothing. Held at 9920 Talbert Ave., Fountain Valley, Conference Rooms C - D. Please call Kathy Jurgensen at (949) 279-2356 for more information. Cost: \$5 per person/per session.

Look Good Feel Better

Mondays, Jun 3, Jul 1, Aug 5, Sep 2
10 - 11:30 a.m.

Are you currently undergoing chemotherapy or radiation therapy? 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, please call (714) 378-5095.

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.

Weight-Loss Information Seminar

Second Tuesday of every month, 6:30 - 8 p.m.

When it comes to weight-loss surgery there are now more choices. Join us for a presentation on the benefits of weight-loss surgery and get answers to your questions. If you are 75 pounds or more overweight and would like to learn more about how our program can help you, please attend this complimentary informational lecture. Please register at 1-800-MEMORIAL (1-800-636-6742) or at memorialcare.org/classes.

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 bariatric surgery 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 designed to meet the needs of patients prior to and after weight-loss surgery. Held at 18111 Brookhurst St., Orange Coast Patient Care Pavilion, Suite 2450.

To register, call 1-877-HEALTHY.

Cost: \$60 per 6-week session.



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

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.

Lunch & Learn: Preventive Care

Wednesday, May 22, 11:30 a.m. - 1 p.m.

Orange Coast Memorial

Melanie Lin, M.D., an internal medicine physician with Talbert Medical Group, a division of HealthCare Partners, will discuss the importance of preventive care in order to live an active, healthy life. She will also discuss why a strong relationship with your primary care physician is important to preventive care. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Lung Health & Modern Technology

Tuesday, Jun 11, 10:30 a.m. - Noon

Palm Island Active Adult Living

Technological advances have led to better diagnostic and treatment capabilities, which now offer improved quality of life. Join Reginald Abraham, M.D., a board-certified thoracic surgeon, as he discusses the newest advances in diagnosis, treatment and management of lung disease. Light refreshments will be served and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Medicare Made Simple

Two dates to choose from:

Wednesday, Jun 12 or 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. This class is for informational purposes only and no specific plan benefits or details will be shared. Refreshments will be provided and registration is required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Medicare 101

Tuesday, Jul 23, 6 - 7:30 p.m.

Come join us to learn about Original Medicare, Medicare Advantage, Prescription Drug Plans, and Medigap plans for Orange County Medicare beneficiaries. Hosted by Greater Newport Physicians and Orange Coast Memorial, and presented by Nautilus Health Insurance Services. This event is for informational purposes only and no specific plan benefits or details will be shared. Light refreshments will be provided and reservations are required, call (949) 574-4500.

MemorialCare SENIOR PLUS at Orange

Coast Memorial is a free membership program available to all seniors, aged 55 or better, and is a community service from Orange Coast Memorial Medical Center. Apply online at memorialcare.org or call (714) 378-5531. Valuable benefits include:

- **Free Medical Transportation** for non-emergency, non-urgent scheduled medical visits at Orange Coast Memorial Medical Center or MemorialCare physician offices within seven miles of Orange Coast Memorial, if they are on the medical staff. Limitations may apply. For details, call (714) 378-5531.
- **Special Events**, classes and health screenings.
- **Dining and Gift Shop discounts** at Orange Coast Memorial. Member must present their Senior Plus MIAC card.
- **Medical Information and Access Card (MIAC)** with vital health information such as medication allergies, medical conditions and emergency contact information.
- **Gift and Estate Planning**, complimentary and confidential.
- **Subscription** to the SENIOR PLUS senior events calendar.

Ask to have a SENIOR PLUS application mailed to your home by calling (714) 378-5531.



MEMORIALCARE
HEALTH EXPRESS

MemorialCare HealthExpress: Walk in to Great Care

MemorialCare HealthExpress clinics offer convenient, walk-in care, seven days a week. Appointments are not necessary. Whether you need a physical, vaccination, or treatment for a common illness, HealthExpress provides great care you can trust. Most insurance plans accepted (PPO and MemorialCare Medical Group contracted HMO plans) as well as affordable self-pay options. For more information, visit memorialcare.org/healthexpress.

Visit HealthExpress located inside your Albertsons store at 7201 Yorktown Ave., Huntington Beach, CA 92648.

Growing Through Giving

Expanding the Emergency Department's capacity to care

As the region's population has grown and matured, so has the need for first-rate emergency care. Visits to Orange Coast Memorial's Emergency Department have increased by 22 percent in the past five years. Last year alone, the ER served more than 29,000 patients.

To meet this growing need, Orange Coast Memorial is expanding its Emergency Department and related services. Additional space will further capabilities in providing efficient and advanced life-saving care to those who need it most, when they need it most.

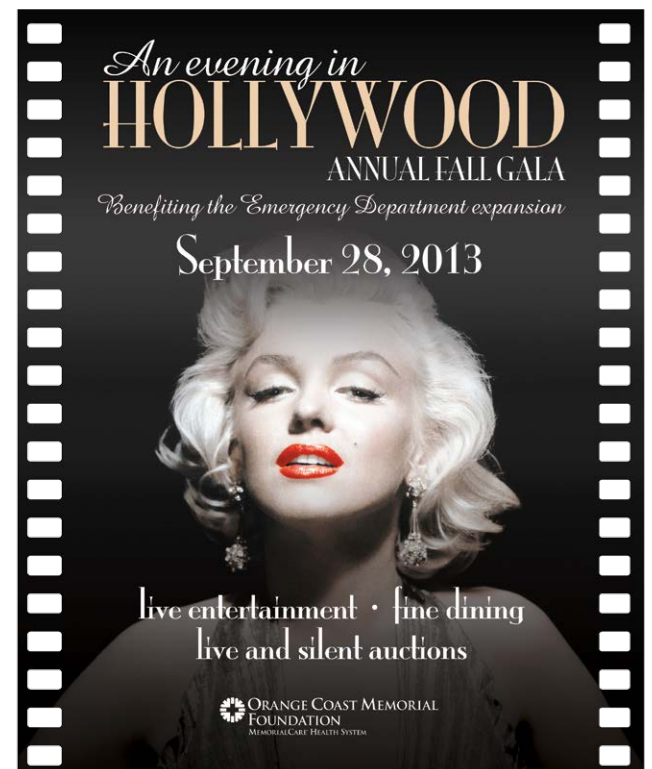
A new, state-of-the-art emergency pavilion will double the space and reduce wait times. Plans call for 27 treatment areas with private rooms designed for comfort and privacy as well as a serene healing garden to provide respite from the stress that often comes with a loved one's illness or injury.

BECOME PART OF THE SUPPORTING CAST FOR "AN EVENING IN HOLLYWOOD"

You can help support this vital mission while taking a trip back to the glamorous days of Old Hollywood.

Join Orange Coast Memorial supporters for the 11th Annual Orange Coast Memorial Foundation Fall Gala on Saturday, September 28 for "An Evening in Hollywood." The event will feature live entertainment and fine dining as well as live and silent auctions. Festivities begin at 6 p.m. at the beautiful Island Hotel in Newport Beach.

For more information on the 11th Annual Orange Coast Memorial Fall Gala, please call (714) 378-7397.



PARTNERS IN DISTINCTION

Thank you to our founding Partners in Distinction!



Founding Partners in Distinction members receive their inaugural certificates at the first networking mixer.

The new Partners in Distinction program is a unique philanthropic opportunity in which local businesses can network with one another while fostering a meaningful commitment to quality medical care. The support of participating organizations will help Orange Coast Memorial deliver the best possible care through new technology, advanced education and training for clinicians, and facility enhancements. With various tiers of membership, the program offers businesses an opportunity to give back to their local community.

To have your business become part of the Partners in Distinction program, please call (714) 378-7397.



Joint Strides

Helping patients get back on their feet

When the new MemorialCare Joint Replacement Center at Orange Coast Memorial opened this past spring, the mission was simple: to improve patients' lives by relieving pain and restoring independence.

"We are in essence redefining joint surgery. Our program is designed to move patients from surgery to rehabilitation as quickly as possible, maybe even on the same day. It may seem aggressive, but the sooner they are up and moving, the sooner they will have their lives back," says **Timothy Gibson, M.D.**, orthopedic surgeon and medical director of the MemorialCare Joint Replacement Center at Orange Coast Memorial.

STAGGERING STATISTICS

Each year in the United States, surgeons perform more than 600,000 total knee replacements and nearly 300,000 total hip replacements, according to the American Academy of Orthopedic Surgeons. Because they are such effective long-term solutions, the demand for hip revision procedures is projected to double by the year 2026, while the number for knee revisions could double by 2015.

"All too often our presurgical patients can barely walk or stand up straight because the pain is so

debilitating," says Dr. Gibson. "They don't have to live that way. Our goal is to improve their quality of life."

IT TAKES SUPPORT

A team of experienced surgeons, nurses and licensed physical therapists offers comprehensive care – from diagnosis and treatment to education and recovery. The process of preparing for surgery begins well before the actual procedure. Patients attend preoperative workshops led by a joint coordinator to gain a better understanding of their care and recovery. After surgery, patients participate in physical therapy classes with other joint replacement patients in an environment of support and healing.

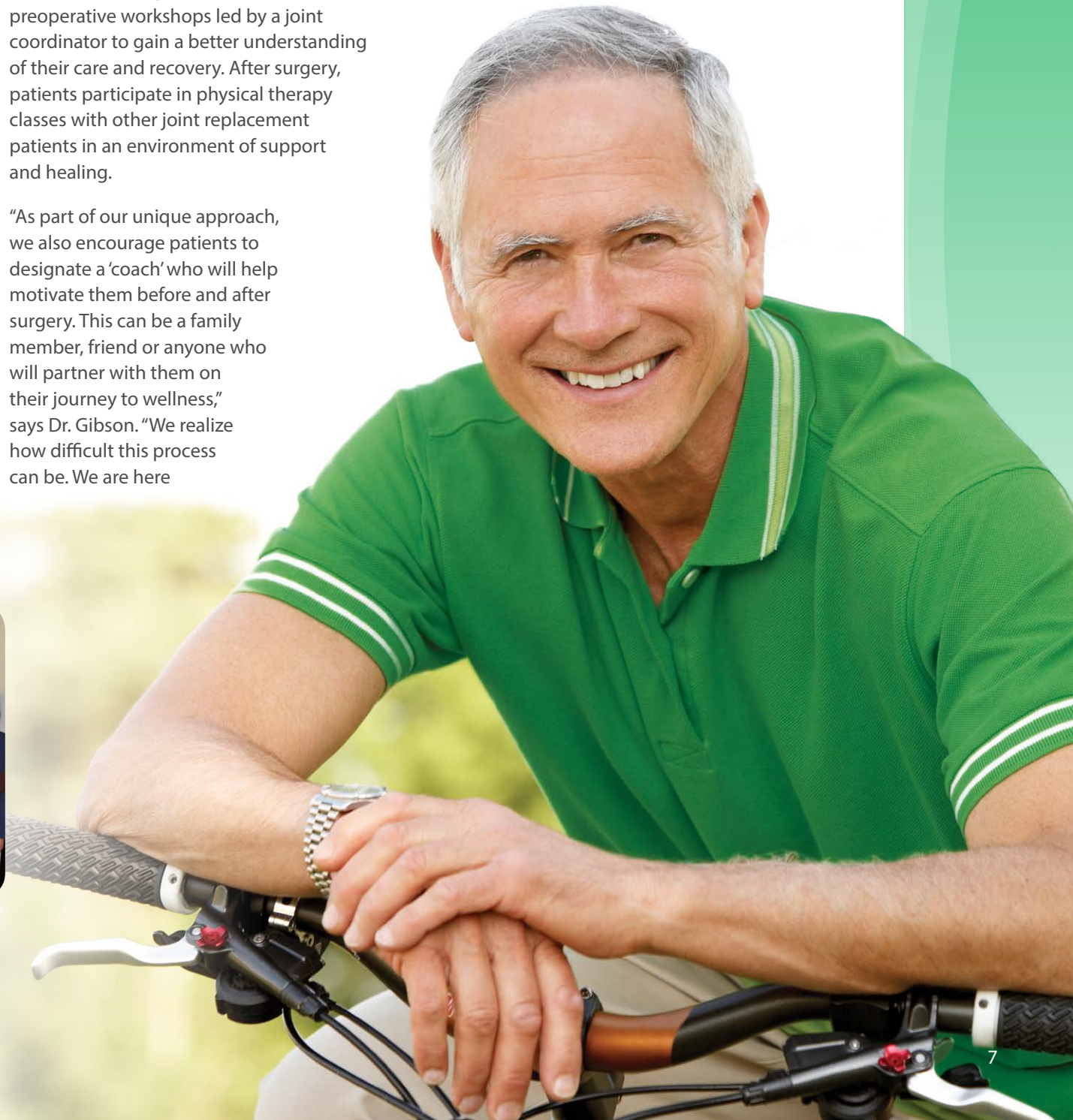
"As part of our unique approach, we also encourage patients to designate a 'coach' who will help motivate them before and after surgery. This can be a family member, friend or anyone who will partner with them on their journey to wellness," says Dr. Gibson. "We realize how difficult this process can be. We are here

every step of the way to ensure a faster recovery so patients can get back to doing the things they love."

For more information about the MemorialCare Joint Replacement Center at Orange Coast Memorial, please call (714) 378-7264 or visit memorialcare.org/orangecoast. To find an orthopedic surgeon participating in the program, please call 1-800-MEMORIAL (1-800-636-6742).



Dr. Timothy Gibson, M.D., medical director of the MemorialCare Joint Replacement Center at Orange Coast Memorial, along with other participating orthopedic physicians, clinicians and leaders involved with the development of the program, cuts the ceremonial ribbon at the official grand opening.





ORANGE COAST MEMORIAL
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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.



Slather on the Sunscreen to Win Our Photo Contest!



Ah, the signatures of summer: backyard barbecues, swimsuits, shorts, shades – and sunscreen! Long days at the beach or the pool mean taking extra precautions when it comes to your skin. Protect yourself whenever you are outside by using plenty of broad-spectrum sunscreen with an SPF of at least 30, advises the American Academy of Dermatology. Why? Because more than two million people of all backgrounds are diagnosed with skin cancer every year. Many of these skin cancers could have been prevented with protection from the sun's rays. You can have fun in the sun, but stay skin smart!

How do you and your family spend your summer days? **Visit our Facebook page today and upload your best fun-in-the-sun photos.** Please note: visible sunscreen and big hats encouraged! Send a photo by June 15, 2013 and you will be entered to win a \$250 REI gift card to update your outdoor gear, just in time for summer!



To share your summer photos, scan this QR code with your smartphone now or visit us at [facebook.com/OrangeCoastMemorial](https://www.facebook.com/OrangeCoastMemorial).

Employee Spotlight: *Lorraine Foran, empowering patients*



Lorraine Foran was on staff at Orange Coast Memorial when the doors opened in 1985. A surgical nurse by training, she is also a certified bariatric

nurse as well as a certified orthopedic nurse. As the orthopedic coordinator and joint coordinator for the new MemorialCare Joint Replacement Center at Orange Coast Memorial, she educates patients regarding the need for total knee or hip replacement.

"I've always believed that an informed patient is an empowered patient," says Lorraine. "From beginning to end, we're here to provide support so they can make the right decisions about their health care and needed lifestyle changes."



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.