

# LivingWell

Winter 2016

*Serving Kings, Tulare, Fresno,  
Madera and Kern counties*

**TEST  
YOUR  
GENES  
FOR  
CANCER**

▶ **6**

A NEW JOINT AND

**PEACE  
OF MIND**

▶ **4**





## 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](mailto: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.

## HEALTHY EATING

# The holiday solution

By *SUSAN LOCKE, MD,*  
*board-certified internal medicine*  
*physician*

If you've ever felt sluggish—or stepped on the scale—after a big holiday meal, then you know that overindulging on food doesn't make the season any more special.

However, you don't have to completely avoid the pie and stuffing to look and feel better. The solution is to enjoy your favorite holiday foods in moderation.

Smart dietary choices and daily exercise can help give you the energy and stamina you need to carry you through the holidays and into a healthy new year without a bigger waistline.

## Here are a few suggestions:

- Before going to a party, eat a healthful snack. High-fiber foods, such as fruit or whole-grain crackers, can help take the edge off hunger and reinforce your willpower to not overindulge. Also consider bringing a nutritious, low-calorie side dish to share.
- When at a buffet, opt for a small



plate if it's available and keep portion sizes reasonable. Fill at least half your plate with fruits and vegetables, and only take bite-sized samples of the rich foods and desserts.

- Alternate high-calorie drinks with glasses of water to help fill your stomach and stay hydrated. Dilute eggnog with low-fat milk to get the flavor with fewer calories.
- To help keep calories and fat at reasonable levels, try substituting healthful ingredients in dessert

recipes. For example, try replacing butter with cinnamon-flavored applesauce. Or substitute dried fruit—such as blueberries, raisins or cherries—for chocolate chips or candies.

- After pies or cookies are prepared (and sampled!), put them out of sight to help deter impulse snacking.
- Finally, remember that the holidays aren't just about food. Enjoy conversations with family and friends. Play games with the kids. Or start a new tradition of taking a walk after a meal.



We wish you and your family a happy and healthy holiday season!

## 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](http://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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SUSAN LOCKE, MD,  
CARES FOR PATIENTS  
IN SUITE 202 AT THE  
LACEY MEDICAL  
PLAZA IN HANFORD.  
TO REACH HER,  
PLEASE CALL

**559-537-0365**

OR VISIT **HANFORDDOCTORS.COM**.

JOINT  
REPLACEMENT  
CENTER

# New hip brings unexpected benefits

Despite the excruciating pain that Olga De La Torre was feeling from a fall down the stairs at her home and from arthritis in both hips, she was reluctant to have surgery because of fear and anxiety.

"I was afraid I wouldn't wake up after being given anesthesia," says the 59-year-old retired social worker from Woodlake, California. So she dealt with the pain of simple movements, such as bending down and lifting up her grandchildren.

After living with the pain for more than a year, De La Torre decided it was time to do something. She made an appointment with Lancy Allyn, MD, a board-certified orthopaedic surgeon from the Joint Replacement Center at Adventist Medical Center–Hanford. The center offers a comfortable hospital stay for patients, surrounded by their families and friendly staff, to reduce stress and anxiety.

"When I met Dr. Allyn, I told him about my fears of surgery and that my

life would be in his hands," De La Torre says. "He spent 15 minutes explaining what he was going to do and didn't rush me when I had questions. I felt comfortable and developed a rapport with him."

## 'They were by my side the entire time'

De La Torre decided to have the surgery and was impressed by the nurse navigator who walked her through her joint replacement journey.

"The training program they offer before surgery really made a difference," she says. "The nurse navigator, Cynthia [Angulo], sat down with me and explained the entire process. She even showed me videos about post-recovery, which put my mind at ease."

But what really stood out during De La Torre's three-day stay was the staff and the impact the nurses had on her decision to quit smoking.

"I was a chronic smoker for 25 years. When I was in the hospital,

I told the nurses I really wanted to quit smoking, so they gave me a patch, educated me about tobacco use and even prayed with me," she says. "They have faith—faith in the job they do and the way they care for their patients."

De La Torre praised two nurses in particular, Maria David and Maria Rodriguez. "The love they have for their job has made a big difference in my life to come. They were by my side the entire time. How lucky the hospital is to have such excellent staff caring for their patients."

Six months after her procedure, De La Torre is happy to report she is still smoke-free and walking around without pain. She even picks olives in her brother's orchard, just for fun.

"If I had known I'd be feeling as good as I do now, I would have had the surgery a long time ago," she says. "If you're going to have hip or knee surgery, this is the place to have it. I could go through it all over again!"



THE JOINT REPLACEMENT CENTER AT ADVENTIST MEDICAL CENTER–HANFORD IS A TRUE DESTINATION CENTER. PATIENTS FROM 28 CALIFORNIA COMMUNITIES HAVE RECEIVED CARE FROM THE STAFF AND EXPERIENCED ORTHOPAEDIC SURGEONS LANCY ALLYN, MD, AND KENNY MAI, MD. TO LEARN MORE, PLEASE VISIT [HANFORDJOINTS.COM](http://HANFORDJOINTS.COM) OR CALL 844-825-4747.



“I have never experienced such excellent staff... they made a difference in my well-being and actually changed my life for the better.”

—Olga De La Torre, Hanford  
Joint Replacement Center  
patient





“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.

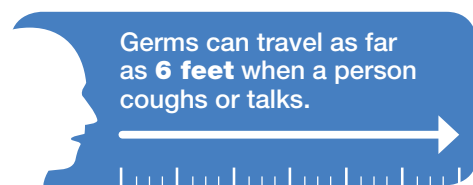
Most people recover from colds or the flu within two weeks. Seek a doctor's advice for symptoms such as a high fever, illness that lasts for 10 days or longer, or any breathing problems.

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

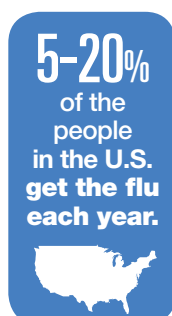


**WEB** MANY ADVENTIST HEALTH OFFICES ARE OPEN LATE AND ON WEEKENDS TO CARE FOR YOUR FAMILY. PLEASE VISIT **AHAFTERHOURS.COM** TO FIND A LOCATION NEAR YOU.

## 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

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Adventist Health mailings  
such as this, please call  
**559-537-1530** or send an  
email to [ahcvinfo@ah.org](mailto:ahcvinfo@ah.org).

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Adventist Health

## Living Well Events

[ADVENTISTHEALTH.ORG/CENTRAL-VALLEY](http://ADVENTISTHEALTH.ORG/CENTRAL-VALLEY)



**WEB** FOR HEALTH  
TIPS AND VIDEOS, GO TO  
[AHCVLIVINGWELL.COM](http://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](mailto: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](mailto: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](mailto: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](http://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](http://RunHanford.com). Adults \$30;  
kids \$15. Jill Caviezel-Hoots:  
**559-537-0760**

