

# be well

A DIGNITY HEALTH PUBLICATION | FALL 2022

St. Elizabeth Community Hospital:  
**Your Primary Care Physician,  
Your Partner in Health**

Mercy Medical Center Mt. Shasta:  
**Taking Stroke Care to  
the Next Level**

Mercy Medical Center Redding:  
**Nationally Recognized  
Cancer Care, Right Here**

FALL INTO  
*Healthy*  
HABITS



**Dignity Health®**

St. Elizabeth Community Hospital

# Leadership Letter

HELPING YOU

## BE WELL



**Fall is here**, and that means campfires and stargazing, family gatherings and potlucks, pumpkin patches and apple picking. At Dignity Health, we want to help you feel your best so you can fully enjoy all these fun experiences with your loved ones.

On the other hand, we know how easy it is to develop poor habits in the midst of a busy season—like reaching for a bag of chips to combat some mid-afternoon hunger. In this fall issue of *Be Well*, we share the benefits of drinking coffee daily and the guidelines to help ensure you don't overdo it. We also share general tips to maximize your health, mood and overall well-being. Remember, our providers are here to help you care for your health wherever you are in your journey.

Through innovation, faith and advocacy, our healing philosophy is all about meeting your needs. That's humankindness. Visit [dignityhealth.org](http://dignityhealth.org) to learn more about our mission or to find other helpful resources such as COVID-19 information and provider directories.

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

### St. Elizabeth Community Hospital



Establishing a relationship with a primary care physician is one of the most important things you can do for your health. From getting to know your medical history to identifying and treating any health concerns, our physicians at St. Elizabeth serve their patients as partners in their health. We also encourage all our patients to get up and get moving. Physical activity preserves health, and it's never too late to take action toward a healthier future. If you need a primary care provider, we offer services at our clinics in Red Bluff and Cottonwood.

### Mercy Medical Center Mt. Shasta

I'm proud to announce Mercy Mt. Shasta's recent Primary Stroke Center certification by The Joint Commission. This achievement recognizes our work in meeting the specialized needs of our stroke patients. We know how critical it is to treat strokes in a timely manner, so our care team has a high standard of clinical service, which means improving outcomes and reducing risk for patients. Earning this advanced certification is just the latest way to show that we care deeply for our Mt. Shasta community.

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

### Mercy Medical Center Redding



In cancer care, access to precision medicine is vital, and patients deserve to have specialized oncology teams that can care for them comprehensively and efficiently. That's why we have two Mercy Redding Cancer Center locations that hold the highest level of accreditation from the American College of Surgeons. From diagnosis through treatment and beyond, our multidisciplinary approach includes resources such as support groups and workshops to make sure our patients and their loved ones know they are not alone in their journey.

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

**CONNECT**  
WITH US

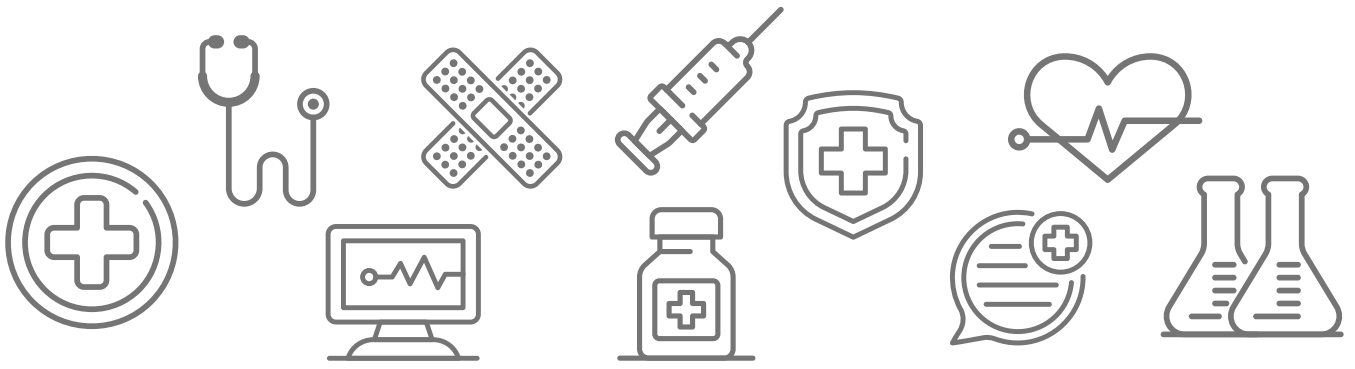


**Dignity Health**

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

Dignity Health  
2550 Sister Mary Columba Dr.  
Red Bluff, CA 96080  
**530.529.8000**

For help choosing a primary care  
physician, call  
**888.628.1948**



## Helping You Reach

# Your Primary Goal

TO BECOME YOUR HEALTHIEST SELF, YOU NEED A PRIMARY CARE PROVIDER (PCP). TO FIND ONE, LOOK NO FURTHER THAN SOLANO STREET MEDICAL CLINIC IN CORNING.

**A relationship with** a primary care physician is one of life's most important connections. Your PCP gets to know your health better than anyone else. You can turn to your PCP for treatment of acute conditions, management of long-term health challenges and guidance for reducing your risk for serious health threats.

Lack of time and availability can make it difficult to see a PCP—and to put your health first. That's why Solano Street Medical Clinic makes it convenient for patients to access care by offering walk-in visits and same-day scheduled appointments Monday through Friday from 7:30 a.m. to noon, and 1 to 5 p.m. The clinic team includes two primary care physicians, three physician assistants (PAs) and a nurse practitioner.

"While there's a PCP shortage in the U.S., we're blessed to have a panel of providers large enough that we can offer walk-in care," said Jeannette Fahey, CRHCP, Manager of Clinic Operations at St. Elizabeth Community Hospital. "One of our PAs specializes in pediatrics, which is an important service to offer in our community."

### Your New Medical Home

Located at 2126 Solano St. in Corning, the Solano Street Medical Clinic offers a variety of services, including:

- Annual physical exams
- Chronic disease management
- Health education
- Immunizations
- Lab draws (available on Mondays from 7:30 to 11:30 a.m.)
- Preventive care
- School and sports physical exams
- Walk-in care for a variety of illnesses and injuries
- Well child and well adult care

A podiatrist sees patients at the clinic on Mondays and Fridays. The clinic also offers behavioral health services from a licensed clinical social worker on Fridays.

"We're continuing to grow our services so we can bring more to our community," Fahey said. "Many of our staff live in this community, and they're invested in its health."

TO LEARN MORE ABOUT THE SOLANO STREET MEDICAL CLINIC, VISIT [DIGNITYHEALTH.ORG/SOLANOSTREET](https://dignityhealth.org/solanostreet). TO SCHEDULE AN APPOINTMENT, CALL **530.824.4002**.

### Where to Find Care

#### DIGNITY HEALTH WOMEN'S HEALTH SERVICES

2490 Sister Mary Columba Drive  
Red Bluff, CA 96080  
530.529.2966

Open Monday through  
Friday 7:30 a.m. to noon  
and 1 to 5 p.m.

#### LASSEN MEDICAL CLINIC

2450 Sister Mary Columba Drive  
Red Bluff, CA 96080  
530.527.0414

Open Monday through  
Friday 8 a.m. to 5 p.m.  
and Saturdays 8 a.m. to 4 p.m.

#### LASSEN MEDICAL CLINIC— COTTONWOOD

20833 Long Branch Drive  
Cottonwood, CA 96022  
530.347.3418

Open Monday through  
Friday 7:30 a.m. to 5 p.m.

SISKIYOU COUNTY'S HOME FOR

# High-Quality Stroke Care



MERCY MT. SHASTA'S RECENT STROKE CARE CERTIFICATION IS A BIG WIN FOR LOCAL RESIDENTS.

**In April, Mercy Mt. Shasta** joined its sister Dignity Health facilities in the North State as a certified Primary Stroke Center. This means that The Joint Commission and its partner, the American Heart Association/American Stroke Association, recognize that Mercy Mt. Shasta follows evidence-based best practices to care for patients who have a stroke. Recognition for Mercy Mt. Shasta followed certifications for St. Elizabeth Community Hospital as a Primary Stroke Center and Mercy Redding as an Advanced Primary Stroke Center.

“Strokes can have devastating consequences, but timely intervention and treatment can preserve quality of life,” said Barbara Clark, RN, Nurse Manager of the Emergency Room and Intensive Care Unit and Trauma Program Manager at Mercy Mt. Shasta. “Having a robust stroke program is especially important in a rural area like ours where travel times can be lengthy.”

That’s because in stroke care, every second counts.

## Saving Time—and Brain

People who experience the most common kind of stroke—one due to a blood clot blocking an artery that carries blood

to the brain—need to receive medication to break up the clot within three to four and a half hours after symptoms begin. Mercy Mt. Shasta has established processes that support the necessary prompt response. Immediately upon being notified a patient with a suspected stroke is on the way in an ambulance, the hospital issues a stroke alert to staff. This sets the team’s stroke care into motion.

The stroke team quickly pre-registers the patient and arranges for a CT scan of the head to determine what type of stroke he or she is having.

“We can give medications that dissolve the blood clot causing the stroke and stabilize other conditions, such as high blood pressure or seizure,” Clark said. “We transfer patients who require neurology or neurosurgical services. When it’s appropriate for patients to stay at Mercy Mt. Shasta for further care, we offer rehabilitation services, including physical, occupational and speech therapies.”

---

NEED A HEALTH CARE PROVIDER WHO CAN HELP YOU REDUCE YOUR STROKE RISK? VISIT [DIGNITYHEALTH.ORG/MTSHASTASTROKE](https://dignityhealth.org/mtshastastroke).

## Need for Speed

Quickly recognizing the signs of a potential stroke is the key to getting timely care. To spot the signs, think B.E.F.A.S.T.:

- + **B is for balance.** A stroke can cause an inability to balance.
- + **E is for eyes.** Sudden blurred, double or loss of vision are signs of a stroke.
- + **F is for facial drooping.** A stroke can cause drooping or numbness on one side of the face.
- + **A is for arm weakness.** One arm may be weak or numb from a stroke.
- + **S is for speech problems.** Slurred speech may be a sign of a stroke.
- + **T is for time.** Call 911 if you notice any signs of a stroke.

## Looking Ahead:

# The Future of *Cancer Care*

MERCY REDDING  
CANCER CENTER  
CONTINUES TO GROW  
TO MEET THE NEEDS  
OF OUR NORTH  
STATE COMMUNITIES,  
PROVIDING  
COMPREHENSIVE CARE  
CLOSE TO HOME.

**When you or a loved one** faces a cancer diagnosis, the last thing you want is the inconvenience of traveling to receive care. At the Mercy Redding Cancer Center, we offer high-quality, personalized care you can trust—and our nationally recognized services are expanding, giving you everything you need without leaving home.

### Big City Service, Small Town Care

The Mercy Redding Cancer Center has served the North State for over 30 years. The program now has earned the highest level of accreditation by the American College of Surgeons.

“There’s no need to leave the community to receive excellent cancer care,” said Christopher Galloway, Interim Director of the Oncology Service Line at Mercy Redding. “Why travel hundreds of miles to get the same care you can get right here? We also partner with you throughout the entire cancer journey, which is a commitment you don’t always see at big city cancer centers.”

Mercy Redding provides access to specialty services you would find in a cancer center located in a large, urban area, including advanced breast cancer surgeries and genetic counseling. The program also offers precision, medical and radiation oncology, and the cancer specialists coordinate to ensure patients receive a seamless approach to their care.

### Compassion and Support

Care for patients is the driving force for the team at Mercy Redding.

Cancer services go beyond diagnosis and treatment to encompass emotional and social needs.

“We have patient navigators who help patients communicate with their providers and navigate the treatment process,” Galloway said. “We now have social workers who provide emotional support in individual and group settings.”

Patients also have access to patient advocates who take care of various needs, such as gas cards and nutritional concerns, that can compound the stress of cancer treatment. Support groups offer encouragement by connecting people in similar situations.

“We assist with all the psychosocial needs that come with a cancer diagnosis,” Galloway said. “We provide support for the entire person. That’s what sets us apart from other providers of cancer services.”

### Looking Ahead

Mercy Redding is in the planning stages to build a new Regional Cancer Center located near the Sacramento River, in the heart of Redding.

“The new facility will offer multidisciplinary, specialized treatment all under one roof,” Galloway said. “It will be fantastic for our community.”

SUPPORT THE NEW REGIONAL CANCER CENTER  
BY DONATING TO MERCY FOUNDATION NORTH AT  
**SUPPORTMERCYNORTH.ORG** OR TO LEARN MORE, VISIT  
**DIGNITYHEALTH.ORG/MERCYREDDINGCANCERCARE.**

# Don't Fall for Bad Health Habits

FALL IS A BUSY TIME OF YEAR FOR THE WHOLE FAMILY.  
HERE'S HOW TO STAY HEALTHY ALL SEASON LONG.

Let leaves be the only thing that piles up this fall. When the family's schedule gets busy it's easy to develop some bad health habits. Make health a part of your family's autumn routine by keeping these four tips in mind:

## 1. Eat right to feel right.

Did you know that 1 in 10 American children don't get the recommended amount of daily vegetables? Eating healthy is important when kids are young because poor nutrition contributes to low academic achievement. A diet rich in fresh fruits, vegetables and lean protein also sets the stage for good health later in life, helping prevent serious health conditions, such as heart disease, obesity and cancer, and improving longevity.



## 2. Keep up with appointments.

Primary care providers (PCP) specialize in medical care for a wide range of health concerns. People who schedule regular PCP appointments receive more preventive care, have better control over chronic conditions and address health issues before they become problems. Seeing your PCP more often keeps you healthier long term.

## 3. Sleep it off.

Daily life prevents many of us from getting the recommended amount of sleep each night. Adults should get at least seven hours of sleep per night, teens need eight to 10 hours and school-age children need nine to 12 hours. Sleep helps prevent cardiac problems, improves brain functioning and regulates mental health. If you struggle to get quality sleep, set a regular bedtime, avoid caffeine after lunchtime and remove screens from the bedroom.



## 4. Stay active.

Work schedules and family responsibilities can make it difficult to stay active, but getting regular physical activity is one of the most important things we can do for our overall health. Consistent exercise helps manage weight, prevent disease, boost brain health and strengthen bones and muscles. Aim for 150 minutes a week of moderate physical activity. This can include traditional exercise as well as active chores around the house such as gardening, car washing or vacuuming—even better, turn up the music and make it a family affair by getting the kids involved.



READY TO PREVENT BAD HEALTH HABITS ALL YEAR LONG? FIND A PROVIDER NEAR YOU AT [DIGNITYHEALTH.ORG/OURDOCTORS](https://www.dignityhealth.org/ourdoctors).

# Coffee, Anyone?



ACCORDING TO RECENT STUDIES, COFFEE MAY BE JUST WHAT THE DOCTOR ORDERED.

**Ever wonder if drinking** too much coffee harms your health? Although too much in one day can make you jittery, over time, drinking coffee has been shown to have positive impacts on your health.

Published this past March in the *Journal of the American College of Cardiology*, the first part of the study observed data of 380,000 people with no heart disease. Researchers found that people who drank a cup of coffee daily had the lowest risk of heart-related death and stroke, while people who drank two to three cups a day had the most significant overall benefit with a 10% to 15% lower risk of coronary artery disease, heart disease and heart failure.

## More Good News

Drinking coffee likely benefits people with heart disease, too. In the second part of the study, data from nearly 35,000 people with cardiovascular disease showed that coffee didn't increase the risk of heart rhythm problems. Drinking two to three cups was also linked to a lower death rate during the study period.

## More Than a Quick Rush of Caffeine

When it comes to cardiovascular health, choosing regular coffee proved more beneficial than decaf to help:

- Block absorption of fat
- Increase metabolism
- Decrease inflammation
- Promote healthy blood sugar levels
- Improve mood
- Protect from cell damage

Even with all the possible benefits, don't rush to drink more. Some people naturally metabolize caffeine more slowly than others, which can cause anxiety or jittery feelings.

## How to Make Your Coffee Matter

Drinking ground or instant coffee has the same cardiovascular effects. But if you like your French press, here's one reason to consider a drip coffee maker: Making coffee with a paper filter may help remove a compound linked to harmful LDL ("bad") cholesterol.

Loading up your cup with cream or sugar may increase your daily caloric intake or cause blood sugar problems.

IF YOU HAVE CONCERNS ABOUT YOUR HEART HEALTH, VISIT [DIGNITYHEALTH.ORG/OURDOCTORS](https://DIGNITYHEALTH.ORG/OURDOCTORS) TO FIND A DIGNITY HEALTH PROVIDER IN THE NORTH STATE.

## Enjoy Your Coffee Without Ruining Your Sleep

The smell of the beans, the sound of the pot filling and the first sip in the morning can feel irresistible. But your coffee routine may be getting in the way of your sleep if you're experiencing:

- + Anxiety
- + Headaches
- + New or worsening insomnia
- + Poor quality sleep

While caffeine usually has maximum effect within 30 to 60 minutes of consumption, it can stay in your system for several hours. Caffeine blocks the brain from responding to adenosine, a natural chemical that encourages sleep. This may interrupt your internal sleep-wake cycle.

To keep your coffee habit from interfering with your sleep habit, try to:

- + Avoid caffeine for at least six hours before bedtime.
- + Limit caffeine to 400mg a day (approximately four 8-ounce cups of coffee).
- + Follow a nightly routine with some quiet, screen-free time.


**If your sleep doesn't improve with these changes, talk with your provider about other options that may help.**



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).

# For day-to-day care, we're right here.

## Solano Street Medical Clinic

Like any good relationship, you want a health partner who will be by your side in good times—and when you're not feeling your best. At Dignity Health's Solano Street Medical Clinic, our providers are here to care for your day-to-day needs with walk-in care that fits around your schedule, as well as same-day and advance appointment options. From treating flus, colds and sore throats, to annual physicals, pediatric care, preventive medicine, podiatry, diabetes care and more, our team has all your health needs covered. Learn more about us at [DignityHealth.org/SolanoStreet](http://DignityHealth.org/SolanoStreet).

**Solano Street Medical Clinic**  
2126 Solano Street  
Corning, CA 96021  
Appointments: (530) 824-4002

