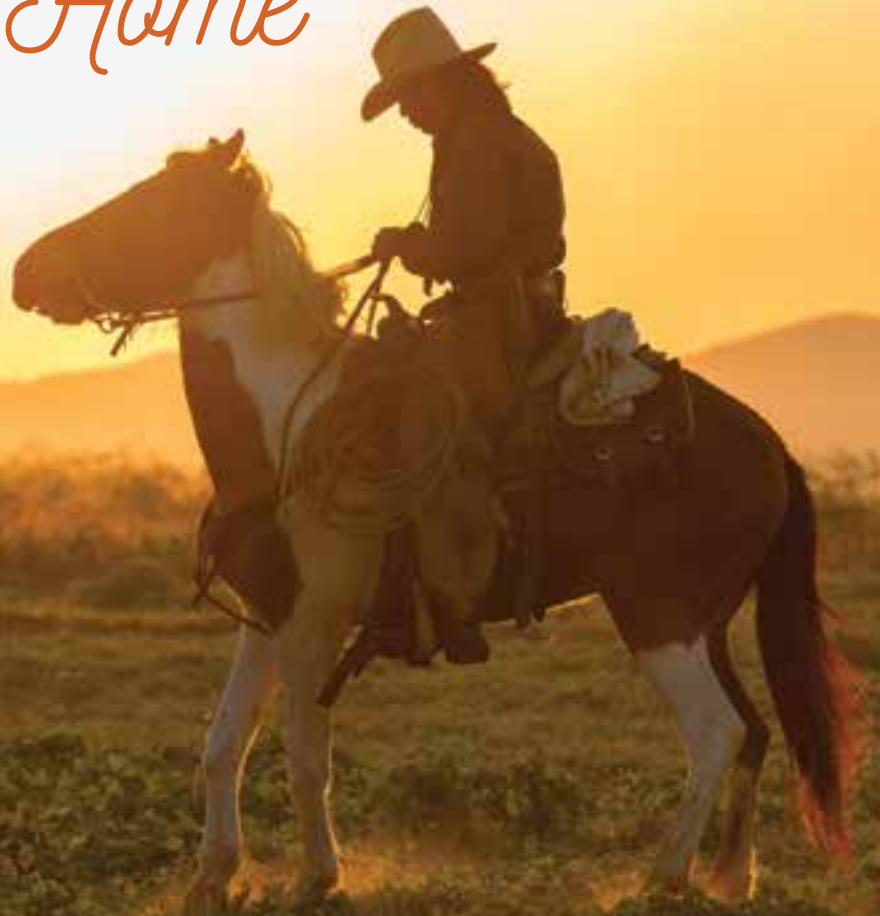


be well

A DIGNITY HEALTH PUBLICATION | SPRING 2020

Fuel Better With
Meal Planning
Time to Get Moving

CRITICAL CANCER CARE *Close to Home*



Dignity Health[®]

St. Elizabeth Community Hospital

Leadership Letter

HELPING YOU

BE WELL

DEAR NORTH STATE
COMMUNITY MEMBERS,



We will remember this spring as a time of unprecedented change in the way we accessed healthcare and worked together to help each other stay well. To protect our patients and our community, we are offering FREE virtual health visits for anyone experiencing mild to moderate symptoms of COVID-19, the illness caused by the new coronavirus. Symptoms include low-grade fever, cough or respiratory problems. To redeem this offer, use the code COVID19 on the payment portion of the registration process.

We have also made changes to our visitor policy at our hospitals to further limit the spread of COVID-19. Visit dignityhealth.org for the latest policy changes.

Although we honor our physicians and nurses each year for the outstanding care and compassion they provide, we offer special thanks for those going above and beyond during this health crisis. Whatever the future holds in the coming months, know we are here for you and your family. Be well!

Sincerely,

Todd Strumwasser, MD

President

Northern California Division, Dignity Health

At Dignity Health, we believe the two pillars of humanity and kindness are the yin and yang of healing: powerful alone, but **better together**.

North State News

Mercy Medical Center Redding



Recovery from complex heart procedures can require hospital stays of one to two weeks. At Mercy Medical Center Redding, we are able to do some of the more advanced heart surgery procedures, such as mitral valve repair and the maze procedure, here in Redding, allowing patients to recover with their family and support system close by. From imaging before surgery to physiotherapy and occupational therapy after surgery, we help you and your loved ones get back to the lives you love, feeling stronger and ready for new challenges.

—G. Todd Smith, President, Mercy Medical Center Redding

St. Elizabeth Community Hospital



Our philosophy of putting patients first has expanded to cancer care, allowing our community members access to targeted therapy without long drive times. In October, St. Elizabeth Community Hospital opened the Oncology and Infusion Center and broadened our services to include chemotherapy and immunotherapy. Both types of treatment are available in the newly renovated Outpatient Services Center. We look forward to ongoing growth as we continue to bring the latest in cancer care to you, close to home.

Mercy Medical Center Mt. Shasta

Our long-term investment in our community's health is evident in the \$8 million Emergency Room expansion project, which has just passed the midway point of completion. Patients in crisis will benefit from the healing environment and the technology critical to their care as they are stabilized or admitted for treatment through our ER. Thank you for your patience as we complete the high-tech renovations that will ensure our ability to care for you in the coming decades.

—Rodger Page, President, St. Elizabeth Community Hospital and Mercy Medical Center Mt. Shasta

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Dignity Health

For questions, comments or to
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For help choosing a primary care
physician, call
888.628.1948

In-Season Strategy

PLAN YOUR MENUS AROUND SEASONAL PRODUCE TO HARVEST A BUMPER CROP OF NUTRITION, FLAVOR AND FUN.

Would you like to make mealtime more pleasant? Creating a meal plan each week can free you from the stress of making last-minute decisions about what to eat, rushing through preparation, running by the store for missing ingredients, or giving up and ordering takeout.

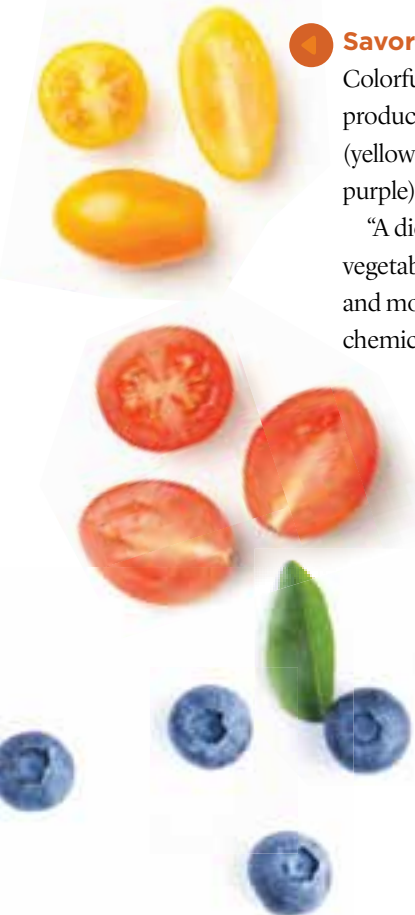
“Meal planning allows you to consider nutrition needs and palate preferences apart from the moment you need to make a fast meal,” said Jenna Henson Marshall, Clinical Dietitian at Dignity Health North State. “Following your plan makes for a lower stress cooking and eating experience.”



◀ Savor the Rainbow

Colorful fruits and vegetables do more than please the eye—produce packed with plant pigments such as carotenoids (yellow and orange), lycopene (red) and anthocyanins (blue and purple) also contain powerful disease-preventing properties.

“A diet that is varied and rich in vibrantly colored fruits and vegetables, is high in antioxidants,” said Marshall. “The brighter and more vividly colored produce packs high levels of plant chemicals called phytochemicals that help fight disease.”

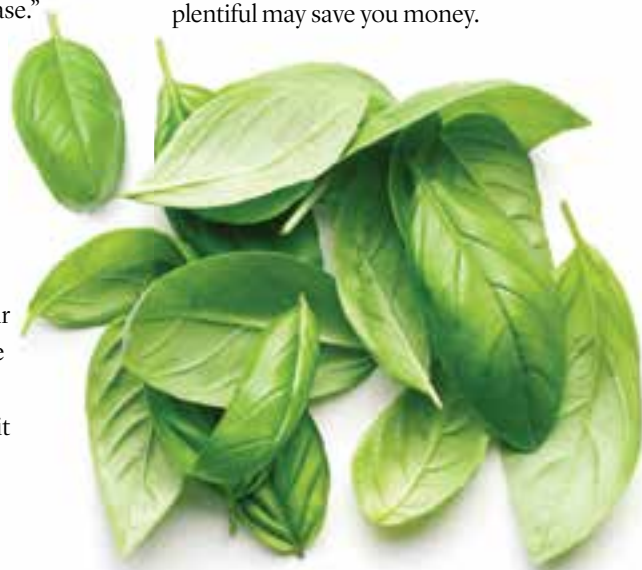


Shop Smart and Save ▶

Meal planning also benefits your budget. Buying just enough for one meal—or, buying in bulk so you can cook extra portions to freeze for later—prevents food waste. In addition, buying produce when it is plentiful may save you money.

Homegrown Harvest ▶

Looking to add a fresh, flavorful kick to your recipes without emptying your wallet? A great option is to grow some of your herbs, such as mint, cilantro and basil, at home. To learn more, visit eatfresh.org and search for “herbs.”



Divide and Conquer

If you are like many Americans, you could benefit from eating more fruits and vegetables but find recommendations about proper serving sizes and qualities confusing. The fact is, adding the right amount to your diet is simple.

“Just fill half your plate with fruits and vegetables,” said Jenna Henson Marshall, Clinical Dietitian at Dignity Health North State. “While fresh and in-season produce is fantastic, if unavailable, there are plenty of health benefits in frozen, dried, and even canned fruits and vegetables.”

A PRIMARY CARE PHYSICIAN CAN OFFER WELLNESS AND NUTRITION TIPS FOR EVERY SEASON OF YOUR LIFE. TO FIND ONE, VISIT DIGNITYHEALTH.ORG/OURDOCTORS.



We're Here for You

WHEN YOU OR A LOVED ONE NEEDS CANCER CARE,
THERE'S NO PLACE LIKE HOME.

St. Elizabeth Community Hospital's Oncology and Infusion Center—the only of its kind in Tehama County—opened its doors to the community on Oct. 1, 2019.

“Before last fall, folks had to travel, sometimes as far as San Francisco or Sacramento, to get the cancer care they needed,” said Randy Pennebaker, PharmD, Senior Director of Operations and Director of Pharmacy at St. Elizabeth Community Hospital. “Now, advanced cancer care is in our community.”

In addition to providing immunotherapy and chemotherapy, the Infusion Center can deliver antibiotics, blood transfusions, arthritis medications and other blood-based treatments. The location on Liberty Parkway is convenient and gives patients the flexibility to obtain their therapies in a nonhospital environment. Romi Uribe, St. Elizabeth Oncology and Infusion Center Manager

of Clinic Operations, notes a referral to the Oncology and Infusion Center does not always mean a patient has a diagnosis of cancer, we also treat patients who have other types of blood disorders.

“Our oncology and infusion team is committed to making patients feel comfortable and welcome,” Uribe said. “We will do everything in our power to provide high-quality safe care and accommodate any needs.”

Four infusion chairs have been added to provide cancer therapies in our new location. The team of dedicated nurses has specialized training in chemotherapy and immunotherapy, as well as all types of infusion treatments.

“Our Oncology and Infusion Center provides the community with a critical resource filled with humankindness and hope,” Uribe said. “Our staff works to provide patients with compassionate care and services close to home where patients feel the most comfortable and supported.”



Close for Comfort

For many patients, receiving cancer treatment, feeling comfortable is a challenge. Chemotherapy treatments can cause a variety of side effects, including pain, fatigue and nausea. In those conditions, traveling might be the last thing a person wants to do. Now patients and their families can see the doctor and receive their chemotherapy treatments in the same convenient location.



JED FREEMAN, MD

“Patients receive radiation treatments daily, so a 70-mile round trip to Redding is inconvenient, and driving on I-5 can be stressful, especially when you’re sick and uncomfortable,” said Jed Freeman, MD, Hematology and Oncology Specialist at St. Elizabeth Community Hospital. “We have radiation treatment just around the corner from my office. We are helping a lot of patients with the bonus of convenience of care.”

Dr. Freeman joined the team in late September 2019 as the in-house board-certified Hematologist and Oncologist. He has over 29 years of experience, and Uribe believes his compassionate care fits right in at St. Elizabeth Community Hospital.

“Dr. Freeman takes the time to listen and get to know patients and their families,” Uribe said. “I think the community will be very pleased with the environment, care and attentiveness of our physician.”



Moving Forward

As specialty care like the Oncology and Infusion Center at St. Elizabeth Community Hospital is established, it opens the door to more improvements.

“Comprehensive care is required for oncology, because cancer is a multifaceted disease,” Dr. Freeman said. “Cancer affects all of the body, so fighting it effectively involves several different forms of care. The new approach is targeted therapy, which can be administered orally. This is in the works at St. Elizabeth Community Hospital.”

One option that’s now available in Radiology is a positron emission tomography (PET) scanner, which Dr. Freeman describes as “the state-of-the-art in cancer care.” During a PET scan, patients receive an injection of radioactive glucose, followed by a computer taking images of the places where the glucose is used. Cancer cells take up more glucose than normal cells, so the detailed scans help the provider locate cancer cells in the patient’s body.

As new innovations in oncology emerge, providers at St. Elizabeth Community Hospital will strive to make advanced treatment options available to their community while continuing to focus on compassionate care.

“Our No. 1 goal is providing safe, effective and excellent care to our patients, so we are excited to make oncology services local to the community,” Pennebaker said. “We hope to add more providers and resources as the program grows. We’re looking forward to what the future holds.”

The Importance of Immunotherapy

Your immune system works hard to fight several diseases, from influenza to infection. Now, with the help of immunotherapy, cancer can also be added to that list.

Immunotherapy allows cancer patients to use their bodies’ natural defense system to fight the disease. Some forms of immunotherapy strengthen the immune system to help it fight against cancer cells. Others make the cancer cells easier for the immune system to find and target.

Since cancer cells often go undetected by the body’s immune system, this is a crucial development. While it is less common than chemotherapy, radiation or surgery, immunotherapy can be used to treat some types of cancer, and it is available at St. Elizabeth Community Hospital.

“We’re proud to offer this advanced cancer treatment to our community,” said Jed Freeman, MD, Hematology and Oncology Specialist at St. Elizabeth Community Hospital. “This high-quality care combined with the convenience of the location will allow us to help a lot of people.”

The Oncology and Infusion Center is in the newly renovated Outpatient Services Center at 2340 Liberty Parkway, Red Bluff.

The Oncology and Infusion Clinic is open:

Monday through Thursday
7a.m.–5 p.m.

Infusion Center is open:

Monday through Friday
7a.m.–5 p.m.

FOR MORE INFORMATION ABOUT CANCER CARE, CALL 530.529.6010.



Safely Spring Into Exercise

WELCOME WARMER
WEATHER WITH
AN EXERCISE ROUTINE
TAILORED TO MEET
YOUR PHYSICAL NEEDS.

The sun is shining, the breezes are warm, and swimsuit season is on the horizon, making spring the perfect time to embrace exercise. If you have taken a break during the cold winter months, you may be eager to jump back into your fitness routine with vigor. But going too hard too fast can result in injury and pain, sidelining you once again.

“As people return to activities they have previously done, it is important to remember to start slowly and work your way back up to previous levels,” said Molly Hartzler, MD, Orthopedic Surgeon at Dignity Health Medical Foundation. “When we take time away from exercise, we tend to become deconditioned. Allow yourself time to build your strength and stamina back up.”

Options for Everyone

If you experience joint sensitivity caused by arthritis, joint replacement or a previous injury, exercise is not off the table. Dr. Hartzler recommends low-impact options, such as cycling and water-based exercises.

“The water relieves joint pressure but also provides resistance, which helps get the heart rate up in a safe and comfortable way,” Dr. Hartzler said. “Swimming, pool walking or running, and water aerobics are fantastic choices if you have access to a pool.”

“Engaging in exercise is extremely beneficial, and it does not have to be scary or intimidating.”

—Molly Hartzler, MD, Orthopedic Surgeon at Dignity Health Medical Foundation

If you do not have issues with your joints, a simple walk or hike is a great way to ease back into exercise. Plus, you do not have to purchase any special equipment or membership to participate.

Take time to find an activity that you like and can commit to doing regularly. The rewards you will reap are cumulative.

“In addition to improving cardiovascular health, exercise helps you regulate your blood sugar, improve your mood, manage your weight, and keep your bones and muscles strong,” Dr. Hartzler said. “In addition, exercise has been shown to decrease acute back and joint pain, as well as chronic pain issues. I have also noticed that exercise helps speed up recovery for my patients who are undergoing joint replacement surgery.”

When to Slow Down

It might be overexertion, if you experience soreness or weakness that persists after several days of rest. If you notice shortness of breath that does not improve with rest, arm heaviness, chest pain or pressure, dizziness, nausea, or vomiting, call 911. Even when you pace yourself, exercise can sometimes bring on or exacerbate physical complications that should be addressed.

Speak with your primary care provider (PCP) about a referral to an orthopedic specialist. He or she can help you identify any orthopedic issues and redesign your exercise routine to better align with your individual needs and abilities. Your PCP or orthopedic specialist can also help you connect with physical therapists, trainers or other local programs to help you get in shape.

“Engaging in exercise is extremely beneficial but doesn’t have to be scary or intimidating,” Dr. Hartzler said. “Many patients would like to increase their activity level but aren’t sure how. People feel like they need to join a fancy gym or buy some special equipment. Start by doing something small like taking a short walk and then go from there. The key is to do a little each day, and the consistency can add up to big benefits.”

TO FIND A PHYSICIAN WITH DIGNITY HEALTH NORTH STATE, VISIT [DIGNITYHEALTH.ORG/OURDOCTORS](https://dignityhealth.org/ourdoctors) OR CALL 866.914.3627.



Quick Tips for Joint Relief

Finding relief from arthritis pain may take less than two minutes, according to the Arthritis Foundation. Ideas to try include:

Leg Strengthening for Knee Support

- + Squeeze a ball between your knees for five seconds, then rest for five. Repeat six times.
- + Sit in a chair, extend one leg in front of you and pulse it upward toward the ceiling for 30 seconds on one leg. Then repeat on the other side.

Move to Improve Hip and Thigh Discomfort

- + March in place for one minute.
- + Take 10 steps forward and 10 steps back for one minute.

Upper Body Boost

- + Move your arms in a backward circular motion for 30 seconds.
- + Position your torso close to a table and make breaststroke motions with your arms on the tabletop for one minute.



Three Cheers for Our Doctors and Nurses!

Celebrating our doctors and nurses has been an annual tradition at Dignity Health North State. We appreciate our doctors and nurses now more than ever as they have cared for us on the front lines of the COVID-19 health crisis.

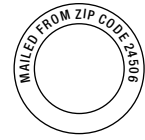
In past years, we celebrated Doctors Week and National Doctors’ Day by displaying banners in their honor and hosting meals to say thank you. Nurses are recognized with the 2020 Heroes in Nursing Awards.

We look forward to honoring our doctors and nurses at a future date. For all the small and big things, thank you for all you do.





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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.481.3293. (TTY: 1.916.349.7525).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.800.481.3293. (TTY: 1.916.349.7525).

Heading ~~out of town~~ around the corner for cancer treatment.

Oncology Center
2340 Liberty Parkway, Suite 200
Red Bluff, CA. 96080



Liberty Street

Diana

S. Main St.

Sister Mary Columba Dr.

St. Elizabeth Community Hospital
2550 Sister Mary Columba Dr.
Red Bluff, CA 96080
530.529.7760



St. Elizabeth Community Hospital now offers oncology and infusion services.

Call **530.529.6010** for more information.

Hello humankindness®