

be well

A DIGNITY HEALTH PUBLICATION | WINTER 2021

New Partnership With
Stanford Cardiac Surgery
Program

Manage Hypertension:
A Key to Heart Health

Better Options to

Manage Chronic Pain



Dignity Health[®]

Mercy Medical Center
Mt. Shasta

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



2 | DIGNITYHEALTH.ORG

 **Dignity Health**®

For questions, comments or to
unsubscribe, please contact
us at
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.



Teaming Up Against Pain

THE OPIOID CRISIS DIDN'T STOP WHEN THE CORONAVIRUS PANDEMIC BEGAN. THAT'S WHY A MULTISPECIALTY GROUP OF EXPERTS AT MERCY MEDICAL CENTER MT. SHASTA OFFERS A WIDE RANGE OF ALTERNATIVES TO HELP PATIENTS MANAGE CHRONIC PAIN.

In 2018, more than 2,400 Californians died from drug overdoses involving opioids, according to the National Institute on Drug Abuse. Opioid addiction remains a serious problem in the state. Finding a long-term solution requires a multipronged effort, and part of that work is taking place at Mercy Medical Center Mt. Shasta.

Established in 2013 to treat acute (short-term) pain, the Mercy Medical Center Mt. Shasta Pain Management Program has since expanded to include a wide range of treatments for chronic pain—the kind that lasts weeks, months or years. Using the expertise of providers from across the Mercy Medical Center Mt. Shasta campus, the program helps patients regain function, independence and enjoyment of life while demonstrating that opioids are not the only option for managing pain.

“Many of the non-opioid options we offer, such as nerve block injections, allow for a better quality of life,” said Elizabeth Pulatie, MSN, Chief Nurse Executive Officer and Vice President of Patient Care Services at Mercy Medical Center Mt. Shasta. “They help patients improve or completely regain the function they lost.”

Roads to Relief

For many patients, their experience with the Pain Management Program starts with an appointment with Jon Wilton, DNAP, CRNA, Director of Anesthesia at Mercy Medical Center Mt. Shasta. He conducts an initial evaluation, creates a treatment plan and, if necessary, refers patients to other providers involved in the program.

Wilton provides nerve blocks and other treatments for patients with neuropathic (nerve-related) and musculoskeletal pain, including:

- cooled radiofrequency ablation, which uses radiofrequency energy to heat and disrupt nerve conduction
- dextrose prolotherapy, which is the injection of a solution to treat painful joints and tissues
- pulsed radiofrequency treatment, which delivers short bursts of energy to nerves, disrupting pain signals
- needle tenotomy, a treatment that helps stimulate tendon healing
- nerve hydrodissection, which uses fluid to relieve pressure on nerves

Did You Know?

Chronic pain may increase COVID-19 risk, according to the American Society of Regional Anesthesia and Pain Medicine.



For some patients, pain management can be life-changing.

“Many of our patients have avoided disability or returned to work or everyday activities,” Wilton said. “People have traveled from as far away as Los Angeles and Minnesota to receive treatment in our program.”

All Together Now

A key reason for the program’s success is that it encompasses far more than the treatments Wilton offers. Orthopedic Surgeons Todd Guthrie, MD, Glen O’Sullivan, MD, Keith Ure, MD, and Surgery Physician Assistant Todd DeCarlis play important roles in the program. The surgeons perform procedures to treat pain originating in the back and spine, such as sacroiliac joint fusion and implantation of pain pumps to deliver medication.

Primary care physicians (PCPs) refer patients to the Pain Management Program and coordinate services that can help manage pain, such as physical therapy. Physical therapists help patients build strength and improve mobility. Pharmacy staff ensure providers have the medications they need to treat patients. Other important members of the program include Certified Registered Nurse Anesthetists (CRNA), Radiologists, Nurses and Operating Room staff.

The Pain Management Program’s popularity has surged since its inception nearly a decade ago. After seeing approximately 60 patients during its first year, the program treated more than three times as many people (190) during a four-month period in 2020.

Data collected by the program shows clear benefits for patients who received non-opioid treatment compared with those who received opioids—the former enjoyed shorter hospital stays, fewer side effects requiring additional medication and higher satisfaction with care. Those results helped gain approval and build broad support for the program throughout Mercy Medical Center Mt. Shasta, according to Director of Pharmacy Natalie Codianne, PharmD. She helped gain approval for the program from hospital leadership committees.

“We’re always supported to do the right thing for patients,” Codianne said. “That’s one of the things I love about working for Mercy Medical Center Mt. Shasta.”

5 Facts About Chronic Pain

- 1. Women are disproportionately affected.** Women have a higher risk for many types of pain and report more chronic pain than men, according to the National Library of Medicine.
- 2. Chronic pain can cause a wide range of sensations.** Some people experience long-lasting pain as soreness or throbbing. For others, it’s more intense and may feel like burning or shooting discomfort. Chronic pain can affect any part of the body.
- 3. The cause may not be clear.** In some cases, physicians can trace chronic pain to another medical condition, such as cancer, arthritis or an infection. Sometimes, however, chronic pain occurs for unknown reasons.
- 4. Chronic pain can trick the body.** Caused by nerve damage, a type of chronic pain known as neuropathic pain can, over time, fool the brain and spinal cord into thinking severe pain is occurring without a trigger.
- 5. Addressing mental health is key** to managing chronic pain. If you’re depressed or stressed, chronic pain may get worse.



IF YOU’RE LIVING WITH CHRONIC PAIN, ASK YOUR PCP FOR A REFERRAL TO THE PAIN MANAGEMENT PROGRAM AT MERCY MEDICAL CENTER MT. SHASTA. DON’T HAVE A PCP? FIND ONE AT [DIGNITYHEALTH.ORG/NORTH-STATE/LOCATIONS/MERCY-MTSHASTA](https://dignityhealth.org/north-state/locations/mercy-mtshasta).

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.



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

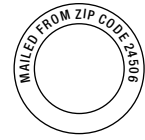
Mt. Shasta Community Clinic
912 Pine Street
Mt. Shasta, CA 96067
530.926.7131

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



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

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).



Care for Women of All Ages

Many women share health concerns, but no two women are alike. That is why our clinics are dedicated to providing compassionate obstetrics and gynecology care. We will help manage, treat, and prevent a variety of conditions with humankindness.

Schedule your appointment today.

- Pregnancy care
- Well woman care
- Gynecologic disorders
- Gynecologic surgeries
- Menopause
- Hysterectomy
- Bladder concerns
- Infections
- Pelvic pain
- Hormone disorders and more



Dignity Health.
Mercy Medical Center
Mt. Shasta