

Living Well

SERVING HANFORD, REEDLEY, SELMA AND OTHER CENTRAL VALLEY COMMUNITIES • WINTER 2017



4 Breathe in relief

Lung care for a season of bad air

2 Enjoy a healthy Thanksgiving

3 Experience 5-star care



Don't get stuffed on Thanksgiving

By Eugene Aquino, MD, family medicine
Adventist Health Physicians Network in Selma

Just like anyone else, I love a good, hearty Thanksgiving meal. The only problem is the side of extra pounds that comes along with it.

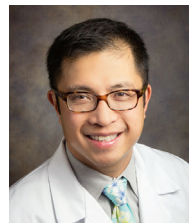
Weight gain is a common problem during the holiday season, but it can be avoided if you have a well-thought-out plan and a dash of self-discipline.

Here are some tips that will get you started:

- Create a wellness plan by setting achievable goals.
- Reduce the amount of food you prepare.
- Reduce your carbohydrate consumption by replacing mashed potatoes with mashed cauliflower.
- Don't add marshmallows or brown sugar to sweet potatoes.
- Replace the green bean casserole with fresh steamed green beans and sprinkle low-fat cheese on top, or prepare roasted green beans with olive oil and fresh garlic.
- Substitute natural applesauce for oil or butter in dessert recipes.
- Choose a small dessert portion.
- Get plenty of sleep the night before to reduce cravings for starchy, sugary foods (seven hours of sleep is recommended).
- Exercise before and after your main meal and drink plenty of water to stay full.

One of my favorite exercise activities is riding my bicycle. A leisurely ride doesn't feel like exercise — it's fun and something you and your entire family can enjoy together.

Happy Thanksgiving from all of us at Adventist Health!



Dr. Aquino enjoys hiking and participating in triathlons, and he is dedicated to helping residents in the Central Valley live healthy lives. He can be reached at Adventist Health Physicians Network in Selma, 1142 Rose Ave., Suite C, by calling **559-856-6165**.

Mashed sweet potatoes and turnips

Makes 4 servings.

Ingredients

- | | |
|--|--|
| 1 medium sweet potato (about $\frac{3}{4}$ pound), peeled and cut into 2-inch pieces | $\frac{1}{2}$ cup diced onion |
| 1 medium turnip, peeled and cut into 2-inch pieces | $\frac{1}{4}$ cup finely diced Italian parsley |
| 1 tablespoon canola oil | Salt and freshly ground black pepper, to taste |
| | $\frac{1}{4}$ cup shredded reduced-fat Swiss or Gruyère cheese |

Directions

- In large pot, place steamer filled with potatoes and turnips.
 - Add 2 cups water, cover and bring to boil.
 - Steam until tender, about 15 minutes.
 - Meanwhile, in small skillet, sauté onion and parsley in oil over medium heat for 5 minutes.
 - In large bowl, place tender potatoes and turnips, and mash with large fork.
 - Stir in onion, parsley and oil from pan.
 - Season mixture to taste with salt and pepper.
- Lightly coat baking dish with oil spray, and add potato mixture, pressing down evenly.
 - Top with cheese and broil for 2 to 3 minutes or until cheese is bubbly and lightly browned.

Nutrition information

Amount per serving: 121 calories, 4g total fat (less than 1g saturated fat), 18g carbohydrates, 4g protein, 3g dietary fiber, 65mg sodium.

Source: American Institute for Cancer Research



Stellar care

Adventist Health Hanford and Selma get five stars

Healthgrades revealed its 2018 awards for five-star hospital care, and Adventist Health Hanford and Selma made the list in three categories:

- Treatment of heart attack
- Total hip replacement
- Total knee replacement

For the second year in a row, the hospitals also stayed within the top 10 percent in the nation for joint replacement and earned an Excellence Award.

“Our goal is to provide excellence with each and every visit,” says Frank Gavini, Chief Medical Officer and board-certified cardiologist.

“We went from three stars to five stars in heart attack treatment, which shows we

are continually looking for opportunities to improve patient care,” Gavini says.

Helping you choose the best care Healthgrades is a leading online resource that helps consumers make informed decisions to find the right doctor and hospital for the right care. Every year, Healthgrades evaluates hospital performance at nearly 4,500 hospitals nationwide for 34 of the most common inpatient procedures and conditions. The organization uses MedPAR data between 2014 and 2016, which represents three-year estimates for Medicare patients only.

The complete Healthgrades 2017 Report to the Nation and study methodology can be found at healthgrades.com/quality.



What a difference five stars makes!

From 2014 to 2016, patients having **total knee replacement** in hospitals with five stars had, on average, a **67.9 percent lower risk of experiencing a complication** while in the hospital than if they were treated by hospitals with one star.

From 2014 to 2016, patients treated for **heart attack** in hospitals with five stars for in-hospital mortality had, on average, a **48.4 percent lower risk of dying** than if they were treated in hospitals with one star for in-hospital mortality.

Adventist Health Selma received an **“A” Hospital Safety Grade** from Leapfrog — a nonprofit organization committed to driving quality, safety and transparency in the U.S. health system. Adventist Health Hanford earned a **“B” Hospital Safety Grade**. Adventist Health Reedley was not part of the Leapfrog survey.

LivingWell

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LIVINGWELL is published as a community service for the friends and patients of ADVENTIST HEALTH CENTRAL VALLEY NETWORK, 115 Mall Drive, Hanford, CA 93230, telephone 559-537-1530, website adventisthealth.org/central-valley. The nonprofit, faith-based network cares for patients at three hospitals and more than 80 other health care sites in Kings, Fresno, Tulare, Madera and Kern counties. Information in LIVINGWELL comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations.

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LUNG CARE CENTER HELPS PATIENTS

Breathe easier

The Central Valley has some of the worst air in the state, and fires and dust storms throughout the year haven't helped matters.

During this time, the Adventist Health Lung Care Center in Hanford began to see a worsening of underlying lung conditions, including chronic obstructive pulmonary disease (COPD), which is a progressive lung disease that makes it hard to breathe. The good news: COPD is not a life sentence but a manageable condition, according to Vishnu Bezwada, MD, a board-certified pulmonologist.

"You can live with the disease and live well if you get aggressive treatment early," he says.

A growing problem

To evaluate patients for COPD, the center's testing laboratory has a pulmonary function test (PFT), which is a machine that measures breathing patterns. The test is performed by Respiratory Function Technician Gonzalo Varela. He performed a record-breaking number of PFTs in 2016—518—and he's on track to reach a high number again this year. As of Sept. 20, 2017, he has performed 334 PFTs.

"I've lived in the Valley for a long time, and this is the worst I've seen the air," Varela says. "It used to be that the rain and fog would create moisture and clean up pollutants, but because of the drought, lung conditions are getting worse."

The PFT helps test the severity of other lung conditions, such as severe asthma, and is also beneficial for smokers.

"People who've tried to quit smoking and whose family members have hounded them to quit will take the test and actually stop smoking because they see how abnormal their breathing patterns are," says Varela.

Another condition that increased this summer is valley fever. "Whenever fires and storms come through, they kick up

fine dust in the soil," says Dr. Bezwada. "If that soil contains fungus and people inhale it, they can become very sick."

Quick relief

The Lung Care Center is one of only a few centers in the Central Valley that offers comprehensive care for pulmonary services. It's a one-stop shop, where insured and Medicare patients can see a provider and get labs and diagnostic testing, if needed, all in the same building. Providers are able to see X-ray results that same day!

Because Adventist Health also offers a full-scale oxygen equipment service, in Hanford, patients can order oxygen tanks and begin treatment a lot faster, too.



CATCH YOUR BREATH

To learn more about the Lung Care Center and the many pulmonary services offered, please call **844-825-4747** or visit **HanfordLungCare.com**.



A word from our patients

Two recent patients of the Lung Care Center share their experiences:

“Everything was a great experience. Loved Dr. Vishnu Bezwada. [He was] professional and straightforward. Very impressed!” — July 5, 2017

“I was in respiratory distress, and the nurse took me back to a room immediately, gave me water and sat with me until I could catch my breath.” — July 7, 2017



Our team of experts

Other providers at the center include certified Family Nurse Practitioner Christine McMillan, who has dedicated her life to lung care since losing her father to lung cancer; and Naeem Rana, MD, who evaluates people with sleep apnea and performs sleep studies for those who have trouble sleeping.

The center accepts referrals from primary care physicians and specialists. Call **844-825-4747**.



Vishnu Bezwada, MD, cares for patients with lung cancer, severe asthma, COPD and more. He has a medical degree from JSS Medical College in India. Dr. Bezwada completed his internship and residency training in internal medicine at St. Vincent’s Catholic Medical Center and the University of Massachusetts Medical Center, respectively. He completed a fellowship in pulmonary medicine at Lahey Clinic.



Naeem Rana, MD, FCCP



Christine McMillan, FNP-C



Gonzalo Varela, Respiratory Function Technician, performs a pulmonary function test.

Resources

Better Breathers Club **FREE**
A program designed for people with COPD and other lung diseases and their caregivers. Second Thursday of every month, 5:30–7 p.m., Conference Room 1, 450 N. Greenfield Ave., Hanford. Contact Rebecca Russell at **559-537-0083** or **rebecca.russell@ah.org**.

Freedom From Smoking **FREE**
For upcoming clinic and class information, please contact Joe Valdez at **559-537-0445** or **valdezjf@ah.org**.
Preregistration required.

Why I love acne

By Rex Ugorji, MD, board-certified dermatologist
Adventist Health Physicians Network in Hanford

In dermatology, there are skin, hair and nail conditions whose causes we are still trying to discover and for which we are nowhere close to finding the best treatment.

Thankfully, acne is not one of those conditions. This is why I love acne...because it's treatable! I've cared for acne patients and, one year later, questioned whether they even had acne in the first place.

Here's my diagnosis and treatment process:

STEP 1. Find out what is causing the acne. Is it due to hormonal shifts in puberty (ages 9 to 15) or adulthood (ages 21 to 35), or is it due to substances being taken by mouth (medications) or applied on the skin?

STEP 2. Start the foundation treatment regimen, which should hit two components:

- **Bacterial component.** Most people are treating just the bacterial component with over-the-counter products. This gives only temporary relief and less than 50 percent improvement.
- **Oil-producing component.** To get 70 percent and above results, you need to tackle the excess oil production. This is where your friendly neighborhood dermatologist comes into play.

With a simple patient and doctor partnership, I have seen severe scar forming, self-esteem killing acne improve and leave behind a smiling, confident individual. This is also why I love acne!

3 tips for keeping acne at bay

- 1 **Wash your face** with soap and water in the morning and at night (makeup should always be removed before going to bed).
- 2 **Change out your pillowcases** every two to three days (products placed on your hair and oils can remain on fabric and seep into your pores).
- 3 **Use a facial lotion that comes combined with sunscreen,** preferably one that is SPF 30 and above.

Soothe your skin

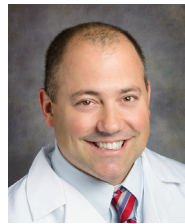
Need to see a dermatologist? We have two who can help you:

Welcome!



Rex Ugorji, MD, graduated from Albert Einstein College of Medicine in New York. He completed an internship at St. Luke's Bethlehem University Health

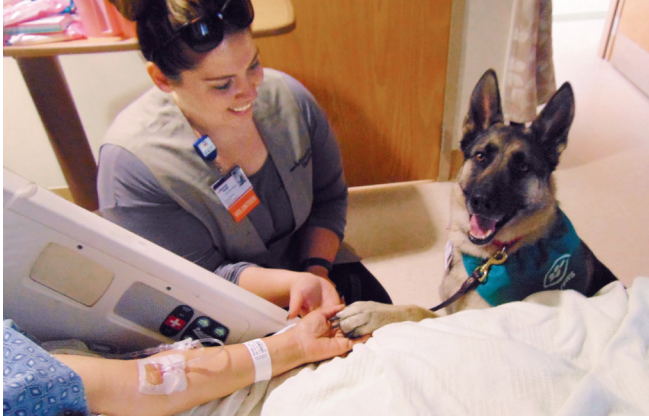
Network in Pennsylvania and a dermatology residency at State University of New York Downstate Medical Center in New York. He can be reached at Adventist Health Physicians Network in Hanford, 1524 W. Lacey Blvd., Suite 102, by calling **559-537-0340**.



Nathaniel Wilkin, MD, is a board-certified dermatologist who cares for children and adults at Adventist Health Physicians Network in Selma.

Dr. Wilkin performs skin exams, skin cancer removal and skin surgery, and he cares for patients with psoriasis, eczema and acne. He can be reached at 1142 Rose Ave., Suite A, Selma, by calling **559-856-6160**.





More furry friends

A program that has brought comfort to Adventist Health Hanford patients has expanded to Reedley and Selma. Caring Paws brings trained canines into the hospital and provides hope and healing to those in need.

📺 To see man's best friend in action and learn more about Caring Paws, visit AHCNVNVolunteers.com.

Baby on board

To help keep babies safe on the go, Adventist Health is having its security guards trained and certified as car seat safety technicians. The security officers then show parents how to properly install car seats to prevent deaths. Certified officers are available at Birth Centers in Hanford and Reedley and at medical offices throughout the Central Valley.

▶ To view a video of the first car seat demonstration, please visit youtu.be/eXZrWBefAk8. For more information about the Car Seat Technician program, please call **559-794-1385**.

Future medical professionals

Many thanks to the 110 high school and college students who participated in this past summer's Discover Healthcare program at Adventist Health. The students received hands-on training and education about the medical field. We hope to see you join our Adventist Health family in the future! To learn more about the program, call **559-537-2740**.



More specialty care for you *Get to know our new physicians*

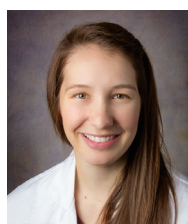


Jeffrey Csiszar, MD,
Adventist Health
Physicians
Network in
Hanford

Dr. Csiszar, a board-certified urologist and longtime specialist in Hanford, recently joined Adventist Health Physicians Network to expand his practice. His focus is on kidney stones and prostate, bladder and kidney cancer.

"Urology services have always been in high demand, but short supply in small towns," says Dr. Csiszar, "so by joining this network and expanding our presence in the clinics, we'll be able to care for more patients."

To schedule an appointment with Dr. Csiszar at 804 W. 7th St., call **559-537-0415**.

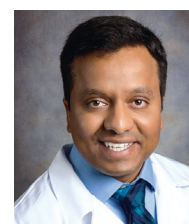


Alexis Mayhew, MD,
Adventist
Health Medical
Office – Reedley
Women's Health

Dr. Mayhew, an OB-GYN, has a bachelor's degree from Western Michigan University and a medical degree from Loma Linda University School of Medicine. She completed her OB-GYN residency at Riverside Regional Medical Center in Newport News, Virginia.

"Obstetrics patients tend to be the happiest in the hospital," Dr. Mayhew says. "I love that it's the only surgery that ends with you getting a baby."

To schedule an appointment with Dr. Mayhew at 550 W. Cypress Ave., call **559-391-3115**.



Srikanth Naramala, MD,
Adventist Health
Kerr Outpatient
Center in Hanford

An experienced rheumatologist, Dr. Naramala cares for patients with rheumatoid arthritis, osteoarthritis, a variety of joint pain and more at the Adventist Health Kerr Outpatient Center in Hanford. He is fluent in English, Telugu and Hindi.

Dr. Naramala has a bachelor of medicine and surgery from Andhra Medical College in Visakhapatnam, India. He completed an internal medicine residency at Abington Memorial Hospital in Pennsylvania and a rheumatology fellowship at Thomas Jefferson University Hospital in Philadelphia.

To schedule an appointment with Dr. Naramala at 470 N. Greenfield, Suite 305, call **559-537-0425**.

Please see page 6 for our welcome of Rex Ugorji, MD.

Coming in January!

The Breast Care Center in Hanford is undergoing an expansion project to offer more services. The new expansion will house a new tomosynthesis machine (3-D mammography). The machine will improve early detection of breast cancer by giving radiologists detailed, 3-D images of breast tissue.



To learn more about the Breast Care Center, call **844-846-8197** or visit **HanfordBreastCenter.com**.

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The Adventist Health/Central Valley Network is a nonprofit, faith-based organization operating three hospital sites and more than 40 Community Care clinics in Kings, Fresno, Tulare, Madera and Kern counties.

“For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you.” —Isaiah 41:13

LivingWell events



WEB FOR HEALTH TIPS AND VIDEOS, GO TO **AHCVLIVINGWELL.COM**.

A Time to Heal—

Hanford and Selma **FREE**

A 12-week program designed to help people after undergoing treatment for cancer.

Hanford: Tuesdays, 5:45–7:30 p.m., Conference Center, 115 Mall Drive

Selma: Thursdays, 4–5:30 p.m., Conference Room 2, 1141 Rose Ave. Call Julce Belo or Laurie Schirling at **559-537-2300**. *Preregistration required.*

Better Breathers Club **FREE**

A program designed for people with COPD and other lung diseases and their caregivers.

Second Thursday of every month, 5:30–7 p.m., Conference Room 1, 450 N. Greenfield Ave., Hanford. Contact Rebecca Russell at **559-537-0083** or **rebecca.russell@ah.org**.

Breastfeeding Classes **FREE**

Fourth Wednesday of every month, 7–9 p.m., Conference Center, 115 Mall Drive, Hanford. Contact Rebecca Mathews at **559-537-1710** or **mathewra@ah.org**. *Preregistration required.*

Childbirth Education Classes

A series of four classes, including a session on breastfeeding (four-week course). \$40 per couple. Begins the first Wednesday of every month, 7–9 p.m., Conference Center, 115 Mall Drive, Hanford. Contact Rebecca Mathews at **559-537-1710** or **mathewra@ah.org**. *Preregistration required.*



Diabetes Among Friends **FREE**

A five-week diabetes self-management education course offered throughout our service network. Contact Rebecca Russell at **559-537-0083** or **rebecca.russell@ah.org**.

Freedom From Smoking **FREE**

For upcoming clinic and class information, please contact Joe Valdez at **559-537-0445** or **valdezjf@ah.org**. *Preregistration required.*

Grief Support Group **FREE**

Second Monday of every month, 6–7:30 p.m., Experience Design Room, 450 N. Greenfield Ave., Hanford. Please contact Home Care Services at **559-537-2860**.



VISIT US: AdventistHealth.org/Central-Valley