

Napa Valley

Well NOW

SUMMER 2011

**Emotional and
Nutritional Support**
for Cancer Patients

**Clinical Trials
Program**

Creates New Treatment
Options for Patients

State-of-the-Art
Prostate Treatment

**Genetic
Counseling
and Testing**
Now Available

Cancer survivor
Mary Bergerson

 www.sthelenahospitals.org



ST. HELENA HOSPITAL

NAPA VALLEY

 **Adventist Health**



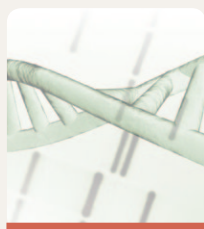
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Offering Emotional and
Nutritional Support



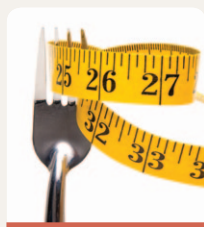
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Now Available



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TERRY NEWMYER
PRESIDENT/CEO

New Precision Cancer Therapies at St. Helena Hospital Martin-O'Neil Cancer Center in Napa Valley

Recent studies have shown that nearly one out of every two Americans born today will be diagnosed with cancer during their lifetime. In our continuing quest to provide you with the most progressive, innovative and precise care at St. Helena Hospital, we're excited to introduce new additions and changes to our Martin-O'Neil Cancer Center.

Precision medicine is important. In the field of cancer care, the more precise the treatment, the less damage is done to surrounding tissue. That is why we recently added the Calypso system, which may help eliminate many of the negative side effects found with traditional radiation therapies for prostate cancer patients. The GPS-like tracking device targets only the cancerous tumor, leaving healthy tissues unaffected.

Men have reported less interruption to the quality of their lives with the new treatment. Plus, new clinical trial offerings at the Martin-O'Neil Cancer Center give options to you if traditional cancer therapies were less than successful.

In this issue of *Well NOW* you'll also meet cancer survivor Mary Bergerson, who experienced first-hand the care and commitment of the St. Helena team of professionals who helped her through her healing process. Small things added up to a positive experience for Mary. A private

entrance, comfortable chairs, private treatment rooms and Laura Schmitz, our oncology dietitian, are here to help you get back on your feet as quickly as possible.

The dedication and care of the staff at the Martin-O'Neil Cancer Center continuously receives rave reviews from patients like you who understand the importance of taking a "whole-person" approach to health and wellness.

In fact, according to a recent survey, an astounding 100% of our responding patients said they'd recommend the Martin-O'Neil Cancer Center to a friend or family member. As a destination site for care, we are dedicated to technology, precision medicine and treating the whole person—not just the disease.

These innovative and exciting changes are just a few of the new approaches we're implementing at the Martin-O'Neil Cancer Center. We continue to look for new ways to ensure your trust in us as your source for the most technologically innovative whole-person care.

Terry Newmyer
President/CEO
St. Helena Hospital

Occupational Therapy Aids Recovery

Beating cancer or other serious illness is only part of the journey back to wellness. Illness and even life-saving treatments can have serious effects on the body that may interfere with comfort and function. The expert knowledge and assistance of a trained occupational therapist can help you or your loved one regain mobility and adapt to changes following surgery, stroke or other serious illness.

Individualized treatment, like lymphedema therapy, can make cancer treatment more comfortable.

It can also help you preserve or regain mobility after treatment, such as care to prevent a painful, immobile shoulder following breast cancer treatment. Services include exercises, joint protection strategies and identifying adaptations to help you return to a full life.

Occupational therapy is just one of many services available through Physical Rehabilitation Services at St. Helena Hospital. Call **707-963-6250** to learn how we can help.

St. Helena Hospital Martin-O'Neil Cancer Center Expands Its Team

Offering Emotional and Nutritional Support

At the St. Helena Hospital Martin-O'Neil Cancer Center in Napa Valley, every patient is treated as the unique, whole person they are—not simply a diagnosis.

Enhanced services now provide each patient an even more personalized approach. The center welcomes two new staff members dedicated to bringing these new capabilities to patients: Colleen Winters, LCSW, Clinical and Integrative Care Navigator, and Oncology Certified Registered Dietitian Laura Schmitz, RD, CSO.

Nurturing Emotional Needs

A licensed clinical social worker, Colleen Winters assesses each patient's emotional need for care and helps them discover their own capabilities while empowering them in their cancer experience. In addition to assisting patients navigate between care settings, physician visits and procedures, Colleen provides personal attention to both patients and loved ones, and expert guidance through hospital resources such as support groups, palliative care, spiritual health, survivorship and when needed, end-of-life decisions and care.

Throughout her career, Colleen has had a special interest in helping patients and their loved ones manage life-altering illnesses, a specialization that uniquely qualifies her for her work at the Martin-O'Neil Cancer Center. "A cancer diagnosis can be an open-ended journey, and each patient's experience is unique," she says. "I want people to see me as a guide in their healing process."

Colleen has 10 years experience working in an acute care hospital with cancer patients, their loved ones and the clinical team caring for them. Her extensive professional background includes a private psychotherapy practice helping patients and their loved ones cope with life-altering events and illnesses. Colleen holds an undergraduate degree in health

services administration from Antioch College, San Francisco, and a Masters in social work from California State University, Stanislaus.

The Importance of Nutrition in Cancer Care

Laura Schmitz is one of a small number of dietitians in the state who specialize in nutrition for cancer patients. She knows that proper diet supports recovery and decreases effects such as nausea and weakness. "Good nutrition is important before, during and after cancer treatment," she says. "After a nutritional evaluation, I can help patients optimize their nutrition to help reduce treatment-related side effects, prevent nutrient deficiencies and maintain their weight and energy."

By combining an individual assessment at the onset of treatment with ongoing follow-up, Laura helps patients integrate nutrition as an active element of their cancer treatment. In addition to nutrition counseling, Laura can help patients choose supplements, plan meals and connect with helpful community resources.

Laura holds a Bachelor of Arts degree in biology from Central Washington University and a Bachelor of Science degree in dietetics from Eastern Michigan University. She is a board-certified specialist in oncology nutrition through the Commission of Dietetic Registration, and is a member of the American Dietetic Association and Oncology Dietetic Practice Group.

The Martin-O'Neil Cancer Center uses a calming atmosphere and an integrated team approach to treat cancer patients in one convenient location with the most advanced technology available. We believe this team approach is essential to delivering complete, personalized and compassionate whole-person care to our patients. To learn more about the Center, please call us at 707-967-5721. ↵



From left, Colleen Winters, LCSW, Clinical and Integrative Care Navigator, and Oncology Certified Registered Dietitian Laura Schmitz, RD, CSO.

Meet the Doctors

Dr. Gregory B. Smith, Medical Director of Martin-O'Neil Cancer Center, Medical Oncology and Hematology

Dr. Smith specialized in oncology in part because of his compassion for individuals facing a cancer diagnosis—patients who especially needed help and encouragement. His distinguished career includes leadership of cancer research programs in California and then Texas before coming to St. Helena Hospital in 2001. He received his medical degree at UCLA, and completed his residency at the UCLA, San Fernando Valley Program, followed by a fellowship in hematology and medical oncology at Scripps Clinic and Research Foundation. Dr. Smith is board-certified in internal medicine, medical oncology and hematology.

Dr. Ethan Schram, Medical Oncology and Hematology

St. Helena Hospital would like to welcome Dr. Schram, who will be teaming with Dr. Smith in medical oncology. After receiving his MD from University of California, Davis in 2003, Dr. Schram completed his residency in internal medicine at Oregon Health & Science University. He went on to complete a fellowship in hematology/oncology at Scripps Clinic and Research Foundation, where he was Chief Fellow. He then joined East Bay Medical Oncology-Hematology Associates, before coming to the Martin-O'Neil Cancer Center. Dr. Schram is board-certified in oncology, hematology and internal medicine.

Dr. David Tate, Radiation Oncology

Dr. Tate encourages patients to focus on the future, emphasizing that many cancers are highly curable. He sees the Martin-O'Neil Cancer Center, with its all-star medical team, advanced techniques, and patient-centered culture, as a healing place.

His interest in medicine and cancer treatment began in his youth when his family physician and mentor died of leukemia. Dr. Tate attended the University of Virginia for undergraduate and medical school. After completing his residency in radiation oncology at Stanford University Medical Center, he was appointed to Stanford's medical faculty, where his interest in precision radiation therapy focused on intensity modulated radiation therapy (IMRT), brachytherapy and stereotactic radiation therapy. He later went into private practice and joined the Martin-O'Neil Cancer Center in 2009. Dr. Tate is board-certified in radiation oncology.

CANCER CENTER OFFERS CO



Mary Bergerson

A cancer diagnosis can turn your world upside down. But a positive attitude and the top-notch medical team at St. Helena Hospital Martin-O'Neil Cancer Center in Napa Valley helped turn it right side up again for Mary Bergerson.

“I’d never been sick or hospitalized before, so I had no idea what to expect,” says Mary, who was diagnosed with cancer in February 2010.

As an employee of St. Helena Hospital, Mary knew she

was in good hands. “My OB/GYN, Dr. Bryan Henry, took charge right away. He was direct and supportive and presented all the options to me, so I never had any anxiety.”

Team Work

Mary knew she needed a game plan. “I’m a task-oriented person,” she says. The cancer center medical team rallied together to help Mary clearly understand the process. “Everyone I encountered was supportive. All my doctors talked and consulted with each other and the nurse navigator gave me information and reaffirmed everything my doctors said.” Mary took comfort in this “road-map” approach. “I knew what to expect,” she says.

From surgery through radiation and several rounds of chemotherapy, Mary found comfort in the center’s attention to detail and supportive design. “You don’t feel as if you’re in a medical environment,” says Mary, who says the center presents more of a spa atmosphere. “I liked that I had a private entrance for my treatments, for example, so I didn’t have to walk through the entire hospital.”

The staff also took extra measures to bring snacks, water and warm blankets to all of the patients, says Mary. “I talked with the staff and developed relationships with the caregivers, so it became quite personal—you always know what’s happening with your treatment. I knew everyone had my best interests in mind.”



David Tate, MD, Radiation Oncologist at the Martin-O'Neil Cancer Center, confers with patient Mary Bergerson.

Soothing Spa Atmosphere

In addition to the private entrance, the cancer center offers many other amenities to make patients feel at ease. “The chairs are comfortable and even the artwork is soothing,” Mary says. The center features a water wall and Hope Tree sculpture in its expansive lobby, designed to comfort and soothe. Massage therapy, yoga, nutritional therapy and even manicures and pedicures are available to pamper patients. “The accommodations for visitors create a social environment for those who need it,” she continues. “But if you like your privacy, you have the option of private chemo treatment rooms, too.”

Psychological and practical support for patients and their loved ones are key elements of the program. The cancer center has teamed up with the American Cancer Society and the Professional Beauty Association to present Look Good ... Feel Better®, a program to help those with cancer live well during treatment. The program provides education through workshops or an individual session, and free

program materials such as videos, patient guides and brochures, and makeup kits. “Volunteers come in with wigs and makeup,” says Mary. Supported by thousands of volunteers trained and certified by the Personal Care Products Council Foundation, the group program is open to all women with cancer who are undergoing chemotherapy, radiation and other forms of treatment.

The cancer center’s retail boutique also boasts a wide variety of products geared toward the special needs of cancer treatment patients. Wigs, hats, scarves, aluminum-free deodorant, post-mastectomy supplies and organic lotions may be purchased, as well as jewelry, greeting cards, robes, pajamas and a collection of relaxing and energizing music CDs.

“I also took advantage of the cancer center’s resource library to find information,” Mary says. The onsite resource library provides credible sources of cancer information to family, friends, patients and even people in the community. A resource specialist is available to help patients find the information they need.



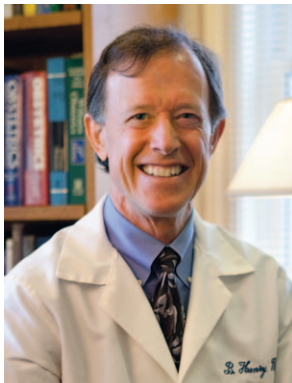
COMFORT AND HEALING

Cutting-Edge Guidance

A registered dietitian specializing in oncology also works with patients to develop nutrition plans to meet individual needs. “The oncology dietitian called me at home to make certain my lab values were drawn,” Mary recalls.

Changes in one’s sense of taste due to chemotherapy treatments often make it difficult to find palatable foods, which can increase weight loss in those undergoing treatment. Digestion issues may also create problems and vary widely from patient to patient. Oncology dietitians work with patients to uncover and address specific challenges. Recommendations such as eating smaller, more frequent meals, or eating cold foods if the smell of hot foods is intolerable, can help patients maintain stable nutrition.

The cancer center also participates in the Clinical Trials Cooperative Group Program sponsored by the National Cancer Institute. These cutting-edge research programs benefit patients by providing access to new, experimental cancer treatments. Read more on page 5.



Dr. Bryan Henry, OB/GYN

Life-Saving Partnership

As Mary discovered, the Martin-O’Neil Cancer Center’s specialized care is further enhanced by a unique partnership with the St. Helena Women’s Health Center. The Women’s Health

Center provides one-stop access to physician experts, precision state-of-the-art diagnostics, and a wide range of services focused on the health and wellness needs of women. When a cancer is detected, the partnership between the two centers provides seamless and rapid referral to a broad range of specialized treatment and support options, and coordination with the expert surgical and reconstructive services of the Women’s Center physicians.

This communication and cooperation allows for an extraordinary level of integrated treatment, improving outcomes and reducing the stress of diagnosis and treatment.

“This partnership with the Martin-O’Neil Cancer Center represents care at its best,” says Bryan Henry, MD, Mary’s OB/GYN. “Thanks to the partnership, our patients have access to one of the finest cancer treatment centers.”

Dr. Henry is one of three physicians heading the St. Helena Women’s Center. Board-certified in OB/GYN and highly accomplished in vaginal and pelvic reconstructive surgeries, he has practiced at St. Helena Hospital for more than 20 years. Michael Baggish, MD, is a UC San Francisco clinical professor, accomplished surgeon and the co-author of the internationally

recognized Atlas of Pelvic Anatomy and Gynecological Surgery. Mindy Marquez, MD, the only female urologist within a 60-mile radius of the center, specializes in women’s incontinence treatments, bladder prolapse repair, as well as cancer diagnosis and treatment.

“Every Day I Am Grateful”

“Overall, the support of the staff, the relaxing accommodations and the special amenities I received at the St. Helena Hospital Martin-O’Neil Cancer Center far exceeded my expectations,” Mary says. “Every day I am grateful for the excellent and compassionate care I received.”

To learn more about the Center, please call 707-967-5721. ♡

CONVENIENTLY LOCATED AT
821 SOUTH ST. HELENA HIGHWAY.
WE ARE NOW ACCEPTING NEW PATIENTS
AND READY TO WELCOME YOU.

**Please call 707-967-7550
to schedule your next
appointment.**



ST. HELENA
WOMEN’S CENTER
NAPA VALLEY
Adventist Health

Women deserve the very best in health care.
That’s why we’re bringing together the very best team of medical specialists.

Dr. Michael Baggish, Gynecology

Dr. Mindy Marquez, Urology

Dr. Bryan Henry, Obstetrics & Gynecology



Precision Care: State-of-the-Art Prostate Treatment

Like a GPS, the tumor localization technology developed by Seattle-based Calypso® Medical Technologies Inc. helps continuously, accurately and objectively track the location of tumors for improved accuracy and management of radiation therapy.

Now offered by St. Helena Hospital Martin-O'Neil Cancer Center in Napa Valley, the new state-of-the-art Calypso® System spares healthy tissue and may boost the effectiveness of prostate cancer radiation therapy.

The Importance of Real-time Tracking

Normal bodily functions such as coughing, breathing and digestion cause organs to move during prostate tumor radiation. As a result, the tumor also moves in and out of the path of the radiation beam. When the off-target radiation hits healthy tissue, unpleasant side effects may result, such as bowel or rectal problems, sexual dysfunction and urinary incontinence. In addition, the tumor receives less radiation, which may change the effectiveness of the therapy.

“The Calypso System will allow us to keep the radiation beam focused on the target, avoiding surrounding tissue and organs, which can reduce common side effects,” says David Tate, MD, Radiation Oncologist at the Martin-O'Neil Cancer Center.

The Calypso System uses radiofrequency waves to accurately and precisely track the position of the targeted tissue in real time. The key: three Beacon® transponders the size of rice grains are implanted in the prostate in a quick outpatient procedure. The Calypso System and the Beacon transponders work together to communicate and continuously track the exact location of the tumor. An alert tells the therapist if the tumor moves outside the radiation beam. The therapist is then able to stop the beam, make any necessary adjustments to the patient's position and resume treatment.

As a result, patients receive radiation where it can do its best work. “We now have the most advanced, accurate and precise technology in treating prostate cancer,” Dr. Tate says.

To watch a video about the new Calypso System, please visit www.hitthetumor.com.

Clinical Trials Program Creates New Treatment Options for Patients

Finding an effective cancer protocol sometimes requires trial and error. Each cancer is as individual as the patient, and not everything works for everyone. Now St. Helena Hospital Martin-O'Neil Cancer Center (MOCC) in Napa Valley gives patients another option. Clinical trials enable cancer patients to sign up to try new cancer drugs, diagnostic procedures and cancer therapies in situations when the best treatment is not known.

“As carefully controlled research studies, clinical trials present one more avenue for cancer patients to try when other methods fail,” says Jennifer Egan, a certified oncology research nurse at MOCC.

A World-Class Partnership

Through its participation in the Clinical Trials Cooperative Group Program sponsored by the National Cancer Institute and its unique affiliation with the University of California, San Francisco (UCSF) Medical Center, MOCC has access to many of the most promising clinical research studies in the nation. UCSF is a *U.S. News & World Report* “Top 10” hospital and one of the world's leading research institutions in biomedical and health science. Its Helen Diller Family Comprehensive Cancer Center has won the National Cancer Institute's highest designation. Representing more than a thousand of the best minds in medical research, UCSF scientists have achieved world-wide recognition for their life-saving advancements to medical care, including Nobel prizes for cancer research. Through this affiliation, MOCC patients have access to some of the most progressive cancer treatments in the world.

In addition to providing access to clinical trials across the country, MOCC currently offers approximately 20 trials onsite. Before participating, Jennifer notes that patients should understand the risks. “It may not help,” she says. “But participation could also prolong a patient's life or cure the patient. In addition to this, it helps advance medical research. Without clinical trials we cannot make progress in developing new and improved cancer therapies.”

How to Get Involved

Patients interested in exploring clinical trials should start by calling Jennifer at **707-967-5721**. “Based on this initial call, if an onsite consultation is in the patient's best interest, we recommend they come to the center for a consultation with Cancer Center Medical Director Gregory Smith, MD, a medical oncologist and hematologist.” Dr. Smith reviews each case, assesses the most appropriate clinical trial options, and recommends next steps.

For more information or assistance with identifying clinical trials, call Jennifer Egan at **707-967-5721**.



Genetic Counseling and Testing Now Available



Kathleen Mott, RN, MS, NP

Taking a proactive approach to your health can reduce the risk of developing many diseases, including cancer. For instance, in the case of cancers caused by an inherited BRCA gene mutation, proactive risk assessment can save lives.

The St. Helena Hospital Martin-O'Neil Cancer Center in Napa Valley now offers cancer risk assessment, genetic counseling

and genetic testing for hereditary breast, ovarian, colon and other cancers. The services are provided by Kathleen Mott, RN, MS, NP.

According to the National Cancer Institute, approximately 12% of women will develop breast cancer some time during their lives. By contrast, women who have inherited a mutation in a BRCA gene have up to an 84% chance of developing breast cancer. BRCA mutations also confer up to a 40% probability of ovarian cancer. Detection of inherited mutations such as those in the BRCA genes allows patients and their physicians to develop an individualized management plan addressing the increased cancer risks associated with the mutation, hopefully before cancer occurs.

A genetic specialist with North Bay Cancer Risk Assessment Services, Kathleen works closely with cancer specialists at the Martin-O'Neil Cancer Center to identify and counsel patients at risk for hereditary (inherited) cancer. During a genetic consultation, Kathleen looks at three to four generations of family history and uses scientifically validated models to determine the probability that the patient may have inherited a mutation that increases the probability of developing cancer. The risk

assessment and counseling visit takes about 90 minutes.

"Testing is never required," says Kathleen, emphasizing that the decision to undergo genetic testing is always the patient's choice. In most cases, the actual test is noninvasive, using genetic material from cheek cells collected by rinsing with mouthwash.

"There's no doubt that genetic counseling and testing is important for men as well as women," she continues. Men with BRCA2 mutations have an increased risk of breast cancer, a disease normally quite rare in men. According to the National Cancer Institute, BRCA2 mutations also increase the risk of prostate cancer in men, and increase the risk of developing melanoma (skin cancer) and pancreatic cancer in both men and women. And although men with BRCA mutations are less likely to develop cancer than women, they can pass the mutation to their children.

Preventing cancer is the ultimate goal of cancer risk assessment. "Genetic testing of individuals at increased risk is key, because knowing whether a person carries a genetic mutation allows health care providers to offer specially directed management strategies that can truly save lives," Kathleen says.

For further information or to schedule an appointment for a cancer risk assessment, please call the St. Helena Hospital Martin-O'Neil Cancer Center in Napa Valley at 707-967-5721. 🍀

Update on "Project Transform"

St. Helena Hospital Napa Valley recently finished the first phase of its improvement campaign, Project Transform, with the dedication of its newly renovated main lobby.

In keeping with the hospital's new theme of Live Younger Longer™, the facilities are being updated and expanded to support the highest standards of care. This includes increased capacity and access to precision care and reduced wait times. Supporting St. Helena Hospital's values of accountability and community, the renovations will also make the facility more environmentally friendly. Power consumption and waste will be reduced while still advancing patient care.

"Your experience starts before the front door with healing sounds of music to greet you," says Tricia Williams, Vice President of Operations at St. Helena Hospital Napa Valley. "Inside we have created a sensory experience that can fill your spirit."

The new lobby is a keystone in the hospital's commitment to "transforming care from the inside out." In line with the hospital's mission of sharing God's love by providing physical, mental and spiritual healing, the old style has been replaced with a spacious, light-filled atmosphere. Accents of natural materials and the work of local artists line the walls. This results in a sense of calmness, confidence and welcome that places a focus on wellness and healing.

Project Transform is a campaign to update and modernize the facilities of St. Helena Hospital. Additional phases currently in process include a brand new Family Birth Center that will have state-of-the-art obstetric services and an expanded Heart and Vascular Wing to provide fast, life-saving care for cardiac emergencies. The project also incorporates an expanded Orthopedic Wing to manage patient flow more efficiently. The Intensive Care Unit will be expanded to include two new suites and a new nurse's station with advanced technology. Modernized sterilization equipment coupled with a computerized inventory system will allow for greater efficiency and fewer chemical by-products. Finally, Project Transform will refresh our patient rooms to enhance the healing environment for our patients and visitors.

For information on how you can support Project Transform, please contact Ben Hill, Campaign Director, Vice President for St. Helena Hospital Foundation, at 707-963-6536 or hillbe@ah.org. Or visit the Foundation's website at www.shhfoundation.org.

Well NOW 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.

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ST. HELENA HOSPITAL

N A P A V A L L E Y



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10 Woodland Road
St. Helena, CA 94574
Phone: 707-963-3611

www.sthelenahospitals.org

click Health and Events Calendar *Visit us online at www.sthelenahospitals.org.*

→ Health & Wellness

Family Birth Place Tours

First Thursday of each month, 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

Sept. 7, 6:30 to 8:30 p.m. A four-week series to prepare the expectant mother and her coach for labor and birth. Classes are taught by registered nurses at St. Helena Hospital. Free to mothers delivering at St. Helena Hospital; \$50 for others. Call 707-967-7536 for available space and dates.

Infant and Child CPR

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.

Feel Like a Kid Again

FREE SEMINARS. Proven skill and robotic-assisted technology can get you back to an active lifestyle! Presented by Drs. Coon, Velyvis and Freedhand of the Coon Joint Replacement Institute. Hors d'oeuvres and beverages provided. For more information about upcoming seminars, go to www.napavalleyjointcare.org or call 800-540-3611 to R.S.V.P.

Wednesday, Sept. 7, Napa Senior Center, Napa
Wednesday, Sept. 21, Oakmont Golf Club,
Santa Rosa

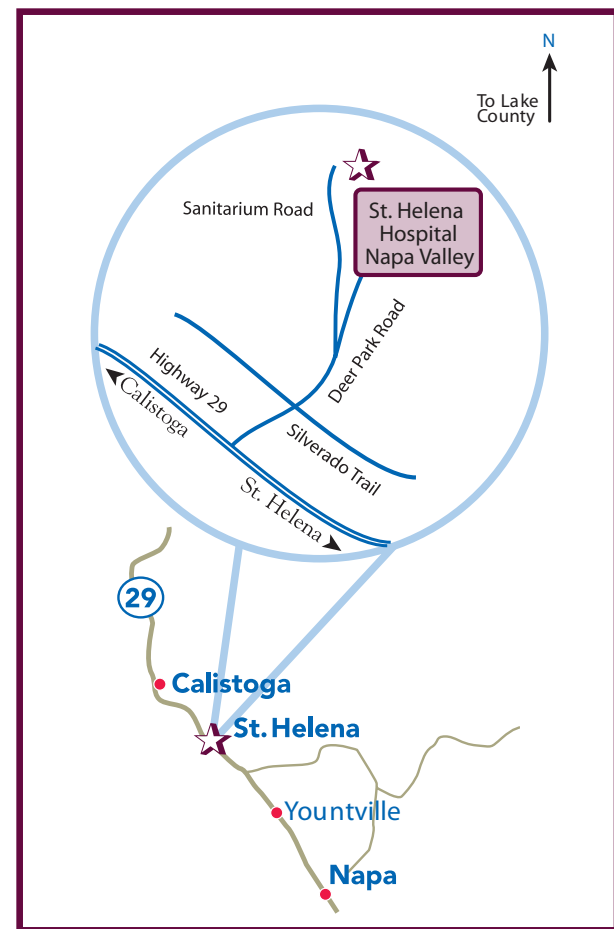
An Invitation to Sample TakeTEN™

Noon to 2 p.m. Sept. 15, Oct. 13,
Nov. 10 and Dec. 8
TakeTEN, St. Helena Hospital's Center for Health's 10-day evidence-based residential lifestyle program, invites you to enjoy a complimentary lunch and learn more about our program. Please reserve your space by calling 855-TakeTEN.

Center for Health's Chef Andy Wild will be a guest chef Aug. 19 at 10 a.m. at the St. Helena Farmer's Market.

St. Helena Hospital Napa Valley Farmer's Market

July 12 to Oct. 4, 4:30 to 7 p.m.
North Parking Lot



In many emergency rooms across the country, wait times have been increasing. In California, the average wait time is four hours, according to the California Hospital Association. Thankfully, that's not the case at St. Helena Hospital.

Our pledge is that a triage nurse or doctor will see you upon arrival. We will do everything possible to have a nurse or physician begin your evaluation and treatment immediately. For more information about our commitment to No Wait Emergency Care, visit www.sthelenahospitals.org/services-and-programs/emergency-services.



"Rated #1 for overall care received"