

# CareConnection

Fall 2014

## A SEA OF CHANGE FOR WOMEN WITH BREAST CANCER

*Advanced restorations enhance Gina's recovery*

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#### **October 25**

Peripheral Artery Disease Screening

#### **November 8**

5th Annual Fall Festival for Life





# A SEA OF CHANGE FOR WOMEN WITH BREAST CANCER

## *Advanced restorations enhance Gina's recovery*

Gina sits on the sands of Huntington Beach, watching her daughter, Mia, ride the waves with her boogie board. As she reflects on her journey through breast cancer, she realizes just how grateful she is for the little things in life. And one big thing.

"Mia is my motivation for everything. I was determined to be around a long time for her," says Gina.

### **CANCER STAGES 0 TO IV**

For busy mom and insurance manager Gina, time was always something she had to manage wisely. But she became adamant about her wellness. Ten years ago, at age 38, she decided to be proactive about having annual mammograms, and talking to her primary care physician, **Douglas McConnaughey, M.D.**, about her breast health. Last fall, her breast radiologist, **Richard Reitherman, M.D., Ph.D.**, at the MemorialCare Breast Center at Orange Coast Memorial, found cancer cells in her breast tissue.

When collaborating on a diagnosis and treatment plan for breast cancer patients, physicians use a series of tests to determine the "stage," or severity, of the cancer. The "stage" is usually expressed as a number on a scale of 0 through IV. Stage 0 describes non-invasive cancers that remain within their original location. Stage IV indicates invasive cancers that have spread outside the breast to other parts of the body.

"Because we caught changes in my breast early, I had more treatment options. Even though I didn't want to give up any part of my breasts, a double mastectomy was the right choice for me. I opted to be aggressive because I wanted to be here for my daughter and live life knowing I was cured," says Gina.

### **REBUILDING LIVES**

For women undergoing mastectomy and breast reconstruction at the MemorialCare Breast Center at Orange Coast Memorial, breast cancer battles that often begin in fear and anguish turn into full recoveries with remarkable cosmetic results.

As part of the comprehensive team approach at the MemorialCare Breast Center at Orange Coast Memorial, women who choose surgery often have the option of



*Gina and her daughter, Mia, enjoy the beach together.*



*“Catching it early and taking action gave me a better chance of a long life.” – Gina*

breast-sparing lumpectomy, where only the tumor is removed from the breast, or mastectomy, where all breast tissue is removed. Complete removal is occasionally necessary because of disease progression, but for many candidates like Gina, it's a personal preference.

Medical director of breast surgery, **Jane Kakkis, M.D.**, shares, “About 90 percent of my mastectomy patients choose reconstruction. With only small, hidden scars, they're able to get back to life without a constant reminder of cancer. It's not vanity – it's about restoring the body to the way it was. It empowers women to feel whole again and cancer-free.”

### **TRANSFORMATION BEGINS**

Before her surgery last October, Gina, Dr. Kakkis, and board-certified plastic surgeon **Eugene Elliott, M.D.**, discussed every detail of her treatment plan, from the location of the cancer cells, to where the incision would be, to breast reconstruction.

As Dr. Kakkis completed Gina's technically advanced nipple- and areola-sparing mastectomy, Dr. Elliott immediately stepped in to perform the first of a two-stage reconstruction. By inserting temporary, saline-filled tissue expanders under the muscles of Gina's chest, Dr. Elliott created Gina's breast contour. Gina spent just one night in the hospital before returning home.

“Initiating reconstruction at the same time as the mastectomy gives patients a positive focus,” says Dr. Elliott. “As soon as they realize they are going to be fine, their attention shifts from their sickness to healing – physically and emotionally.”

As an outpatient procedure a few months later, Dr. Elliott removed the expanders and placed permanent implants. In just 10 days she was back to work, on light duty. “I'd seen horrible pictures of scars on the Internet, but thanks to Dr. Elliott's artistry, no one would even know I've had surgery,” says Gina.

### **COURAGE LEADS TO HOPE**

One in eight women will develop breast cancer, according to the American Cancer Society. Gina encourages all women over age 40 to have regular mammograms for early detection of breast cancer. Because she was proactive, Gina and her daughter are again enjoying their time at the beach and family barbecues.

“The ‘c’ word can be paralyzing, but women don't have to be afraid of a cancer diagnosis,” says Gina. “Catching it early and taking action gave me a better chance of a long life. My daughter was able to see how I faced a tough situation head-on, with my faith and my wonderful care team at Orange Coast Memorial. I'm eternally thankful.”

**To schedule your mammogram, please call (714) 378-7955 or visit [memorialcare.org/breastcare](http://memorialcare.org/breastcare).**

## **BREAST EVENT** | *Mix, Mingle and Mammography*



Join us for a fun and educational evening in our state-of-the-art Breast Center. Have all of your breast health questions answered by our expert technologists and physician team specializing in breast care while enjoying refreshments, great conversation and tours of our Breast Center.

Guests will be entered to win a special grand prize at the end of the evening. Bring your girlfriend, sister, mother or any special woman in your life and receive a second entry in our drawing.

**Tuesday, October 21, 2014, 6 – 8 p.m.**

**The MemorialCare Breast Center at Orange Coast Memorial  
9900 Talbert Ave., Suite 102, Fountain Valley, CA 92708**

### **LEARN ABOUT:**

- Breast care and routine screenings
- Digital mammography
- Automated Whole Breast Ultrasound technology
- Genetic counseling and testing
- Bone density screening
- When and how to make a breast health appointment

### **SUPPORT THE CAUSE!**

Guests will have the opportunity to purchase a special monogrammed plush pink robe from the Orange Coast Memorial Foundation to support continued breast cancer education and screenings for our community.



Junior Miss Southern California 2014, Emma Manetta, will also be in attendance providing guests with an opportunity to make a donation and decorate a quilt square in recognition of a special breast cancer survivor in your life, or a loved one going through the breast cancer journey. Once complete, the quilt will be displayed in the hospital to inspire patients for years to come. Emma is raising funds for the Orange Coast Memorial Foundation during her reign in honor of her mother and breast cancer survivor, Shawna Manetta.

**To attend this event and reserve your quilt square, please contact the Orange Coast Memorial Foundation at (714) 378-7422 or [apaul@memorialcare.org](mailto:apaul@memorialcare.org).**

# CLASSES AND EVENTS

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



## SEP 25: Prostate Screening

### Annual Prostate Screening

Thursday, Sep 25, 5 – 7 p.m.

September is Prostate Cancer Awareness Month. Please join the MemorialCare Cancer Institute at Orange Coast for a FREE prostate cancer screening. This screening is for men between the ages of 50 and 70 or those over 45 with a family history of prostate cancer. Exams will be provided by our expert team of board-certified physicians. Registration and an appointment time are required to attend this event. Space is limited, so register today.



## 5th Annual Fall Festival for Life

Saturday, Nov 8, 11 a.m. – 2 p.m.

**Orange Coast Memorial Patient Care Pavilion**  
Join us at Orange Coast Memorial for a tour of our hospital, a craft boutique, refreshments, gifts and live entertainment.

- Flu shots – Free
- Glucose & cholesterol screening – Free
- Hepatitis B & C screening – Free
- Cancer screenings – Free
  - Skin
  - Clinical breast exams
- Ask the Doctors
- Cancer education and information
- Be the Match® marrow registration

For more information, please call (714) 378-7900.

## PEOPLE OF ALL AGES

### Preventing and Treating Osteoporosis

Thursday, Oct 2, 6 – 7:30 p.m.

As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis or bone loss. Please join Kristine Arthur, M.D., a board-certified internal medicine physician with MemorialCare Medical Group, as she discusses signs and symptoms, risk factors, treatment and prevention of osteoporosis. Registration is required.

### Bladder Matters

Wednesday, Oct 29, 6 – 7:30 p.m.

Matthew H. Clark, M.D., with the Clark Center for Urogynecology, will discuss diseases and conditions of the bladder in women, such as recurrent urinary tract infections (UTIs) and bladder pain, as well as updates in treatment options. Registration is required.

### Managing Holiday Stress

Wednesday, Nov 12, 6 – 7:30 p.m.

Overwhelming stress is often an unwelcome guest around the holiday season. Join Immanuel Hausig, M.D., with MemorialCare Medical Group, as he discusses ways to manage and reduce added pressure and stress often associated with the holidays. Registration is required.

### Updates on Treatment for Pelvic Support

Wednesday, Jan 14, 6 – 7:30 p.m.

As women age, the pelvic floor, which supports important organs, can become weak or injured. Join Varuna Raizada, M.D., with the Clark Center for Urogynecology, as she discusses advances in treatment options for pelvic support issues.

### Smoking Cessation

For more information on our smoking cessation classes and schedules, please contact our nurse navigator at (714) 378-7650.

### Nutrition, Exercise and Behavior

Wednesdays and Thursdays, Noon and 6 p.m.

Maintaining a healthy weight is important to maintaining good health. Join Peter LePort, M.D., medical director of the MemorialCare Center for Obesity at Orange Coast and the Physicians Weight Management Center's nutrition team as they discuss the three key components to losing and maintaining weight for improved health and quality of life. Cost: First class is free - \$15 per class thereafter. Registration is required. Please call (714) 912-9380.

## 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.

## 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.

Orange Coast offers 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 a clinical psychologist.

### Strength Training 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., Suite 2450. To register, call 1-877-HEALTHY. Cost: \$60 per 6-week session.

## 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.

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

### 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 metastatic disease. Attendees will have the opportunity to connect with others and obtain educational information, as well as 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.

### Look Good Feel Better

Mondays, Oct 6, Nov 3, Dec 2, Jan 5  
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.

### Yoga for Patients with Cancer

Tuesdays, 5:45 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. **Please contact Gaye Singleton at (714) 378-5095 for more information.** Held at 18225 Brookhurst St., Suite 12, Fountain Valley. Cost: \$5

### Physical Therapy Services

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

## 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. Please call (714) 378-5022 or (877) 610-2732 to register.

### Dance for Parkinson's

Mondays, 10 – 11:15 a.m.

*Dance for Parkinson's*, based on the Mark Morris Dance Group's acclaimed Dance for PD model, offers dance classes for people with Parkinson's disease. You will be empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. For more information, please contact Teri Brown, APDA Coordinator at (714) 378-5022 or by email at [tabrown@memorialcare.org](mailto:tabrown@memorialcare.org). Held at 18225 Brookhurst St., Suite 12.



### Young Onset Parkinson's Support Group

**First Wednesday of every month, 6 – 7:30 p.m.**  
 American Parkinson's Disease Association (APDA) Young Onset Parkinson's Support Group is designed to reach those who are newly diagnosed and under the age of 50. This support group helps patients and their families understand and cope with a loved one's condition, and offers guest speakers, education, and a time to share and learn with your fellow PD community. Please contact Teri Brown at (714) 378-5022 to register.

### 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 Parkinson's disease symptoms. Please contact Teri Brown at (714) 378-5022 to register.

### Caregiver Support Group

**Second Tuesday of every month, 10 – 11 a.m.**  
**Orange Coast Memorial – Conference Room B**  
 This 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, communicating and taking 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.

## SCREENINGS AND PREVENTION

### Free Peripheral Artery Disease Screening

**Saturday, Oct 25, 12:30 – 4:30 p.m.**  
**Orange Coast Memorial**  
 Peripheral Artery Disease, also known as PAD, is a serious health condition which requires medical attention. Orange Coast Memorial is offering a free PAD screening to adults for this often "silent" condition. Amir Ronaghi, M.D., a diagnostic and interventional radiologist with South Coast Radiological Medical Group, and Son Duong, M.D., a vascular surgeon with Newport Beach Vascular Surgery & Vein Center, will be on hand to answer participants' questions. Reservations are required.

### Body Composition Analysis

Physicians Weight Management Centers, located on the Orange Coast campus, offers low-cost Body Composition Screenings. The screenings are performed with a state-of-the-art machine designed to measure overall weight, lean body mass, body fat mass, metabolic rate, intracellular and extracellular water balance, percent body fat and body mass index (BMI). With this information, a patient has the ability to create a detailed plan for weight loss in order to achieve and maintain a healthier lifestyle. Call (714) 912-9380 to schedule your screening.

### CT Lung Cancer Screening

Orange Coast offers low-cost screening lung CT scans to patients who meet the established risk profile. The 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 three requirements: (1) Age greater than 50. (2) A history of having smoked for at least 30 years. (3) 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
- 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 screening, call (714) 378-7234.

## PARENTING & CHILDBIRTH

### Childbirth Classes

**Tuesdays, Oct 7 – 28, 6:30 – 8:30 p.m.**  
**Thursdays, Jan 8 – 29, 6:30 – 8:30 p.m.**  
**Condensed Saturday class**  
**Saturdays, Nov 8 and Dec 13, 9:30 a.m. – 4 p.m.**

A four-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.

### Baby Care Basics

**Saturdays, Sep 20, Oct 25, Nov 15, Dec 6 10 a.m. – Noon**  
**Tuesday, Jan 6, 6:30 – 8:30 p.m.**  
 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, Oct 1, Nov 5, Dec 3, Jan 7 6 p.m. or 7 p.m.**  
**Sundays, Sep 21, Oct 19, Nov 16, Dec 21, Jan 18 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-of-charge.



### Early Breast Cancer Detection: Automated Whole Breast Ultrasound

Listen to Richard Reitherman, M.D., medical director of breast imaging, in our featured podcast.



### Breastfeeding

**Saturdays, Sep 13, Oct 11, Dec 6 10 a.m. – Noon**

**Tuesday, Jan 20, 6:30 – 8:30 p.m.**

A one-day class will teach breastfeeding, positioning and attachment, health benefits for 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.

## FOR SENIORS

The following health education classes and events 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 and events. 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.

### Social Media Basics for Seniors

**Wednesday, Sep 17, 2 – 3:30 p.m.**  
**Orange Coast Memorial**

If you are interested in connecting with family and friends through social media and learning more about Facebook, Twitter and writing reviews on Yelp, this is the class for you! Join marketing and communications manager, Sarah Mitchell and marketing coordinator, Jamie Reitz with Orange Coast Memorial for a quick tutorial on how to get started on these social networks, as well as guidance and resources for continued self-learning. A light lunch will be provided and reservations are required.

### Puzzled About Medicare?

**Wednesday, Oct 15, 10:30 a.m. – Noon**  
**Palm Island Senior Apartments**

Join Frank Van Nostrand, retired public affairs specialist with the Social Security Administration, as he helps put the pieces together in understanding Medicare. This is not a sales meeting, however, Medicare Advantage representatives will be on hand to provide information only. Refreshments will be provided following the presentation and reservations are required.

### Oh, My Aching Joints!

**Wednesday, Nov 12, 11:30 a.m. – 1 p.m.**  
**Orange Coast Memorial**

Living an active lifestyle is key to enjoying a healthy life as an older adult, but chronic joint pain can significantly hinder activity. Anatol Podolsky, M.D., an orthopedic specialist and former U.S. Olympic coach, will join us to discuss treatment options for joint pain, including total joint replacement and when it should be considered. A light lunch will be provided and reservations are required.

### Celebrate the Holidays!

**Tuesday, Dec 2, 10:30 a.m. – Noon**  
**Merrill Gardens at Huntington Beach**

The holidays are a special time of year, but can also bring challenges for those who have lost loved ones. Join Orange Coast Memorial, Greater Newport Physicians and Merrill Gardens at Huntington Beach for a special celebration while meeting new people and enjoying refreshments and holiday music. Space is limited and reservations are required.

### Celebrating You!

**Friday, Dec 5, 11:30 a.m. – 1 p.m.**  
**Orange Coast Memorial**

Orange Coast Memorial is pleased to host this complimentary and fun-filled holiday event for older adults. Please join Edinger Medical Group, Greater Newport Physicians, MemorialCare Medical Group, HealthCare Partners, Monarch HealthCare IPA, and the Orange Coast Memorial Foundation as we serve you lunch in your honor. **Space is limited and reservations are a must!**

### 21st Century Urological Care

**Thursday, Dec 11, 2 – 3:30 p.m.**  
**The Center at Founders Village Senior & Community Center**

The latest technological advances in the diagnosis and treatment of urological conditions can significantly improve outcomes and quality of life for older adults. Join urologist Don T. Bui, M.D., with Orange County Urology Associates, as he discusses advances in diagnosis and treatment of various urologic conditions facing men and women. Light refreshments will be provided and reservations are required.

## Tour Orange Coast Memorial

At Orange Coast Memorial, we are proud of the programs and services we offer and would like you to join us for a tour of our hospital. The Orange Coast Memorial Foundation is offering tours at 10 a.m. on the following dates:

- **Tuesday, Oct 7, 2014**
- **Tuesday, Nov 4, 2014**
- **Tuesday, Dec 2, 2014**

Tour group size is limited, so please make your reservation in advance by calling Patty Collins at (714) 378-7808.



# VIRTUALLY SCARLESS SURGERIES FOR WOMEN

*A new era of robotic-assisted hysterectomies*



Zana and her husband, Wendell, ride their tandem bike at the beach.

Free to plan. Free to travel. Free to wear white. Zana's single-site, robotic-assisted hysterectomy performed at Orange Coast Memorial in January freed the New Zealand native and Huntington Beach wife and "mum" from four decades of pain and blood loss – with barely a trace.

Zana is among the first patients in the region to have the new, single-site procedure. Gynecologic surgeon and medical director of minimally invasive surgery at Orange Coast Memorial, **Gerardo Bustillo, M.D.**, performed her hysterectomy through a two-inch incision, or port, in her navel.

"For me, having this procedure was the best gift, ever," says Zana.

## IS THIS NORMAL?

Since she can remember, Zana's painful periods caused absences from school and work. Contraceptives that her doctor prescribed to regulate menstruation helped a little, but caused other side effects. She was told childbirth would improve her condition. After her fourth child, Zana was convinced nothing would bring relief from the cramping and back pain. Frequent, heavy bleeding also led to anemia, or a decrease in the number of red blood cells.

"I often hesitated going anywhere because I didn't know how I would feel," Zana recalls. "Gynecologists I had seen offered many different options, so I put off a hysterectomy for years. My general practitioner, **Nannette Mitchell, M.D.**, knew I was discouraged, but urged me to see one more specialist, whom she highly recommended – Dr. Bustillo."

"Women tolerate a lot when they don't have to," says Dr. Bustillo. "It's not normal at any age to have excessive pain with periods and strange bleeding. There is likely to be a reason and multiple things can be done to provide relief."

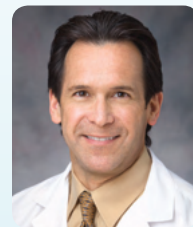
## LEAVING THE PAST BEHIND

A hysterectomy is surgery to remove a woman's uterus and in some cases her fallopian tubes and ovaries. Robotic-assisted technology allows surgeons to perform once complex procedures such as this in a minimally invasive way. With greater ease and precision, they use the robot's arms as extensions of their own wrists and hands to carry out their every command. Patients experience less scarring, less blood loss and faster recovery times.

"It's amazing how incredibly far technology has come," says Zana. "My mother had a hysterectomy that opened her up from side to side. All I had was a tiny incision and no visible scarring." Today, Zana and her husband are again riding their tandem bike on the beach boardwalk.

"Dr. Bustillo has given me a brand new passion for living," says Zana.

**Learn more about robotic-assisted, single-site hysterectomy by visiting [memorialcare.org/healfast](https://www.memorialcare.org/healfast).**



**Gerardo Bustillo, M.D.**,  
gynecology



Join us for our podcast feature on single-site hysterectomy. Simply scan this QR code with your smartphone or visit [memorialcare.org/podcasts](https://www.memorialcare.org/podcasts).



# DOUBLE TAKE ON KNEE REPLACEMENTS

## *Retired cameraman refocuses on an active lifestyle*

Don Langford held the cameras that recorded 14 Olympics and 10 U.S. presidents during his award-winning, 55-year career. The 80-year-old Fountain Valley retiree credits his physically demanding profession for many fond memories, along with wear and tear on both knees.

### RESTORATION FOR AN ACTIVE GENERATION

Don had his first total knee replacement last October by **Timothy Gibson, M.D.**, medical director of the MemorialCare Joint Replacement Center at Orange Coast Memorial. Don's recovery was so successful that just four months later, Dr. Gibson replaced his other knee, as well.

*"New knees gave me my life back. This is the greatest thing I've done for myself and my health." – Don*

"Don put up with arthritic knee pain for years, exhausting all non-surgical options," says Dr. Gibson. "Like many people who are otherwise healthy in their 80s and even 90s, joint replacement gave him back his mobility."

### STANDOUT PROGRAM

Emphasizing education and communication, the highly trained team of surgeons, physician assistants, coordinators and rehabilitation coaches at the MemorialCare Joint Replacement Center at Orange Coast Memorial provide the complete spectrum of joint care, consistently and seamlessly.

"Our pre-operative classes for patients and their coaches cover all the angles for a successful surgery and recovery," says Dr. Gibson. "Patients lose their fear of the unknown, find they are not alone, and progress faster."

Don appreciated having access to a leading joint replacement center close to home, with a private room in an area exclusively for orthopedic patients. He adds, "Dr. Gibson and the joint replacement team had me on my feet in one day. At first, this was intimidating. But now I understand – it's why I had such a quick recovery."

### CAPTURING THE MOMENT

Less than two months after his second surgery, the man who once filmed "The Newlywed Game" and his wife are enjoying walks by the beach and active vacations.

"New knees gave me my life back," says Don. "This is the greatest thing I've done for myself and my health. My only regret is not doing it sooner."

Learn more at [memorialcare.org/jointreplacement](http://memorialcare.org/jointreplacement).



## FOUNDATION FOCUS

### *A Legacy that Makes a Difference*

Including Orange Coast Memorial in your estate plans is one of the best ways you can create a lasting legacy for the health of our community. Whether through your will, trust, retirement plan or life insurance policy, a charitable bequest is one of the easiest gifts to make.

You can establish a bequest of either a specific dollar amount or a percentage of your estate by making a simple statement in your will or trust. If you wish to make a gift of your 401(k) or IRA, this can usually be done by filling out a beneficiary designation form provided by your plan administrator. Because bequests of all sizes are so important to us, we welcome all who have included Orange Coast Memorial in their estate plans as members of our Legacy Circle.

To learn more about how you can make a difference with a legacy gift, call Paul Stimson with the Orange Coast Memorial Foundation at (714) 378-7478.



**ORANGE COAST MEMORIAL**  
MEMORIALCARE HEALTH SYSTEM  
18111 Brookhurst Street, Fountain Valley, CA 92708

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Orange Coast Memorial is a member of the not-for-profit MemorialCare Health System, an integrated delivery system that includes five other top hospitals – Long Beach Memorial, Miller Children's & Women's Hospital Long Beach, Community Hospital Long Beach, and Saddleback Memorial Laguna Hills and San Clemente; medical groups – MemorialCare Medical Group and Greater Newport Physicians; a health plan – Seaside Health Plan; and numerous outpatient health centers throughout the Southland including imaging centers and surgery centers.



## Consumer Reports names Edinger Medical Group *A Top Medical Group in Orange County*



Consumer Reports published its first California edition of "How Does your Doctor Compare?" rating medical groups throughout the state. Edinger Medical Group ranked as one of the top five medical groups in Orange County. Only 86 medical groups throughout the state were recognized for their care and quality.

Consumer Reports presents unbiased ratings of consumer goods and services. Ratings were based on

surveys of 59,000 Californians about their patient experience with their medical group. The survey asked about important aspects of care including satisfaction with physician communication, access to care, coordination of care and helpfulness of the office staff.

Orange Coast Memorial is proud to partner with Edinger Medical Group in providing exceptional patient care for more than 12 years. Edinger Medical Group has offices located in Fountain Valley on our hospital campus, as well as offices in Huntington Beach.

Congratulations to Edinger Medical Group for a well-deserved recognition.

**For more information about Edinger Medical Group Physicians, please call (714) 965-2557 or visit [edingermedicalgroup.com](http://edingermedicalgroup.com).**

**Edinger Medical Group**

## Pink Pledges for Breast Health!

*Make a statement and you may win an iPad Mini!*



Your friends at Orange Coast Memorial want to affirm plans for breast health. **Like us on Facebook**, fill out our contest form, and share what you pledge to do to support breast health in honor of Breast Cancer Awareness Month. All participants will be entered to win an iPad Mini!

Scan this QR code with your smartphone to like us on Facebook or visit us at [facebook.com/OrangeCoastMemorial](http://facebook.com/OrangeCoastMemorial). Enter contest by November 1, 2014.



## TechConnection

### ENCOURAGE EXCEPTIONAL PEOPLE



Share great experiences you've had with the staff at Orange Coast Memorial on Yelp.com. Your praise inspires our team!

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Tune in to MemorialCare's podcast! Each 10-minute, weekly segment will offer listeners practical, useful tips and advice for a lifetime of good health.

Visit [memorialcare.org/podcasts](http://memorialcare.org/podcasts) to listen and learn 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. Connect with Orange Coast Memorial on Facebook, Twitter and YouTube to join the conversation.