

LivingWell

Winter 2016

*Serving Selma, Reedley and
other Central Valley communities*



7 STEPS TO STRONGER **BONES**

▶ **4**

**TEST
YOUR
GENES
FOR
CANCER**

▶ **6**



Healing through Caring Paws



Post a picture

Our pets help us heal and brighten our day! Send a photo of your caring pet to ahcvinfo@ah.org by Friday, Dec. 16, to be entered into a prize drawing for a **\$100 PetSmart gift card**. Photos will be posted on our Adventist Health Central Valley Network Facebook page.

Pets offer unconditional comfort and cuddles, which is why Adventist Health/Central Valley Network is recruiting man's best friend to help fulfill its mission of providing physical, mental and spiritual healing.

A pilot program at Adventist Medical Center—Hanford, called Caring Paws, brings trained canines into hospital rooms to comfort patients. Shasta, a Yorkie-schnauzer, was the first canine to walk the halls of the hospital in August.

"Animals have a way of bringing peace," says Tanya Hutchison, Director of Volunteer Resources at Adventist Health. "Statistics show that petting a dog can decrease your blood pressure significantly because it has such a calming effect."

According to the Centers for Disease Control and Prevention, pets can also:

- Boost the immune system.
- Reduce triglycerides and cholesterol.

- Decrease feelings of loneliness.

Various studies also suggest that pets can reduce stress and help people with heart disease, dementia, cancer and depression.

The Volunteer Resources Department teamed up with PetSmart in Hanford to offer training to therapy dogs and volunteer handlers. Each handler must undergo training and receive a certificate in order to handle a pet in health care settings.

Adventist Health/Central Valley Network's first handler is Shasta's owner, Denise Gruzensky, a family nurse practitioner at Adventist Health Physicians Network in Hanford. Gruzensky is an advocate for animals with special needs and was instrumental in helping the Volunteer Resources Department create a policy for the program.

If the pilot program is successful and attracts more pets and handlers, plans are to expand Caring Paws to Reedley and Selma.

CALL#

CARING PAWS IS CURRENTLY AVAILABLE TO HOSPITAL PATIENTS IN HANFORD. TO SCHEDULE A VISIT WITH SHASTA, PATIENTS OR FAMILY MEMBERS MAY CALL **559-537-2740** OR EMAIL **CVNVOLUNTEERS@AH.ORG**.

WEB

PLEASE VISIT **AHCARINGPAWS.COM** TO WATCH A VIDEO OF THE CARING PAWS KICKOFF.

WELCOMING SURGEONS

Adventist Health Physicians Network is pleased to welcome three experienced surgeons to serve southern Fresno County at Physicians Network in Selma.

“We’re excited to have these experienced surgeons here in Selma to care for our region,” says Nina Plata, Vice President of Adventist Medical Center–Selma. “Adventist Health is committed to expanding high-quality services for our communities. In addition to bringing new physicians, we’re adding intensive care services and expanding and upgrading emergency and surgical services at our Selma hospital.”



Douglas Cook, MD,
board-certified
general surgeon
Dr. Cook, who has served with

Adventist Health for nearly 10 years, is expanding his practice in Selma. His services include hernia repair, thyroid care, colonoscopies and a broad range of other procedures. He earned his medical degree from Loma Linda University School of Medicine in California

and completed his residency at East Tennessee State University College of Medicine. In his spare time, he enjoys spending time with his family, attending church, studying the Bible, cycling and reading.



Mohammad Khan, MD,
board-certified
general surgeon

Dr. Khan attended Allama Iqbal Medical College in Pakistan and completed his residency at St. Vincent’s Hospital in New York. Most recently, Dr. Khan served as a general surgeon at Catskill Regional Medical Center in Harris, New York, performing a full range of general surgery—laparoscopic, breast, colon, gallbladder, appendix and hernia surgeries. In his free time, Dr. Khan enjoys traveling, golfing and playing

cricket. He speaks English, Punjabi and Urdu.



Jeffrey Spsychalski, MD,
board-certified
orthopaedic
surgeon

Dr. Spsychalski, who has more than 22 years of experience, provides general orthopaedic services, such as treatment for fractures, sports medicine, and shoulder and knee procedures. He earned his medical degree from Ohio State University College of Medicine and completed his residency and fellowship training at UCLA Medical Center. Before arriving in the Valley, he was performing sports medicine-related surgeries in Torrance, California, including knee and hip replacements. In his free time, he enjoys traveling, golfing and baking.

CALL# CALL **844-366-6176** FOR AN APPOINTMENT!
YOUR NEW SURGEONS WELCOME MEDICARE AND MOST INSURANCE PLANS AT ADVENTIST HEALTH/PHYSICIANS NETWORK–SELMA, 1142 ROSE AVE., SUITE B. THEY CARE FOR MEDICAL PATIENTS AT ADVENTIST HEALTH/COMMUNITY CARE LOCATIONS. PLEASE VISIT **AHCOMMUNITYCARE.COM** FOR SERVICES IN YOUR COMMUNITY.

LivingWell

LIVINGWELL is published as a community service for the friends and patients of ADVENTIST HEALTH/CENTRAL VALLEY NETWORK, 470 N. Greenfield Ave., Suite 305, 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.

2016 © Coffey Communications, Inc. All rights reserved.

HISTORY OF COMMUNITY SUPPORT

Adventist Medical Center–Reedley Vice President Susan Chapman, pictured, comments on historical photos in the hospital’s hallway

“Because Reedley has strongly supported its hospital for many years, we felt that community members would really appreciate the historical path that the hospital in this town has traveled,” Chapman says. “In collaboration with the Reedley

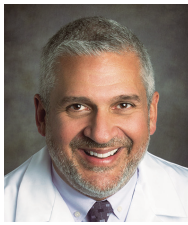


Historical Society, we found pictures of the community hospital in various time periods and locations.”

Chapman says that “Interest in the pictures has been tremendous! We’ve seen several visitors taking pictures of the pictures and reminiscing.”

Take a stand

A sedentary lifestyle is harmful to your bones



By *JEFFREY SPYCHALSKI, MD,*
board-certified orthopaedic surgeon

From channel surfing at home to being glued to our office chairs at work, researchers estimate that we now spend more than half our waking hours sitting or participating in other sedentary behaviors.

Unfortunately, all that downtime may be contributing to obesity and weakened bones. At any age, bones need weight-bearing activities to grow strong and stay strong, according to the American Academy of Orthopaedic Surgeons.

All of this suggests a need to work in some upright activity. Here are seven ways to stop sitting and start moving again:

1 Go screen-free. Consider restricting how much time you spend using your TV, laptop or smartphone. You might engage your feet more if you unplug or go offline.

2 Set a step-to-it timer. When you must sit for long stretches, set a reminder to get up and move about every hour. Use an alarm feature on your computer, phone or kitchen timer.

3 Hoof it for your health. Try to think of everyday opportunities to walk instead of drive. Maybe that's a trip to the store, the office or the mailbox up the road. You'll save gas money and help your health.

4 Take a commercial (workout) break. When you tune in to your favorite TV show, get up and move during commercials. Try pacing the floor, jogging in place, or doing sit-ups or push-ups.

5 Stop sitting on the job. You might ask your employer to consider installing adjustable workstations that allow you to alternate sitting and standing.

6 Break the habit. Do you normally take work breaks at your desk? Swap them for short walks whenever possible.

7 Pick up the pace. Wear a pedometer, and aim for 10,000 or more steps a day. (Stop by my office at 1142 Rose Ave., Suite B, in Selma, for a free one!)

Sources: American Council on Exercise; American Society for Nutrition; National Institutes of Health



HELP TO STAY STRONG: Jeffrey Spychalski, MD, examines a patient at his office on Rose Avenue in Selma.

HOW AN ORTHOPAEDIC SURGEON CAN HELP

Is a worn-out hip or knee keeping you from moving freely? Are you wincing because of chronic back pain that just keeps getting worse? Did you slip and shatter a bone?

These are all health problems that might send you to an orthopaedic surgeon. These highly trained medical specialists focus on diagnosing and treating injuries and disorders of the musculoskeletal system, which includes the bones, joints, ligaments, tendons, muscles and nerves.

You might think that orthopaedic surgeons do only one thing: surgery. But surgery is something they generally advise only if medicine, exercise and other therapies don't improve a patient's health.

When surgery is necessary, they might perform:

Arthroscopy. This procedure uses special cameras and equipment to visualize, diagnose and treat problems inside a joint.

Fusion. Here, bones are joined together with bone grafts and devices (such as metal rods) to heal into a single solid bone.

Joint replacement. A damaged joint is replaced with an artificial one.

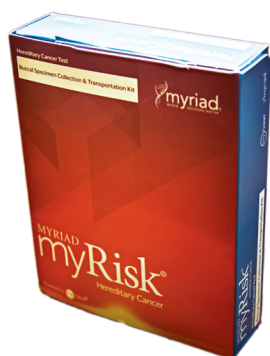
Jeffrey Spychalski, MD, has been providing orthopaedic care in Selma since August 2016.

Track your progress

VISIT DR. SPYCHALSKI'S OFFICE AT 1142 ROSE AVE., SUITE B, IN SELMA FOR A **FREE Pedometer!** HE CAN BE REACHED AT **844-366-6176** OR **SELMAPHYSICIANS.COM**.



“We had a patient in her early 40s who had non-aggressive breast cancer. With the testing, we found that she also carried a colon marker. So she went in for a colonoscopy and discovered she had stage I colon cancer. She wouldn’t have been screened for colon cancer until age 50.”



Genetic test finds cancer sooner

People who are at high risk or have a family history of cancer no longer have to wait long to find out if they have this life-threatening disease. The Adventist Health/Breast Care Center in Hanford now offers Myriad myRisk genetic screening—a saliva test that checks for genetic mutations of the breast, colon, ovaries, pancreas and other areas.

“This is lifesaving testing,” says Laurie Schirling, Breast Care Center Director. “We had a patient in her early 40s who had non-aggressive breast cancer. With the testing, we found that she also carried a colon marker. So she went in for a colonoscopy and discovered she had stage I colon cancer. She wouldn’t

have been screened for colon cancer until age 50.”

Catch it early

The center began the genetic screening in August and has already performed more than 70 screenings. To qualify, patients must meet certain criteria. The screening is covered by most insurance plans, and results take three to four weeks.

Adventist Health currently offers genetic screening only at its Breast Care Center location in Hanford but hopes to expand the service to its sites in Oakhurst, Selma and Reedley, where mammography screenings are provided.

INFO? FOR MORE INFORMATION ABOUT THE SERVICES OFFERED AT THE BREAST CARE CENTER IN HANFORD, PLEASE CALL **559-537-2300** OR VISIT **HANFORDBREASTCENTER.COM**. TO SCHEDULE A MAMMOGRAM OR OTHER MEDICAL IMAGING SERVICE AT ANY ADVENTIST HEALTH LOCATION, PLEASE CALL **844-846-8197**.

Stay-well tips for families

It's a fact that families share more than just quality time together—they share some unwelcome germs, too.

A cold or flu in one family member often means that sickness will soon make the rounds at home. However, these tips can help your family stay well.

Practice prevention

The best way to prevent the flu is for everyone, starting at age 6 months, to get an annual flu vaccine.

Also, some people—including those with chronic health problems or people 65 and older—may need a vaccination against bacterial pneumonia.

While there isn't a cold vaccine yet, you can remind everyone to practice these healthy habits:

- Keep your distance from sick people.
- Cover coughs and sneezes with a tissue or the inside of your elbow.
- Wash your hands often with warm water and soap. Scrub them well for about 20 seconds (about the time it takes to sing "Happy Birthday" twice). Use paper towels to dry your hands.

When sickness strikes

To ease cold and flu symptoms:

- Get lots of rest, especially while a fever is present.
- Drink plenty of fluids, such as water and clear soups.
- Gargle with warm salt water to relieve a sore throat, or use sprays or lozenges.

You also can try over-the-counter medicines for a headache, stuffy nose, cough and other symptoms.

However, kids and teens should not take aspirin—it may increase their risk for a serious disease called Reye's syndrome. And nonprescription cold medicines may not be safe for younger children.

Also, you can ask your doctor about antiviral medicines to help you recover more quickly from the flu.

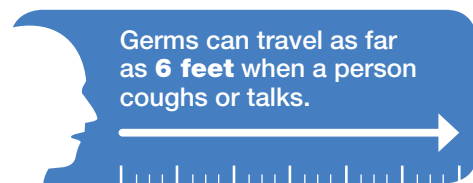
Most people recover from colds or the flu within two weeks. Seek a doctor's advice for symptoms such as a high fever, illness that lasts for 10 days or longer, or any breathing problems.

Sources: American Academy of Family Physicians; American Lung Association; Centers for Disease Control and Prevention

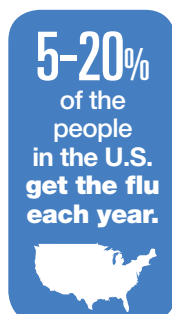


WEB MANY ADVENTIST HEALTH OFFICES ARE OPEN LATE AND ON WEEKENDS TO CARE FOR YOUR FAMILY. PLEASE VISIT **AHAFTERHOURS.COM** TO FIND A LOCATION NEAR YOU.

FLU FACTS: Don't let the flu get you down



Flu viruses can survive on surfaces for **2-8 hrs.**



MORE STAY-HEALTHY TIPS: Wash your hands often. Avoid touching your face. Steer clear of people who are sick. **Have you gotten your flu shot? Call 844-557-1539 to make an appointment.**

Source: Centers for Disease Control and Prevention

“Give thanks to the LORD
for He is good. His love
endures forever.” Psalm 136:1

Adventist Medical Center
115 Mall Drive
Hanford, CA 93230

NONPROFIT ORG
U.S. POSTAGE
PAID
MERCED, CA
PERMIT NO. 1186

If you do not wish to receive
Adventist Health mailings
such as this, please call
559-537-1530 or send an
email to ahcvinfo@ah.org.

N

Adventist Health

Living Well Events

ADVENTISTHEALTH.ORG/CENTRAL-VALLEY



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



A Time to Heal

- Hanford: 6 to 8 p.m. Mondays through Jan. 16, 2017; Breast Care Center, 125 Mall Drive, Suite 203, Hanford.
- Selma: 11:30 a.m. to 1:30 p.m. Thursdays through Jan. 5, 2017; Adventist Medical Center–Selma, Conference Center, 1141 Rose Ave. **559-537-2300**

Better Breathers' Club **FREE**

For people with COPD and other lung diseases and their caregivers. Thursdays, Nov. 10 and Dec. 8; 5:30 to 7 p.m.; Conference Room 1, 450 N. Greenfield Ave., Hanford. **559-537-0083** or Rebecca.Russell@ah.org

Childbirth Education

Breastfeeding classes will be combined with this class. Four-week classes on Wednesdays. \$40 per couple. Registration required. Rebecca Mathews: **559-537-1710**.

Diabetes Support Group **FREE**

- Thursday, Dec. 1; 1:30 to 3 p.m.; Chapel Auditorium, 1025 N. Douty St., Hanford. Julie Azevedo: **559-537-1001, ext. 20825**
- For the 2017 meeting dates in Selma, call Maria Casanova: **559-856-6090**

Freedom From Smoking **FREE**

Please call or email for the next scheduled clinic and upcoming class information: **559-537-0083** or Rebecca.Russell@ah.org

Grief Support Group **FREE**

Mondays, Nov. 14 and Dec. 12; 6 to 7:30 p.m.; Experience Design Room, 450 N. Greenfield, Hanford. Home Care and Hospice Chaplain Marleny Senn: hilda.senn@ah.org or **559-537-2860**

Kings-Tulare County Liver Support Group **FREE**

Monday, Nov. 28; 6 p.m.; Chapel Auditorium, 1025 N. Douty St., Hanford. Pam Madala: **559-537-0192**

Light Up A Life **FREE**

Sunday, Dec. 4, 6 p.m.; Chapel located behind Community Care–Hanford, 1025 N. Douty St., Hanford. Volunteer Resources: **559-537-2740**

College to Parkway Run/Walk

by Reedley College and Reedley Parkway, sponsored by Adventist Health; Saturday, Feb. 25, 2017; 995 N. Reed Ave., Reedley. Sign up at www.runsignup.com/Race/CA/Reedley/college2parkway.

Rockin' Rudolph 5K Kids' fun run and 5K run/walk.

Sunday, Dec. 4, 7:45 a.m.; downtown Hanford. Register at RunHanford.com. Adults \$30; kids \$15. Jill Caviezel-Hoots: **559-537-0760**

