

# CareConnection

WINTER  
2013



ORANGE COAST MEMORIAL  
MEMORIALCARE HEALTH SYSTEM



## Beyond Human Limits

Robotic arms  
and eyes extend  
capabilities of  
heart surgeons

Events, classes and  
support groups  
**page 4**

Foundation supporters  
have heart  
**page 6**

Gastric bypass can  
reverse diabetes  
**page 7**

# Beyond Human Limits

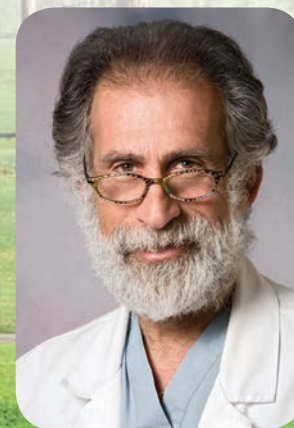
## *Robotic arms and eyes extend capabilities of heart surgeons*

A community seminar about the benefits of robot-assisted surgery at Orange Coast Memorial Medical Center piqued Ron Walker's interest. When the 70-year-old Fountain Valley resident attended the session, he learned that the minimally invasive procedure meant generally shorter recovery times, less pain and smaller incisions.

"I was just interested in the concept of robotic surgery. I never thought I would be the one who needed it," says Ron.

Ron first noticed something was wrong after raking leaves in his yard. Although he played golf regularly, he felt winded with certain normal, daily activities. His wife, Marilyn, was concerned and suggested he see his primary care physician, **Elaine Grodin, M.D.**, with Edinger Medical Group. Dr. Grodin immediately referred him to the cardiac specialists at Orange Coast Memorial.

After several tests, an angiogram revealed that Ron had more than 90 percent blockage in one artery and 60 percent in another. Five days later, **Daniel Bethencourt, M.D.**, medical director of cardiac surgery at the MemorialCare Heart and Vascular Institute at Orange Coast Memorial, used state-of-the-art robotic surgery to bypass a blocked artery in Ron's heart.



*Dr. Steven Schiff, M.D., medical director of invasive cardiology at MemorialCare Heart and Vascular Institute at Orange Coast Memorial.*



*Dr. Daniel Bethencourt, M.D., medical director of cardiac surgery at MemorialCare Heart and Vascular Institute at Orange Coast Memorial.*

*Ron Walker at Mile Square Golf Course in Fountain Valley.*

*“I was just interested in the concept of robotic surgery. I never thought I would be the one who needed it.”*

— Ron Walker

**PAST VS. PRESENT**

Instead of performing a sternotomy, a procedure in which surgeons cut through the breastbone and ribs to access the chest cavity and heart, Dr. Bethencourt made only a few, tiny incisions between Ron’s ribs. Using the *da Vinci*® Surgical System’s miniaturized, hand-like instruments, Dr. Bethencourt accessed the artery while looking at three-dimensional magnified images sent from a camera inside Ron’s body.

“In the past, we would have to make a large incision and split Ron’s breastbone to do this surgery. That’s not the case anymore. This technology provides the best possible way to treat that artery with greater precision and control,” says Dr. Bethencourt. Having performed nearly 600 robot-assisted cardiac surgeries, he is one of only seven cardiothoracic surgeons in California recognized for his expertise by the makers of the *da Vinci* Surgical System.

**TWO IN ONE**

After Dr. Bethencourt completed the bypass, **Steven Schiff, M.D.**, medical director of invasive cardiology at the MemorialCare Heart and Vascular Institute at Orange Coast Memorial, inserted a stent into another blocked artery in Ron’s heart. The physicians worked out of the Annie Capaldi Heart Revitalization Suite, one of the region’s first hybrid interventional operating rooms.

“We can combine both procedures into one session. Patients no longer need to have the bypass and the stent on separate occasions,” says Dr. Schiff. “With smaller incisions and quicker recovery times, there’s a much smaller physical cost to the patient.”

**BACK ON COURSE**

The MemorialCare Heart and Vascular Institute at Orange Coast Memorial offers comprehensive diagnostic screening and treatment through technologically advanced cardiovascular equipment. Ron and Marilyn knew they were in the best hands. “We couldn’t have asked for a better hospital or better doctors,” says Marilyn. “Ron received excellent care. He has a brand new lease on life, and we didn’t even know he needed one.”

After recovering from surgery, Ron began the cardiac rehabilitation program at Orange Coast

Memorial. He’s now back to playing golf three days a week and spending quality time with his family.

The Walkers will always remember the day of the surgery. “I had my heart fixed on Valentine’s Day. Marilyn and I will forever celebrate on February 14th,” says Ron.

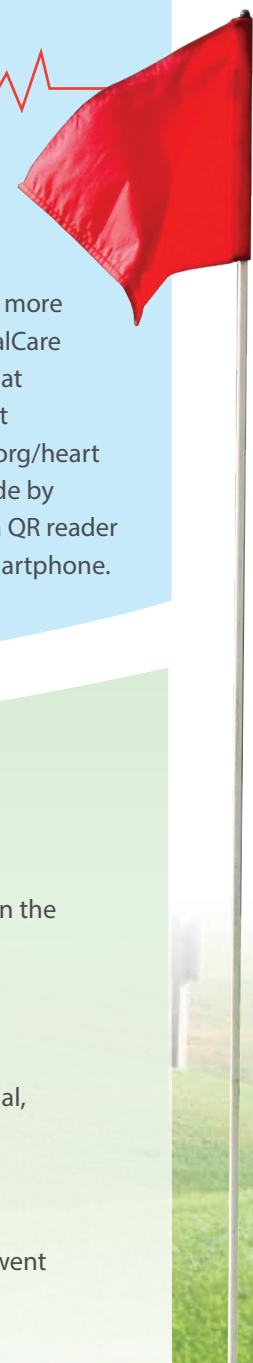
**Doesn’t your heart deserve a second opinion?**



As a cardiac patient in need of surgery, you have options. Call (562) 988-9333 to learn more about robot-assisted cardiac surgery. For more information on the MemorialCare Heart and Vascular Institute at Orange Coast Memorial, visit



[memorialcare.org/heart](http://memorialcare.org/heart) or scan this code by downloading a QR reader app to your smartphone.



Dr. Tam Le, M.D., a colorectal surgeon at Orange Coast Memorial.

**Single-Incision Gallbladder Removal**

Traditional gallbladder surgery required a 5-to-7 inch incision or multiple (4 or more) smaller cuts in the abdomen area and weeks of recovery time. Until now.

Orange Coast Memorial recently became one of the first hospitals in Orange County to offer a robot-assisted single-incision cholecystectomy, or gallbladder removal.

Using the *da Vinci*® Si Surgical System, **Tam Le, M.D.**, a colorectal surgeon at Orange Coast Memorial, performed the virtually scarless surgery on patient Eric-Ich Nguy, 58, of Santa Ana. Dr. Le operated through one tiny incision inside Nguy’s navel so that his patient would experience less pain and a quicker recovery.

“The single incision allowed me to heal faster and without noticeable scarring,” says Nguy. “I even went home the same day.”

**To locate an Orange Coast Memorial robotic surgeon, call 1-800-MEMORIAL or visit [memorialcare.org/davinci](http://memorialcare.org/davinci).**



## ORANGE COAST MEMORIAL

MEMORIALCARE® HEALTH SYSTEM

Register for events and classes online at [memorialcare.org/classes](http://memorialcare.org/classes) or call 1-800-MEMORIAL (1-800-636-6742), ext. 3.

### PEOPLE OF ALL AGES

#### Minimally Invasive Treatment for Prostate Cancer

Wednesday, Jan 16, 6 - 7:30 p.m.

Are you or a loved one facing treatment for prostate cancer? Please join urologist and surgeon, Andrew Nguyen, M.D., as he presents the benefits of minimally invasive procedures for prostate cancer. Registration is required.



#### Annual Sweetheart Screening

Tuesday, Feb 12, 4 - 8 p.m.

All couples and loved ones are welcome at this complimentary cardiovascular screening. Bring your sweetheart and enter our Sweetheart Screening drawing for a Valentine's Day heart-healthy gift basket. Screenings will include blood pressure, stroke, body fat composition, pulse oximetry, total cholesterol (**non-fasting**) and glucose. Screenings will be provided by Orange Coast Memorial Medical Center, Alamos IPA, MemorialCare Medical Group, Greater Newport Physicians, Edinger Medical Group, MemorialCare Health Express, Memorial Healthcare IPA, Memorial Prompt Care, Monarch Healthcare and Talbert Medical Group. Refreshments will be served. Registration is required.

**By appointment only.**

#### Weight-Loss Surgery and the Resolution of Type 2 Diabetes

Wednesday, Mar 27, 6 - 7:30 p.m.

Studies show that after gastric bypass surgery, people with type 2 diabetes often see their disease disappear within weeks, before they've lost much weight. Please join Atif Iqbal, M.D., a bariatric surgeon at Orange Coast Memorial, to learn more. Registration is required.

#### The Art of Acupuncture

Wednesday, Apr 24, 6 - 7:30 p.m.

Since the late 1970s, the World Health Organization (WHO) has recognized the ability of Acupuncture and Chinese Medicine to treat over 50 common medical conditions. Today, acupuncture is used by millions of Americans, most commonly to treat chronic pain. Please join Cynthia Birkhimer, L.Ac., a licensed acupuncturist

with Memorial Prompt Care, as she discusses the art of acupuncture including theory, clinical practices, and research studies. Registration is required.

#### Smoking Cessation

Mondays, Jan 28 - Mar 4, 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. **Please call (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.

### 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 Andrea VanDeRee, R.N., at (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 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.

#### 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., Conference Rooms C-D. **Please contact Kathy Jurgensen at (949) 279-2356 for more information.** Cost: \$5 per person/per session.

#### Look Good, Feel Better

Mondays, Feb 4, Mar 4, Apr 1, May 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. Please call (714) 378-7600.

#### 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.**

### PARENTING & CHILDBIRTH

#### Childbirth Classes

Wednesdays, Jan 9 - 23, Feb 6 - 20, Mar 6 - 20, Apr 3 - 17, May 8 - 22, Jun 5 - 19, 6:30 - 9:30 p.m.

Condensed Saturday Class, Jan 19, Mar 23, May 11, Jul 20, 9 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.

#### Baby Care Basics

Saturdays, Jan 26, Feb 23, Mar 16, Apr 20, May 18, Jun 15, 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, Jan 2, Feb 6, Mar 6, Apr 3,  
May 1, Jun 5, Jul 3  
6 p.m., 6:45 p.m. or 7:15 p.m.  
Sundays, Jan 20, Feb 17, Mar 17, Apr 21,  
May 19, Jun 16, Jul 21  
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.

## Breastfeeding

Saturdays, Jan 12, Feb 9, Mar 2, Apr 6,  
May 4, Jun 1, 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 as 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.

## 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.**

### 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 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, communicating and taking better care of themselves. This support group

allows caregivers to address their concerns with sympathetic listeners who share their experiences. This group meets at the same time as the "Steps Forward" exercise class. Registration is not required. For questions, please call Teri Brown at (714) 378-5022.

## 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 Diane LeMont, Ph.D., and clinical psychologist.

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

## 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](http://memorialcare.org) or call 1-800-MEMORIAL (1-800-636-6742) unless otherwise noted in the class description.

### Diabetes and Healthy Eating Monday, Jan 21, 11:30 a.m. - 1 p.m.

The Center at Founders Village Senior and Community Center

Join Melanie Lin, M.D., an internal medicine physician with Talbert Medical Group, a division of HealthCare Partners, and learn what role nutrition plays in prevention and treatment of diabetes. A light lunch will be provided and reservations are required.

### Lunch & Learn: Fall Prevention and Balance Improvement

Wednesday, Jan 23, 11:30 a.m. - 1 p.m.  
Orange Coast Memorial

Balance is important to fall prevention. Join Arfa Babaknia, M.D., a family medicine physician with MemorialCare Medical Group and Orange Coast Memorial, for tips on preventing falls and improving your balance. This class will also be offered on February 25. Please choose one or the other to attend. Light refreshments will be provided and reservations are required.

### Third Annual Fit and Fabulous Fashion Show

Monday, Feb 11, 1 - 3 p.m.  
The Center at Founders Village Senior and Community Center

This fun-filled benefit fashion show is back by popular demand. All models live in our community and will adorn the Red Carpet with lovely, contemporary fashions. Don't miss this chance to support the senior nutrition program in Fountain Valley. Tickets will be available starting January 3, 2013. For information, please call (714) 593-4446.

### Heart Health

Tuesday, Feb 12, 10:30 a.m. - Noon  
Palm Island Active Adult Living

Heart disease remains the number-one cause of death in America. Protect your heart's health. Join Melanie Lin, M.D., an internal medicine physician with Talbert Medical Group, a division of HealthCare Partners, to learn prevention strategies and treatment options for heart disease and high blood pressure. Light refreshments will be provided and reservations are required.

### Nutrition and Longevity: Is There a Connection?

Wednesday, Feb 20, 10:30 a.m. - Noon  
Palm Island Active Adult Living

While no food is guaranteed to make us live longer, nutrition can play an important role. Kristine Arthur, M.D., an internist with MemorialCare Medical Group, will join us to discuss the possible connection and will answer questions. A light lunch will be provided to class attendees following the presentation. Reservations are required.

### Fall Prevention and Balance Improvement

Monday, Feb 25, 11:30 a.m. - 1 p.m.  
The Center at Founders Village Senior and Community Center

Balance is important to fall prevention. Join Arfa Babaknia, M.D., a family medicine physician with MemorialCare Medical Group and Orange Coast Memorial, for tips on preventing falls and improving your balance. This class will also be offered on January 23. Please choose one or the other to attend. Light refreshments will be provided and reservations are required.

### Lunch and Learn: Diabetes Management

Wednesday, Feb 27, 11:30 a.m. - 1 p.m.  
Orange Coast Memorial

Complications of uncontrolled diabetes can lead to debilitating conditions, and even death. Melanie Lin, M.D., an internal medicine physician with Talbert Medical Group, a division of HealthCare Partners, will join us to discuss the importance of diabetes treatment and lifestyle choices to gain control and hope. A light lunch will be provided and reservations are required.

### 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, the only not-for-profit hospital in the Fountain Valley and Huntington Beach area. Valuable benefits include:

- **Free Medical Transportation** for non-emergency, non-urgent scheduled medical visits at Orange Coast Memorial Medical Center or MemorialCare physician offices (if they are on the medical staff) within 7 miles of Orange Coast Memorial. 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.

Apply online at [memorialcare.org/MIAC](http://memorialcare.org/MIAC) or ask to have a **SENIOR PLUS** application mailed to your home by calling **(714) 378-5531**.



**MemorialCare HealthExpress:**  
Walk in to Great Care

MemorialCare HealthExpress clinics offer convenient, walk-in care, seven days a week. No appointment 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](http://memorialcare.org/healthexpress).

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



# SOCIAL Connection

## Foundation Supporters Have Heart

A cardiac robotic surgical patient when she was 15 years old, Annie Capaldi was the inspiration behind the name of Orange Coast Memorial's hybrid cardiovascular interventional suite. Thanks to a generous planned gift from Orange Coast Memorial Foundation supporters Al and Denise Frink, the hybrid cardiovascular interventional suite now bears Annie's name.

*Generosity enhances cardiac and breast cancer care*

The Frinks hosted a festive evening of margaritas and mariachi music at their Newport Coast home to celebrate with the more than 100 guests in attendance, the dedication of the Annie Capaldi Heart Revitalization Suite.



*From left: Foundation supporters Al and Denise Frink, Annie Capaldi, MemorialCare Health System President and CEO Barry Arbuckle, MemorialCare Health System COO Tammie Brailsford, Dr. Daniel Bethencourt, and Orange Coast Memorial CEO Marcia Manker.*

The giving continued at the 10th Annual Orange Coast Memorial Foundation Gala - Gala du Cirque. Amongst acrobatic performers, music and dancing, Orange Coast Memorial supporters raised over \$207,000 for automated whole breast ultrasound technology. ABC7 Eyewitness News health specialist, Denise Dador, was guest emcee for the event at the beautiful Balboa Bay Club & Resort in Newport Beach.

**For more information on the Orange Coast Memorial Foundation or to participate in upcoming events such as the spring golf tournament, call (714) 378-7397 or visit [memorialcare.org/ocmf](http://memorialcare.org/ocmf).**



### Orange Coast Memorial Foundation's 13th Annual Golf Classic

Over the past twelve years, the Orange Coast Memorial Golf Classic has raised \$751,000 to support the mission and programs of our hospital. This year the event will be held on April 29, 2013, at Mesa Verde Country Club in Costa Mesa, California. Don't miss out on this upcoming opportunity to support the Orange Coast Memorial Foundation.

**For more information, please contact Julia Erratt at [jerratt@memorialcare.org](mailto:jerratt@memorialcare.org) or call (714) 378-7397.**



*Terry Jones and Al Frink*



*Barry Arbuckle, Valerie Price, and Tracy Price*



*Bobbitt Williams and Nouha Hreish*



*Rick Reiff, Theresa Hernandez, Dale Dykema, and Mary Ann Brown*



*Dr. Robert Greenfield, Dr. Sara Mylavarapu, Dr. Terence O'Heany, Joanne O'Heany, and Dr. Subbarao Mylavarapu*

# Gastric Bypass Can Reverse Diabetes

Before undergoing gastric bypass surgery, Janet Pieson was taking insulin and the maximum doses of two medications in an effort to control her type 2 diabetes.

At 270 pounds, the 58-year-old Anaheim resident was genuinely concerned about her future. "I have a long family history of the disease. Diet and exercise were not working well enough for me. I had to do something, so I talked to my doctor," says Janet.

After consulting with **Peter LePort, M.D.**, medical director of the MemorialCare Center for Obesity at Orange Coast Memorial, and **Kenneth Tieu, M.D.**, bariatric surgeon, Janet decided that gastric bypass was the right choice for her.

"Weight loss helps with diabetes and the gastric bypass procedure certainly accelerates that process," says Dr. LePort. "Studies overwhelmingly show that weight-loss surgery helps reverse diabetes in obese patients. Even so, we don't consider gastric bypass a 'quick-fix cure.' Instead, as the centerpiece of our weight-loss program supporting healthy lifestyle changes in eating and exercise, the procedure can cure diabetes and makes long-term success so much more achievable."

## DRAMATIC RESULTS

Gastric bypass surgery is considered the "gold standard" of bariatric surgery. The procedure limits the size of the stomach so patients eat less and feel full sooner. Patients may lose – and

keep off – 50 to 90 percent of their excess weight. Often, gastric bypass is performed to reduce the risk of weight-related disease states such as diabetes, high blood pressure and sleep apnea.

For Janet, the transformation was remarkable both physically and emotionally. She lost 75 pounds, no longer needs insulin, and only takes one diabetes medication. "My doctor anticipates that I will be off my second medication in another month or so. I feel better and have more energy to do the things I love. It changed my life," says Janet.

## CENTER OF EXCELLENCE

The MemorialCare Center for Obesity at Orange Coast Memorial has been designated a Center of Excellence in Bariatric Surgery by the American Society of Metabolic and Bariatric Surgery. Under the expert leadership of Dr. LePort, the multidisciplinary team of surgeons, nutritionists and psychologists have successfully treated more than 11,000 patients in need of weight-loss surgeries.

"We are here to support patients every step of the way," says Dr. LePort.

**To consult with one of our bariatric specialists, call 1-877-HEALTHY or visit [memorialcare.org/centerforobesity](http://memorialcare.org/centerforobesity).**

*Janet Pieson is living an active lifestyle since weight-loss surgery.*



## Technology Improves Cancer Detection



*Richard W. Reitherman, M.D., Ph.D., medical director of breast imaging at MemorialCare Breast Center at Orange Coast Memorial.*

Women with dense breast tissue have a greater risk of their breast cancer going undetected. For these women, a mammogram alone may not be sensitive enough to detect small tumors. Automated whole breast ultrasound can make the difference, identifying the disease before it spreads.

As the first facility in the county to offer automated whole breast ultrasound technology, the MemorialCare Breast Center at Orange Coast Memorial demonstrates its commitment to early detection and diagnosis in order to produce the best treatment plans and outcomes. Dedicated staff members perform screening and diagnostic mammography for more than 15,000 women each year.

"With three-dimensional views from automated whole breast ultrasound, we can find smaller cancers than mammography alone, in women with dense breasts," says **Richard Reitherman, M.D., Ph.D.**, medical director of breast imaging at the MemorialCare Breast Center at Orange Coast Memorial. "Research has shown it can save lives."

**To learn more, call (714) 378-7955 or visit [memorialcare.org/ocbreastcare](http://memorialcare.org/ocbreastcare).**



# ORANGE COAST MEMORIAL

MEMORIALCARE HEALTH SYSTEM

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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.



## Employee Spotlight:

*Janice Nelson, committed to patients' peace of mind*



As lead mammography technologist at the MemorialCare Breast Center at Orange Coast Memorial, Janice Nelson assists doctors with breast biopsies and other diagnostic procedures while explaining each step to the patients and helping them feel at ease.

"The most rewarding part of my job is patient care. We work as a team to create a comfortable environment during a very stressful time," says Nelson, who has worked for the hospital since 1999. "Before patients leave, all of their questions are answered so they can have peace of mind."

Nelson is also a strong advocate for the new automated whole breast ultrasound technology at Orange Coast Memorial. "We are always looking for the most innovative ways to detect breast cancer early. It's our commitment to the patients we serve," she says.

## Special Night Out for Women

*Real Life, Real Women, Real Health Care*



Please join Orange Coast Memorial and some of the remarkable female physicians with Edinger Medical Group for this fun, light-hearted night out and educational event. The evening's discussion will include real health issues for women, the facts and fallacies regarding the health benefits of wine and chocolate, and "laughter therapy" with the girls. A short lecture will be followed by a round table discussion. The event will be held **Tuesday, March 19, 2013 at SeaLegs Wine Bar in Huntington Beach.** Wine tasting, tapas and mingling at 6 p.m. followed by an educational presentation at 6:30 p.m. **Space is limited so register online today at [memorialcare.org/classes](http://memorialcare.org/classes) or by calling 1-800-MEMORIAL.**



## Win a Williams-Sonoma® Gift Card Just for Sharing!

Do you make a scrumptious salad filled with colorful, crunchy vegetables or have a delicious recipe for grilled salmon skewers?

February is American Heart Month and we want to hear about the heart-healthy foods you love. Enter our annual "I Heart" contest by visiting our Facebook page and posting your favorite healthy dish. Contestants will be entered to win a \$150 Williams-Sonoma gift card. It's that simple!



To share your heart-healthy foods, scan this QR Code with your smartphone now or visit us at

[facebook.com/orangecoastmemorial](http://facebook.com/orangecoastmemorial).



## 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.