

# be well

A DIGNITY HEALTH PUBLICATION | WINTER 2021

New Partnership With  
Stanford Cardiac Surgery  
Program

Manage Hypertension:  
A Key to Heart Health

## Specialized Heart Care **Right Here**



**Dignity Health**<sup>®</sup>  
Mercy Medical Center  
Redding

# Leadership Letter

HELPING YOU

## BE WELL



We are approaching a full year of responding to the coronavirus pandemic. I applaud our physicians and staff, who have maintained the highest level of care during extraordinary

times. As a health system, we have ramped up precautions and embraced new protocols to keep our patients safe, pivoting to keep pace with the evolving healthcare landscape.

In addition to responding to new challenges with COVID-19, we have expanded our cardiology capabilities to help preserve your long-term health. The new partnership with Stanford ensures 24/7 coverage for heart patients. Interventional cardiologists can diagnose and treat blockages in the heart, and electrophysiologists diagnose and treat arrhythmias and other heart issues.

The past 12 months have been challenging and may have taken a toll on your physical or mental health. Reach out to providers for the routine care you need, and call 911 in an emergency. **Our pledge is to provide the best healthcare safely, during the pandemic and beyond.**

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



We have been providing excellent healthcare to our region for 70 years. Now, a new partnership between The Mercy Redding Heart Center and Stanford Health Care offers the most comprehensive range of cardiac services in the North State right here in Redding. We are excited to have two world-class heart surgeons who live in our community and perform

surgery at The Mercy Redding Heart Center. This expanded program provides academic medical and surgical heart services, including diagnosis, treatment and rehabilitation. Through this partnership, these surgeons work alongside our local team of cardiologists and heart health experts to offer our patients complex care and the best possible outcomes.

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

### St. Elizabeth Community Hospital



Heart disease is the No. 1 killer of both women and men in the United States. Celebrate American Heart Month by checking in with your primary care provider to learn your numbers and take action if your heart is at risk. We offer a full array of diagnostic services, including echocardiograms, CT scans, nuclear stress tests and stress EKG, to give your

physician a clear picture of your heart health and guidance on next steps if necessary. Take the steps toward bettering your heart health today.

### Mercy Medical Center Mt. Shasta

Patient needs and treatment options have changed a great deal since the Pain Management Program was originally established at Mercy Medical Center Mt. Shasta nearly a decade ago. After all this time, our goal remains the same—to provide the best treatment options and improve quality of life. Our program connects patients in pain with personalized treatment plans that help restore function without the risk of an opioid addiction.

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

**CONNECT**  
WITH US



For questions, comments or to  
unsubscribe, please contact  
us at  
[bewell@dignityhealth.org](mailto:bewell@dignityhealth.org)

Dignity Health  
2175 Rosaline Ave.  
Redding, CA 96001  
530.225.6000

For help choosing a primary care  
physician, call  
888.628.1948



CARDIOLOGY AND  
INTERVENTIONAL  
CARDIOLOGY  
SPECIALISTS AT DIGNITY  
HEALTH NORTH STATE  
ARE COMMITTED  
TO DELIVERING  
CARDIAC CARE WITH  
HUMANKINDNESS.

# A Heart for **Care**

**When you are facing** a cardiac condition, being able to count on a compassionate and experienced team of specialists is critical. That is what you can expect from the cardiology and interventional cardiology clinicians at Dignity Health North State.

“The corporate mentality at Dignity Health is committed to humankindness, and I love to be part of that,” said Sanjiv G. Faldu, MD, MBA, FACC, Cardiologist at Dignity Health Medical Group — North State. “That is a philosophy that my father—who was a family physician in India and then here in the United States—gave to me. He said that once you treat your patients like family, everything will be easy.”

Dr. Faldu is in the process of developing a robust cardiology program with multiple modalities and establishing a network of clinicians who are part of the community, including four interventional cardiologists who are affiliated with Dignity Health Medical Group—North State and a skilled electrophysiologist.

Together, these clinicians can diagnose and treat the full spectrum of cardiac conditions, including arrhythmia, congestive heart failure and hypertension. Procedures and services they specialize in include:

- cardiac arrhythmia management
- cardiac rehabilitation
- heart disease diagnostics and intervention
- heart surgery
- high-risk percutaneous coronary intervention (PCI)
- radial artery access
- vascular care



## Referrals When You Need Them

If you are in need of specialized cardiac surgery, you may be referred to The Mercy Redding Heart Center. Thanks to a partnership with Stanford Health Care, residents of the North State can receive world-class heart surgery performed by academic-affiliated surgeons without having to travel far from home.

As you recover from a cardiac event or surgery, or need help managing a newly diagnosed heart condition, you can count on cardiac rehabilitation programs to help you heal and be well in the future.

## Working Together for You

All doctors who are part of Dignity Health Medical Group—North State have access to a reliable electronic medical records system so they can easily communicate about your care when needed.

“We have good communication, and the doctors are approachable,” Dr. Faldu said. “Everyone is amazingly helpful, and the whole mentality is conducive to excellent patient care.”

TO LEARN MORE ABOUT CARDIOLOGY AT DIGNITY HEALTH NORTH STATE, VISIT [DIGNITYHEALTH.ORG/NORTH-STATE](https://DIGNITYHEALTH.ORG/NORTH-STATE).



# World-Class Surgical Care in the **Heart** of the **North State**

IN PARTNERSHIP  
WITH STANFORD  
HEALTH CARE, MERCY  
MEDICAL CENTER  
REDDING BRINGS  
SOPHISTICATED  
CARDIAC SURGICAL  
SOLUTIONS TO OUR  
COMMUNITY.



**If you are facing** a serious medical condition, the last thing you and your family want to do is travel long distances for life-saving care. However, if you live in the North State, that is what you may have had to do to receive specialized cardiac care and cardiac surgery.

“Almost 200 patients were leaving our community for heart surgery every year,” said Javed Nasir, MD, Director, Cardiac Electrophysiology at Mercy Medical Center Redding. “That is what led Mercy Medical Center Redding to form a partnership with Stanford Cardiac Surgery. Now patients do not need to leave home to access high-quality heart surgery by academic-affiliated surgeons.” Specifically, Mercy Medical Center Redding has partnered with Stanford Health Care to establish the Stanford Cardiac Surgery Program at The Mercy Redding Heart Center, which offers a complete spectrum of heart care services to patients in the North State. Whether you need heart disease education, information about prevention, advanced diagnostic options, interventional and surgical procedures or rehabilitative care, you can count on The Mercy Redding Heart Center to provide the best continuum of care in the region.

### **Building the A-Team**

Critical to the evolution of heart care at Mercy Medical Center Redding was the addition of John C. Chen, MD, Cardiac Surgeon at Mercy Medical Center Redding and Clinical Associate Professor at Stanford University. A cardiac surgeon with more than 30 years of experience, Dr. Chen established a cardiac surgery program at Kaiser Permanente Moanalua Medical Center in Honolulu, Hawaii, where he spent 20 years before moving to Northern California. He now delivers his organizational and surgical expertise to patients in our community.

“Before the collaboration with Stanford, I was the only heart surgeon on site,” said Eric Keyser, MD, FRCSC, FACC, Cardiac Surgeon at Mercy Medical Center Redding and Stanford Medicine. “I am now also a faculty member with the Stanford University School of Medicine and part of building and growing this program. Being able to recruit a high-quality surgeon like Dr. Chen to join our team was essential.”

Both residents of the Redding area, Dr. Chen and Dr. Keyser provide 24/7 cardiac surgery coverage to our area. Academic medical and surgical heart services offered through the Stanford Cardiac Surgery Program at The Mercy Redding Heart Center include:

- aortic valve replacement
- beating heart surgery
- cardiac valve surgery
- complex heart valve repair
- complicated coronary artery bypass surgery
- coronary artery bypass grafting
- minimally invasive heart valve surgery
- mitral valve repair/replacement
- off-pump coronary artery bypass grafting

“We provide the entire gamut of care for cardiothoracic surgery and anything that requires chest surgery, and we deliver that care safely and with a dedication to excellence in partnership with Stanford,” Dr. Chen said. “Stanford is the Chicago Bulls of healthcare by reputation, and through this partnership, The Mercy Redding Heart Center is moving to that world-class status, as well.”

In addition to providing excellence in cardiothoracic surgery, The Mercy Redding Heart Center features a full-service Electrophysiology Program. Led by Dr. Nasir, the program specializes in both inpatient and outpatient care, providing the full range of electrophysiology procedures, including:

- atrial fibrillation ablations
- cardiac resynchronization therapy
- defibrillator placement
- electrophysiology studies
- pacemaker placement
- supraventricular tachycardia ablations

“Before we started the Electrophysiology Program here at The Mercy Redding Heart Center, many patients were traveling several hours to San Francisco or Sacramento to get electrophysiology consultations and/or procedures,” Dr. Nasir said. “Today patients can receive their care locally from a group of experienced physicians who closely work together to provide high-quality, patient-centered care. I am excited and honored to work at a hospital that is constantly striving to provide outstanding services to the North State.”

---

TO FIND A CARDIAC SPECIALIST AT MERCY MEDICAL CENTER REDDING, VISIT [DIGNITYHEALTH.ORG/OURDOCTORS](https://www.dignityhealth.org/ourdoctors) OR CALL **866.914.3627**.



### The Unparalleled Value of Self-Care

While clinicians play a key role in cardiac wellness, the habits you practice in your everyday life are also of critical importance.

“Cardiac health is really up to the individual,” said John C. Chen, MD, Cardiac Surgeon at Mercy Medical Center Redding and Clinical Associate Professor at Stanford University. “By making healthy practices part of your daily life, you can have a tremendous impact on the well-being of your heart and lungs.”

Dr. Chen cites **quitting smoking** as the No.1 most powerful lifestyle change you can make to improve your cardiovascular health. In addition to going smoke-free, **eat nutrient-rich foods that are low in saturated fat and exercise for at least 30 minutes every day.**

# Don't Ignore the Hype Around Hypertension

IF YOU DON'T TREAT YOUR HIGH BLOOD PRESSURE, YOU COULD FACE LIFE-THREATENING CONSEQUENCES.



## The DASH Eating Plan

Developed by the National Institutes of Health, the DASH eating plan is simply a balanced mix of whole grain, fruit, vegetables, lean protein, low-fat dairy and healthy fats. You must limit high-fat meat and dairy, oils high in trans and saturated fats, and sugary drinks and desserts. There are numerous cookbooks and websites with recipes and meal plans to help you get started. But if you're aiming to eat 2,000 calories a day, here's what it might look like.

### Daily Servings

Grains: 6–8  
Meats and fish: 6 or less  
Vegetables: 4–5  
Fruit: 4–5  
Low-fat or fat-free dairy: 2–3  
Fats and oils: 2–3  
Sodium: 1,500 to 2,300 mg

### Weekly Servings

Nuts, seeds, beans and peas: 4–5  
Sweets: 5 or less

**Between the COVID-19** pandemic, inescapable wildfires and economic uncertainty for many, the past year has raised the stress levels of just about everyone. While stress and anxiety may have caused you to lose sleep or drink one too many glasses of wine, it could also be affecting your health in a silent but deadly way—high blood pressure, or hypertension.

### What Is Hypertension?

Everyone's blood pressure rises and falls throughout the day, depending on your level of activity and emotion. But a consistently higher than normal blood pressure puts you at risk for heart disease, a heart attack, a stroke and even kidney disease.

A normal, healthy blood pressure reading is defined by the American Heart Association as being less than 120 mm Hg and less than 80 mm Hg, or 120/80 mm Hg. The first number refers to your systolic blood pressure—the pressure in your arteries when your heart beats—and the second number refers to your diastolic blood pressure—the pressure when your heart is paused between beats.

If you have hypertension, your blood pressure is regularly above 130/80 mm Hg. If your blood pressure is below that but above the normal level, you are at risk for hypertension. But high blood pressure usually has no symptoms, so you might not even know your health is in danger.

## Managing High Blood Pressure

Any treatment of hypertension will most likely start with lifestyle changes.

- If you **smoke**, you'll need to quit.
- If you **drink alcohol**, you'll need to cut way back, if you don't entirely quit.
- You'll need to eat a **heart-healthy, low-sodium diet**, high in fruits and vegetables and low in red meat. The DASH (Dietary Approaches to Stop Hypertension) eating plan is often recommended, as it has been clinically proven to lower blood pressure and low-density lipoprotein (LDL), or "bad," cholesterol.
- **Exercise is a key** part of lowering blood pressure. The Centers for Disease Control and Prevention recommends at least 150 minutes of exercise each week to help treat hypertension. (That's five 30-minute workouts or about 22 minutes of exercise daily.)
- **Managing your stress** levels is also important. Meditation and therapy can help you feel less stressed out, no matter what's happening in the world.

Medication can also be an important part of treating hypertension. Most blood pressure medications have few side effects, but they can interact negatively with other drugs.

If you are diagnosed with hypertension, you will have to regularly monitor your blood pressure to make sure the medication is working.

## Preventing Hypertension

Even if your blood pressure is normal, or just slightly high, that doesn't mean you shouldn't worry about hypertension later in life. Making lifestyle and dietary changes and staying at a healthy weight can help prevent you from developing high blood pressure.

Getting enough sleep and drinking no more than one drink per day if you're a woman and two drinks per day if you're a man can also help. And if you haven't quit smoking or other tobacco use, now is the time to stop.

DON'T LET YOUR HIGH BLOOD PRESSURE STAY UNTREATED. MAKE AN APPOINTMENT WITH A DIGNITY HEALTH NORTH STATE PROVIDER TODAY AT [DIGNITYHEALTH.ORG/NORTH-STATE](https://DIGNITYHEALTH.ORG/NORTH-STATE).



## Community Medical Clinics

In addition to several locations with acute walk-in care, Dignity Health Community Clinics offer preventive care that can help treat your high blood pressure including medication management and information about diet and exercise. Contact one of our clinics or go to our website to see hours and locations with walk-in or appointment availability.

**Dignity Health Medical Group**  
1755 Court Street  
Redding, CA 96001  
**530.247.8800**

**Dignity Health Medical Group**  
2510 Airpark Drive, Suite 301  
Redding, CA 96001  
**530.242.3500**

**Dignity Health Medical Group**  
2656 Edith Avenue, Suite B  
Redding, CA 96001  
**530.244.2882**

**Dignity Health Medical Group**  
2780 Eureka Way  
Redding, CA 96001  
**530.229.0360**

**Dignity Health Pine Street Clinic**  
408 Pine Street  
Mt. Shasta, CA 96067  
**530.926.7196**

**Lake Shastina Community Clinic**  
16337 Everhart Drive  
Lake Shastina, CA 96094  
**530.938.2297**

**Lassen Medical Clinic—Cottonwood**  
20833 Long Branch Drive  
Cottonwood, CA 96022  
**530.347.3418**

**Lassen Medical Clinic—Red Bluff**  
2450 Sister Mary Columba Drive  
Red Bluff, CA 96080  
**530.527.0414**

**Women's Health Services**  
2490 Sister Mary Columba Drive  
Red Bluff, CA 96080  
**530.529.2966**

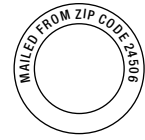
**Mt. Shasta Community Clinic**  
912 Pine Street  
Mt. Shasta, CA 96067  
**530.926.7131**

**Solano Street Medical Clinic**  
2126 Solano Street  
Corning, CA 96021  
**530.576.5617**





2175 Rosaline Ave.  
Redding, CA 96001



NONPROFIT ORG.  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 830



This is a recyclable product. Dignity Health complies with applicable federal civil rights laws and does not discriminate against, exclude or treat people differently on the basis of race, color, ethnicity, national origin, age, language, physical or mental disability, religion, sex, sexual orientation, and gender identity or expression. For more information, see [dignityhealth.org](http://dignityhealth.org)

*Be Well* is published by Dignity Health. The material in *Be Well* should not be considered specific medical advice, as each individual circumstance is different. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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).

# World-class cardiac surgery. Now in Redding.

## The Mercy Redding Heart Center

Stanford Cardiac Surgery in affiliation with The Mercy Redding Heart Center offers next generation care—right in the place you call home. Two of Stanford Medicine’s renowned cardiac surgeons now practice here in Redding alongside our affiliated cardiologists to offer patients the best possible outcomes.

Our approach to care focuses on treating the whole person—elevating the science of medicine with the healing power of humankindness. Learn more about our cardiac care team, specialty programs, and how to request a referral at [DignityHealth.org/MercyReddingHeart](http://DignityHealth.org/MercyReddingHeart).

**Hello humankindness®**

