

LIVE

younger | LONGER

**A GIFT
OF TIME**
THANKS TO THE
HEART INSTITUTE

more inside
fall 2012

7 Ways You Can Protect Your Heart
A Community of Extraordinary Heart
Saving Life and Limbs

Brought to you by

**NORTHERN CALIFORNIA NETWORK OF ADVENTIST HEALTH
AND ST. HELENA HOSPITAL NAPA VALLEY**



Welcome to the inaugural edition of our new newsletter, *Live Younger Longer*. At St. Helena Hospital, it's critical to our mission and our passion to provide whole-person health care and wellness support to each member of our community.

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ST. HELENA HOSPITAL
 NAPA VALLEY

The St. Helena Region of Hospitals, which includes St. Helena Hospital Napa Valley, St. Helena Hospital Clear Lake and St. Helena Hospital Center for Behavioral Health, has combined with Ukiah Valley Medical Center and Frank R. Howard Memorial Hospital in Willits to form the Northern California Network of Adventist Health.

Live Younger Longer is published as a community service for the friends and patrons of St. Helena Hospital, 10 Woodland Road, St. Helena, CA 94574, telephone **707-963-3611**, website www.sthelenahospitals.org.

Terry Newmyer President/CEO • **Steven Herber, MD, FACS** Executive Vice President • **Joshua Cowan** Vice President of Marketing • **Nicole Britain** Marketing Manager of Interactive Media

Information in *Live Younger Longer* 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.

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Terry Newmyer
President/CEO

A key element of fulfilling that mission is the creation of strong, active partnerships that engage the energy, vision and commitment of our friends and neighbors. Our new Northern California Network magazine, *Live Younger Longer*, is dedicated to helping make those connections and focusing on the interrelated roles of body, mind and spirit in achieving vibrant health.

In this issue, you'll see one form those partnerships take—generous philanthropy, which gives life to the visions that are formed by people at every level in the St. Helena family: doctors, patients, nurses, administrators and support staff. Ours is an extraordinarily giving community, and I believe that generosity has made—and will continue to make—a life-saving difference for many. I want to extend my personal thanks to everyone who has given to our community through support for St. Helena Hospital, whether in time, money or caring. I feel humbled to be surrounded by so many quiet, everyday heroes.

I'd like to introduce in these pages one major initiative that generosity of spirit has helped make possible: the Adventist Heart Institute. St. Helena has been a pioneering leader in cardiac medicine for more than three decades, launching many Bay Area firsts in heart care. Now we've brought together some of the region's top cardiac specialists, state-of-the-art diagnostics and leading-edge surgical techniques and equipment into a single, multidisciplinary program. In coming issues, we'll bring you more on the newest, most effective cardiac medicine anywhere.

We've also been building individual healthy-living partnerships one person at a time by reaching out to the future of our community—our children. With the capable assistance of a number of community partners, St. Helena Hospital participated in health fairs in local schools. These health fairs aim to instill healthy habits for a lifetime, as well as provide basic screening exams. I think you'll enjoy reading how these fun, creative healthy activities inspired students and parents to Live Younger Longer.

It's also my pleasure to present an update on the progress of hospital renovations, part of our ongoing commitment to make St. Helena Hospital the best in destination health care.

And finally, I'm honored to bring you stories and news from throughout our network, including a story of preserving a person's quality of life through our wound care and limb preservation programs.

As always, I hope you will explore these pages with an eye to how we can help you achieve optimal wellness. Live Younger Longer is more than just a slogan: it's our commitment to improving the quality of life for every member of our community.

Terry Newmyer
 President/CEO

Northern California Network of Adventist Health and St. Helena Region Hospitals

Welcome

to our newly re-imagined newsletter, *Live Younger Longer.*

Why the change? Our mission has always been to share God's love by providing physical, mental and spiritual healing. We strive to provide compassionate care that addresses the whole person—body, mind and spirit. As we set out on a journey of transformation to live out that mission ever more strongly, we realized it was time to bring a fresh perspective to this publication. We're focusing more deeply on what matters most: supporting each member of our community toward optimal health and wellness.

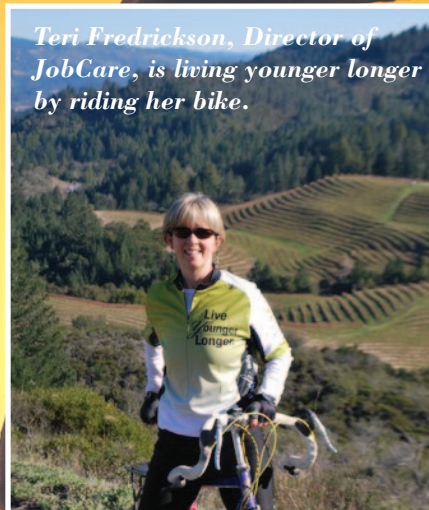
Live Younger Longer is more than a slogan: it's a heartfelt goal that is embraced by all of the hospitals of our network: St. Helena Hospital Napa Valley, St. Helena Hospital Clear Lake, St. Helena Behavioral Health, Ukiah Valley Medical Center and Frank R. Howard Memorial Hospital in Willits. It's what our dedicated health care professionals, support staff and volunteers strive for every day: helping each member of our community achieve and enjoy optimal health and wellness. To help make life for our friends, neighbors and families vibrant, strong and joyful.

We at St. Helena Hospital in the Northern California Network have a passion for making life better, one caring act at a time. Beyond simply treating illness, our goal is to empower every member of our community to take an active part in achieving the best possible health. Our purpose is not just to extend life, but also to ensure its quality. From the first moment of life to the last, we believe health and wellness matter—for each of us, for all of us.

Live Younger Longer is a description of a life that is active, engaged and satisfying, a life lived to the fullest. It encompasses not only top-quality health care, but also the best in preventive partnership. It encompasses working together to address the interrelated needs that make up a whole person, to employ innovation and vision to help people create healthy lifestyles that support their dreams and ambitions.

We hope that through these pages, you will join us in making that vision a reality.

Glenice Steck, Linda Schulz, Yesenia Alfaro, Sonya Vazquez stay fit at Zumba.



Teri Fredrickson, Director of JobCare, is living younger longer by riding her bike.



Melanie Brown, St. Helena Medical Specialties - Vermeil House, Sarah, PUC Student, and Judy Lilly, St. Helena Medical Specialties

Community Spotlight

May 6 found us at Foothills Elementary School in support of their walk-a-thon and health fair. Students, parents and extended family members participated in either a 3K or 5K walk followed by a health fair and delicious lunch that included veggie burgers, sweet potato fries and cole slaw. The hospital provided blood pressure and body composition screening tests while the staff at the Medical Specialties Clinic – Vermeil House conducted vision screening exams. Several interactive table displays featured information on brain health, gratitude, humor, sugar, caffeine and food portion sizes. Also in attendance were the Napa Sheriff's Department with safety information, and Microtone Audiology, who provided hearing exams.

We collaborated with PUC Preparatory School and PUC Elementary School on Forty Days to 5K. Students, parents and siblings at the schools trained for 40 days for a 5K run on May 10. St. Helena Hospital staff cheered on the runners and offered information on nutrition as well as hospital programs and services.

May 24 and 25 we co-sponsored the RLS Health Fair for 6th through 8th grade students. Three hundred students went on a scavenger hunt armed with a questionnaire to determine the answers to nutrition, substance abuse, fitness, cancer prevention, asthma, self-esteem and tobacco questions. The American Cancer Society, Napa County Tobacco Control Program, Napa Valley Youth Advocacy Center, Wolfe Center, Catalyst Coalition and Asthma Coalition all participated in the fair.

St. Helena Hospital is committed to enhancing the health of our local community, starting with our school-age children. For information on how to bring a health fair to your school, contact our Community Services Director, Linda Schulz, at 707-967-7516.

**A FRESH
NEW DIRECTION**



Last Sunday morning, Doris Harris prepared her signature Sunday breakfast for her extended family. Watching the weekly ritual, no one would realize they were witnessing a miracle.

Four years ago, Doris' heart stopped. Emergency coronary artery bypass surgery saved her life. Only the quick thinking of her doctors, Andreas Sakopoulos, MD, and Jeong Sik Park, MD, and her surgical team, brought her home again.

Doris' heart had completely stopped. Her chest was opened and Dr. Sakopoulos massaged her heart. "He literally took my heart in his hand and pumped it, and started it back up, and I made it."

♥ OUT OF THE BLUE ♥

Just a short time before, heart disease hadn't even been on Doris' radar. She was active, walking daily in the hills and working in her garden. The only thing slowing her down was severe heartburn: Doris would frequently have to stop and wait for it to subside. Treatment seemed to have no effect.

**DORIS WITH HER HUSBAND,
OTIS. SHE SAYS,**

**“HE NEVER
LEFT MY SIDE.”**

THE QUICK THINKING OF ANDREAS SAKOPOULOS, MD; JEONG SIK PARK, MD; AND THE SURGICAL TEAM HELPED BRING DORIS HARRIS HOME AGAIN.



**Jeong
Sik Park, MD**



**Andreas
Sakopoulos, MD**

"I look back and I can't believe the way this all came together," says Doris' daughter-in-law, Elsa. "My daughter, Jessica, was a nursing student, just practicing her skills. Jessica heard something in Mom's carotid artery, and thought we should get her checked out right away. Mom's primary doctor couldn't confirm it, but something just didn't feel right, so we got a referral to Dr. Park."

Dr. Park ordered a series of non-invasive tests. "The test results were actually not too bad," he explains, "but the patient was still experiencing chest pain. Since tests are not always conclusive, if there are symptoms, we keep investigating."

Because of her ongoing chest pain, Doris was scheduled for an angiogram. "We're so grateful that Dr. Park cared enough to keep investigating," says Elsa. "If he hadn't, I don't think we'd still have her with us."

The angiogram showed severe blockages—up to 95%—in all branches of the coronary arteries. Dr. Park immediately called in a cardiac surgeon, and Doris was taken directly from the cath lab to surgery for a quintuple bypass.

♥ FROM ROUTINE TO EMERGENCY ♥

During the dizzying transition from what they expected to be a routine test to emergency surgery, her family waited anxiously for word. "Eventually a nurse came out to tell us it was still touch and go, and too soon to tell. We spent the next hour or two pretty much on our knees," Elsa recalls. "All we knew was that Mom's heart had stopped, and they were working on her. Later we learned Dr. Sakopoulos had done open-chest CPR, then an emergency bypass surgery."

To Dr. Sakopoulos, it's all just a part of what he does. "There's no doubt that it's very fulfilling when some of these patients who typically have a very high mortality are able to be pulled from surgery and the post-operative period and make their way back home to their loved ones."

To Doris' family, it's nothing short of a gift. "We have a strong faith in God, and an absolute faith that God guided her doctors. I thought it was incredible that everyone knew exactly what to do in that situation," Elsa says.

Doris' surgery was merely the start of a year that both tested and sustained the Harris family's faith. Her tests also revealed a small spot on one lung, an early-stage cancer that Dr. Sakopoulos later successfully removed. And just weeks after Doris's heart surgery, her granddaughter, Jessica, went into labor three months early. "We feel so blessed to still have Mom, and our beautiful granddaughter, but it was definitely a life-changing year for our family," Elsa says.

♥ GRATEFUL FOR MORE TIME TOGETHER ♥

"Doris' was a uniquely challenging situation in many ways," Dr. Sakopoulos adds. "She had three lethal conditions that we took care of within a single year: heart disease, peripheral arterial disease and lung cancer. Doris had three operations in that time and did wonderfully with them, and that says a lot about her."

"I call Jessica my guardian angel. And Dr. Sakopoulos, well, I call him my adopted son," Doris says with a smile. "St. Helena was a godsend."

Her family agrees. "What we appreciated most is that the care isn't just physical, it's spiritual as well. As Christians, that's huge for us," Elsa explains. "The entire team was tremendous. Dr. Sakopoulos is so calm and comforting, and treats you like family. And Dr. Park has such an endearing manner, you just feel this confidence that everything's going to be okay."

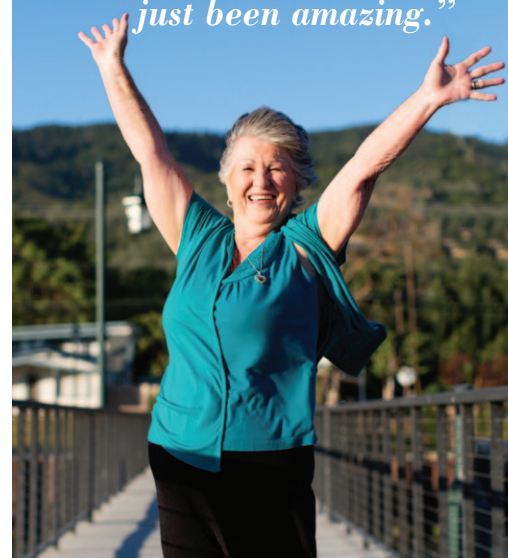
For Doris, her life feels renewed. The pain is gone, and with lifestyle changes learned through cardiac rehab, she feels better than ever.

"She's active, she has hobbies, she walks, loves working in her yard, and has more friends.

"She's active, she has hobbies, she walks, loves working in her yard.

SHE'S ENJOYING EVERY DAY;

the change has just been amazing."



She's enjoying every day; the change has just been amazing," Elsa explains. "The biggest change, though, for all of us, is that we learned you just can't take life for granted. It made us realize how precious and fleeting it can be, and let go of all those little annoyances and appreciate each other. We're just very grateful for the time we have with her."

The heart institute has pioneered cardiac care in the region for the past 30 years, bringing a number of "firsts" to the area, including minimally invasive cardiac bypass surgery. Long known as one of the Bay Area's best cardiac centers, its multidisciplinary teams deliver state-of-the-art heart care with the goal of helping residents Live Younger Longer.

"It takes an entire team to make outcomes like this possible," Dr. Sakopoulos adds. "Our goal is to set the standard for cardiac care, and community philanthropy allows us to do that, to keep the equipment up to date, and attract the best cardiologists and surgeons."

And for one family, the gift is measured in Sunday morning breakfasts, making the most of time together.



WAYS YOU CAN HELP P•R•O•T•E•C•T YOUR HEART

Adopting some simple healthy habits and having regular checkups can help keep your ticker in tip-top shape.



1 Hide the salt shaker. Cutting back on salt reduces the chance of high blood pressure and cardiovascular disease. The American Heart Association recommends that healthy adults consume less than 1,500 milligrams of salt a day. Take note of sodium content in foods such as canned soup and frozen meals, and choose reduced sodium options.

2 Laugh, and laugh often. Laughter and a sense of humor may help protect against heart attack, according to a study by cardiologists at the University of Maryland Medical Center in Baltimore. Mental stress—including laughing infrequently and displaying anger and hostility—may contribute to fat and cholesterol build-up in the coronary arteries that can lead to heart attack. Read a funny book or take a walk with a friend who makes you laugh.

3 Enjoy a piece of chocolate. It's important to eat a balanced diet of fruits, vegetables and whole grains to protect your heart, but indulging in a small square of chocolate a day (about 0.3 ounces) may help lower blood pressure and reduce heart disease risk too, according to a study published in the *European Heart Journal*.

4 Change your TV viewing routine. Sitting on the couch for long periods of time doesn't do your heart any favors. Entertain your heart while watching your favorite shows by lifting hand weights, doing lunges and leg lifts, or stretching out with some yoga poses. Even better—work out for at least 30 minutes each day (walking, cycling, aerobics, etc.)* and then reward yourself with TV viewing on the couch!

Pomegranate and Banana Salad

Preparation time: 10 minutes, number of servings: 4

Enjoy a fruity treat this fall, with pomegranates in season from September through January.

INGREDIENTS

2 pomegranates, chilled
4 bananas
1 tablespoon palm sugar or brown sugar
2 limes, juiced (or ¼ cup freshly squeezed lime juice)

DIRECTIONS

Mix together the juice of the lime and the tablespoon of sugar. Adjust sweet and sour to taste. Score and seed both pomegranates, freeing the seeds. Mound the pomegranate seeds in the center of salad plates and slice the bananas around the perimeter of the seeds. Drizzle with the prepared lime dressing and serve.

Recipe courtesy of the Centers for Disease Control and Prevention, Fruits & Veggies Matter.





TO LEARN MORE ABOUT HEALTHY LIVING AND ITS MANY HEALTH BENEFITS, CONSIDER OUR TAKETEN LIFESTYLE MEDICINE PROGRAM. FOR INFORMATION, CALL **800-920-3438** OR GO TO WWW.STHELENACENTERFORHEALTH.ORG.

5 Don't smoke. You've probably heard this one before, but it bears repeating. Smoking or using other tobacco products is one of the top risk factors for developing cardiovascular disease. Talk with your doctor about options to help you quit if you smoke.

6 Get your Zzzs. Getting enough sleep is important for a healthy heart—aim for seven to nine hours each night. If you suffer from sleep apnea (waking up several times during the night and gasping for breath), it's important to seek help from your doctor and manage your condition. Several studies have linked sleep apnea with heart problems.

7 Know your numbers. Keeping tabs on your blood pressure and cholesterol numbers can help you and your doctor know if your heart is in good health or if you need to do more to reduce your risk for heart disease (see Numbers for a Healthy Heart). The American Heart Association recommends that blood pressure be checked by a physician at least once every two years and cholesterol be checked every five years. Talk with your doctor about a screening schedule that is right for you.

To learn more about heart health or to find a physician, call **707-963-6570**.

* Consult your physician before starting any new workout routine.

Numbers for a Healthy Heart

- ♥ **BLOOD PRESSURE**
Less than 120/80 mm Hg
- ♥ **CHOLESTEROL**
Total Cholesterol: Less than 200 mg/dL
- ♥ **LDL "BAD" CHOLESTEROL**
Less than 160 mg/dL for people with low risk for heart disease
Less than 70 mg/dL for people with very high risk for heart disease
- ♥ **HDL "GOOD" CHOLESTEROL**
50 mg/dL or higher for women
40 mg/dL or higher for men
- ♥ **TRIGLYCERIDES**
Less than 150 mg/dL

Source: American Heart Association.

Construction Update

RENOVATION AT ST. HELENA HOSPITAL NAPA VALLEY is under way with Dreyfuss & Blackford Architects working hard to meet their project goal—to refresh, renovate and reconfigure existing inpatient bed units with flexible patient-centered and destination health care design solutions in visually arresting environments.

The schematic design was completed in January with detailed pricing, scheduling and phasing work completed in February. A facility field investigation is currently under way to uncover building conditions and project construction risk.



Proposed design of View Lounge



Proposed design of new patient room



Proposed design of labor and delivery room





A COMMUNITY OF EXTRAORDINARY HEART

Generosity is part of the fabric of life in the Napa Valley. From the abundance of the earth that produces its world-famous wines, to the neighbors-helping-neighbors character behind its famed quality of life, a spirit of giving thrives here.

Health and Events Calendar

Health & Wellness

**FAMILY BIRTH PLACE
INTRODUCTION TOURS**
Sept. 13, Nov. 14, 6 to 7 p.m.,
at St. Helena Hospital. Call
707-967-7536 for tour times
and to sign up.

Childbirth Education Classes

1200 Main Street, St. Helena
Nov. 7. A four-week series to prepare
the expectant mother and her coach
for labor and birth. Classes are taught
by registered nurses. Free to mothers
delivering at St. Helena Hospital; \$50
for others. Call **707-967-7536** for
available space and dates.

One important way the community benefits from that generosity is through its consistent, passionate support for St. Helena Hospital.

“Our community hospital will only go as far as our community is willing to support it,” says Terry Newmyer, St. Helena Hospital CEO. “With a service area of just 20,000, if we had to rely only on reimbursements, we could never have this level of care and service. We would have a very different hospital. Philanthropy, large and small, is the lifeblood that makes our mission possible.”

What stands out most is the enthusiasm for giving. “This is a very philanthropic community, more so than most,” says Steve Lundin, St. Helena Hospital’s Chief Development Officer. “I can truly say that this community is head and shoulders above any other I’ve known in the 35 years I’ve worked in fundraising. People here give more of their time and of themselves, because they really believe in their community.”

The hospital’s Annual Gala is a much-anticipated highlight, and raises more than \$1 million annually. The Volley in the Valley tennis tournament, started in 2011, is also a popular and successful event. These and other

efforts have funded projects like the Martin-O’Neil Cancer Center and Project Transform, a recently completed multi-million dollar campaign to refurbish and renovate the hospital. As a measure of the extraordinary support the hospital receives, the campaign for Project Transform was expected to last three years. It was fully funded in 15 months.

“This says two things,” explains David Duncan, Chair of the St. Helena Foundation Board. “First, that people care passionately about their hospital and the health of the community. And second, that this is a very giving community.”

This generosity takes many forms. From large gifts, like two recent private donations of \$1 million to fund clinical trials at the cancer center and hospital renovations, to cash register donations and gifts of time. Each is a valuable contribution. One key to this success is the teamwork between physicians, employees and the St. Helena Hospital Foundation volunteers, and their ability to project their sense of mission.

“We couldn’t do what we do without them,” adds Duncan. “People here don’t have to be persuaded to get involved: they simply say, how can we help get this done? They have

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20,000,
IF WE HAD TO RELY ONLY ON REIMBURSEMENTS, WE COULD NEVER HAVE THIS LEVEL OF CARE AND SERVICE. WE WOULD HAVE A VERY DIFFERENT HOSPITAL. PHILANTHROPY, LARGE AND SMALL, IS THE LIFE BLOOD THAT MAKES OUR
MISSION POSSIBLE.”

an amazing ability to connect, and serve as a bridge between that passion for giving and our many needs at the hospital.”

As reliable as the sun and the rain, that generosity of spirit is the foundation that allows St. Helena Hospital to provide compassionate care for body, mind and spirit.

INFANT AND CHILD CPR

Oct. 10, Dec. 5, 6:30 to 8:30 p.m.
Cardiopulmonary resuscitation techniques for infants and children. Parents, grandparents and child-care providers will benefit from this non-credentialing course. \$15 per person. Call **707-967-7536** for available space and dates.

Support Groups

ALCOHOL AND CHEMICAL RECOVERY FAMILY PROGRAM AND VISITING HOURS

Saturdays and Sundays
St. Helena Recovery Center at St. Helena Hospital
Call **800-454-4673**.

WOMEN’S CANCER SUPPORT GROUP

Tuesdays, 5 to 6:30 p.m.
Martin-O’Neil Cancer Center
For more information, call **707-967-5721**.

CIRCLE FOR CAREGIVERS

Mondays, 11 a.m. to noon
Martin-O’Neil Cancer Center
For caregivers of cancer patients.

MINDFULNESS MEDITATION AND GUIDED IMAGERY

Tuesdays, 2 to 3 p.m.
Open to cancer patients or caregivers

CANCER SURVIVORSHIP SERIES

Sept. 18 - Oct. 23
Call **707-967-5791** for more information.

HEALING BREATH AND RESTORATIVE MOVEMENT

Tuesdays, 11 a.m. to noon
Open to cancer patients or caregivers

MUSIC THERAPY

Every other Wednesday,
10:30 a.m. to noon

PAWS FOR HEALING

Wednesdays, 11 a.m. to noon

For information about more support groups, please visit our website: www.sthelenahospitals.org/services-and-programs/cancer-support-services or call **707-967-5791**.

HEALTH INFORMATION AT YOUR FINGERTIPS

Search for specific treatments

offered here at the hospital—whether you’re expecting a baby or in need of emergency services. For your convenience, search for conditions and treatments on our website at www.sthelenahospitals.org. In addition, please check out our Health Library, which will provide you with information and a guide to Living Younger Longer.

FREE HEALTH SCREENINGS FOR SENIORS

Sept. 13, 10 a.m. to noon at Rianda House. There will be complimentary health screenings for seniors. Supported by a grant from Auction Napa Valley.

ADVANCED WOUND CENTER:

SAVING LIFE AND LIMBS



Bertha is in good hands as she prepares to enter the hyperbaric oxygen chamber.



The hyperbaric oxygen therapy chamber.

Bertha had realized something was wrong. In fact, something had been wrong for a while. She knew the signs and symptoms; her husband had experienced similar symptoms years before. That's when Bertha decided to consult the doctors at Tribal Health in Covelo. **THE DIAGNOSIS WAS GANGRENE, A SERIOUS CONDITION THAT CAN LEAD TO AMPUTATION IF LEFT UNTREATED.**

“I really didn’t know how to tell the doctors at Tribal Health how worried I was. I was scared that I was going to lose my leg!” Bertha says. “They wanted me to wait and see the podiatrist (foot doctor) that comes once a month, but I thought that if something wasn’t done soon I would be in big trouble. That’s when I decided to head to the Emergency Department (ED) at Ukiah Valley Medical Center (UVMC).”

Once registered and in an ED bed, Bertha’s biggest fear was realized. “The doctor wanted to amputate my foot!” Bertha recalls. She was soon admitted to UVMC and was given antibiotics to help stop the infection from spreading. “There was nothing left for me to do but pray, and I prayed hard.”

A MIRACLE AFOOT

As a group of physicians gathered around her bed to determine how far the infection had spread and how high they would need to amputate, a miracle happened. “It was an answer to my prayers,” Bertha says. James O’Dorisio, MD, a cardiothoracic vascular surgeon, happened to be doing rounds that day and stopped by Bertha’s room. He said something Bertha will never forget: “I think I can save your whole leg.” And he did.

After a successful surgery, Bertha was referred to the care of Jonathan Kreger, DPM, a Ukiah podiatrist, to help heal the wound from the surgery. Dr. Kreger had a few treatment options that he shared with Bertha.

St. Helena Rehabilitation Center in Clear Lake

WOUND CARE IS A CONSTANTLY CHANGING FIELD with a focus on healing the wound and addressing the cause of the problem. Recognition of chronic and acute wounds allows for better management from basic assessment to monitoring through final stages of healing. This includes patient education on proper positioning, equipment, nutrition and dressings. A variety of wounds can be addressed at the St. Helena Rehabilitation Center in Clear Lake. These include venous stasis ulcers, pressure ulcers, diabetic wounds, post-surgical and amputation sites, burns or tissue tears, lymphedema therapy as well as edema-related issues. Simply obtain a prescription from your physician stating your diagnosis and the need for a wound care consult in order to be seen.

14880 Olympic Drive
Clearlake, CA 95422
707-995-4888



ST. HELENA HOSPITAL
CLEAR LAKE
Adventist Health

"I remember Dr. Kreger saying how I could have a Wound V.A.C. placed on my foot, which could take up to one year to heal, or that I might be a candidate for hyperbaric oxygen therapy (HBOT), which is now available at the new Advanced Wound Center (AWC) at UVMC. Of course I chose the HBOT, which would only take 30 visits to the AWC versus a whole year of healing!"

HIGH-TECH HEALING

When Bertha first saw the HBOT chambers, she had no idea what she was getting into—literally. "I had no idea what the chambers actually looked like or how they worked," she recalls. "When I saw the chamber for the first time I was nervous. But I was determined to see this thing through and give it a try. I am glad that I did. After my first treatment I realized it's not so bad. In fact, it's not bad at all and I felt better after every treatment."

"Bertha's reaction to seeing the chamber for the first time is common," explains Jared Chaney, director of the AWC. "We do everything to make our HBOT patients as comfortable as possible. They can even watch their favorite TV show while in the chamber, which helps the patients relax and stay comfortable."

According to Brian Cable, MD, orthopedic surgeon and AWC panel doctor, "HBOT is just one of several ways to treat and heal wounds. The techniques offered at the AWC are not available in a regular doctor's office. Bertha is progressing really well. The treatments are healing her wound and we expect her to make a phenomenal recovery."



Bertha, second from left, proudly displays her certificate after completing hyperbaric oxygen therapy at UVMC.

Words that are definitely an answer to Bertha's prayers.

If you are experiencing a wound that is not healing, talk with your doctor about the Advanced Wound Center at Ukiah Valley Medical Center to see if it's an option for you.

Cardiovascular Laboratory

PERIPHERAL VASCULAR THERAPY FOR LIMB PRESERVATION

is available at St. Helena Hospital Napa Valley. Sometimes, the healing of wounds on the body's extremities can be slowed due to a blockage of blood flow called critical limb ischemia. The Peripheral Vascular Suite at St. Helena Hospital Napa Valley is equipped to clear artery blockages and restore blood flow to all parts of the body.

Huse Heart and Vascular Suite | St. Helena Hospital Napa Valley
10 Woodland Rd.
St. Helena, CA 94574
707-963-6570

For a referral, please contact your primary care physician or any of our interventional cardiologists at **888-529-9018**.



ADVANCED WOUND CENTER IS AVAILABLE AS A SERVICE OF THE ADVENTIST HEALTH NORTHERN CALIFORNIA NETWORK WITH EXPERT PHYSICIANS AND STAFF WHO TREAT WOUNDS ASSOCIATED WITH AN ARRAY OF UNDERLYING MEDICAL CONDITIONS SUCH AS DIABETES, BONE INFECTIONS, BLOOD VESSEL DISEASE AND MANY OTHERS.



ST. HELENA HOSPITAL
 10 Woodland Road
 St. Helena, CA 94574
 707-963-3611

www.sthelenahospitals.org



IF YOU ARE INTERESTED IN A CAREER AT ST. HELENA HOSPITAL,
 PLEASE VISIT WWW.STHELENAHOSPITALS.ORG/CAREERS.



WARNING:
 You may be
 spending more
 time together.

*Robotic-assisted
 knee replacement
 from the Coon Joint
 Replacement Institute*

For privacy purposes, actual patient photos have not been used. Individual results may vary.

Less Pain and Faster Recovery



You could be back out looking for adventures together sooner than you think. Minimally-invasive knee and hip replacement may have you on your feet the same day, thanks to the expertise of our orthopedic surgeons, Dr. Thomas Coon and Dr. Brian Blackwood.

In 2011 alone, we performed more than 1200 minimally-invasive joint replacements. It's no wonder *Becker's Review* named St. Helena Hospital among the 1% of hospitals having great orthopedic programs. Knowing we've got the right path for you is like a breath of fresh air.

**We have many free,
 informational seminars scheduled
 throughout the year.
 Please check our website
 for details.**

WWW.NAPAVALLEYJOINTCARE.ORG



ST. HELENA
 COON JOINT REPLACEMENT
 INSTITUTE

For a list of actual surgical risks and benefits and more detailed information about joint replacement, please go to www.napavalleyjointcare.org