

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • WINTER 2018



Stronger together

We've drafted NFL's Derek and David Carr
to help us spread health and humankindness



5

fun facts about Dr. Unal

- 1 As a boy, he loved books about dogs and anatomy.
- 2 He moved to Orange County from Turkey at age 13.
- 3 He's the first doctor in his family. His parents are engineers.
- 4 He backpacked through Europe with a college buddy.
- 5 He's a weight lifter, snowboarder, and hiker.

Berkay Unal, MD, trained in orthopedic surgery at University of Southern California. He received additional fellowship training in sports medicine at the University of Kentucky, where he helped cover four college teams and the local high school teams.

Ask a sports doc

If you're sidelined by a sports injury, Berkay Unal, MD, would like to help you get back to what you love to do. He's the newest orthopedic surgeon at the Orthopedic, Spine & Hand Center at Mercy Hospital Southwest. We asked him recently about his work:

Q What sports injuries do you see most?

Sports injuries can range from common tendinitis to broken bones. I treat a lot of athletes and weekend warriors. Knee injuries, including meniscus and ligament tears, are most common in my clinic. I also treat a lot of shoulder instability and rotator cuff tears. Contact athletes are at increased risk for these.

Q What is your approach to treatment?

I try to offer nonsurgical options first, like physical therapy or injections. In younger patients who want to remain active and quickly return to their lifestyle, the best option may be surgical. I do minimally invasive surgery on knees and shoulders. I repair and reconstruct ligaments, tendons, and cartilage. I also do shoulder and knee replacements in older patients with arthritis.

Q What's the best way to prevent an injury?

Conditioning is key. And when starting or returning to sports, don't do too much too soon. Remember to stretch, warm up, and wear the proper protective equipment for your sport.

Make an appointment

Dr. Unal treats kids 12 and up and adults of all ages. To schedule an appointment, call **661.664.2300**.

CALL 

Hello humankindness®

We hope you enjoy this issue of HelloHealthy. Comments about the publication can be directed to the Marketing and Communications Department:

DIGNITY HEALTH – Mercy & Memorial Hospitals
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Marketing and Communications Department

Robin Mangarin-Scott–Vice President Strategic Marketing and Communications–Central California

Michelle Willow–Director of External Communications–Central California

Cody Brutlag–Marketing Manager–Central California

Jessica Neeley–Communications Specialist–Central California

Fabiana Rienzo–Communications Specialist–Central California

Michelle Oliver–Marketing Manager–Central California

Heart doctor spreads the love

For the past 30 years, Bakersfield Cardiologist Peter Nalos, MD, has cared for hearts here in Kern County. Now he's expanding his mission field to include children half a world away.

Over the past five years, Dr. Nalos has helped build 36 schools in Africa, funding most with his own money. About a year ago, he co-founded the nonprofit organization African Children's Schools in an effort to break the cycle of illiteracy for kids in rural African countries.

Opening his heart

For Dr. Nalos, this journey began many years earlier while traveling deep in the jungles of Zimbabwe. The doctor was so impressed by the African people's willingness to help him on his expedition that they quickly won his heart.

"They were all helping me on this adventure, and I just fell in love with the people and the kids," Dr. Nalos says. "So I was willing to go anywhere."

And that he did. After years of visiting Africa on safaris, Dr. Nalos says he had a feeling it was time to start on a new, divinely inspired expedition.

"I just felt like it was God's voice

telling me, 'If you want to see my face, you're seeing it in the face of African children,'" Dr. Nalos says. "And it was like, it's time to start doing something meaningful."

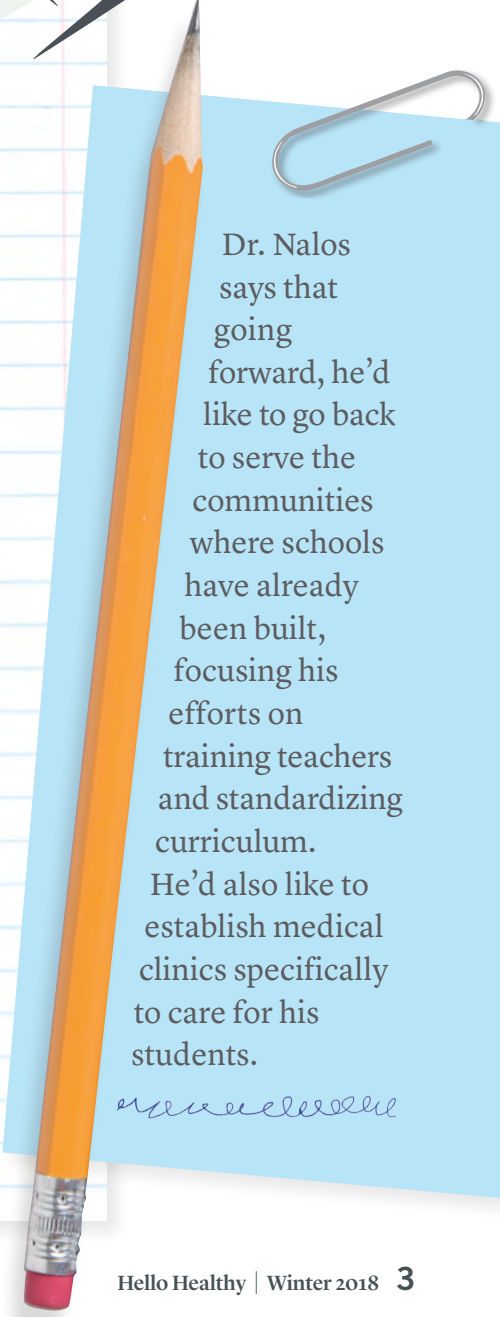
'No child too far'

Since then, Dr. Nalos has personally spent more than \$250,000 to build schools for children in rural Ethiopia, Zambia and South Africa. His nonprofit has adopted the motto "No child too far" and works tirelessly to educate children who have essentially no access to schools.

"Oftentimes, African children gather under a tree with a blackboard," says Dr. Nalos.

"There is no school building, there are no desks or chairs, just bugs and goats running around and a teacher who's doing her very best under a tree."

The work of African Children's Schools does not end with the completion of a brick-and-mortar building. The scope of its mission is wide-ranging and includes building bathrooms; supplying desks, blackboards, and educational materials; and paying the salaries of 70 teachers.



Dr. Nalos says that going forward, he'd like to go back to serve the communities where schools have already been built, focusing his efforts on training teachers and standardizing curriculum. He'd also like to establish medical clinics specifically to care for his students.

www.heartdoctor.com

Making health the game plan

From the streets of Bakersfield to the National Football League, Oakland Raiders quarterback Derek Carr is using his star power to give back to his hometown. Derek and his brother David have been drafted as the newest spokesmen for Dignity Health. The duo is teaming up with Mercy and Memorial hospitals to help spread the motto *Hello humankindness* through marketing campaigns, media appearances, and fundraising.

“[Derek] is a hometown boy,” says Robin Mangarin-Scott, Vice President of Strategic Marketing and Communications for Dignity Health Central California. “Everything he does is centered on his family. Anything he can do for his community, he’s all for it.”

Mangarin-Scott got to know the Carr family during her days as a broadcast journalist and recognized their commitment to faith, family, and community.

“They are men who represent character, integrity, dedication, and love of community,” Mangarin-Scott says. “It’s just who they are. Their values are aligned with the core values of Dignity Health.”

Giving back

The Carr brothers both have deep roots in Bakersfield. Derek played football at Bakersfield Christian, then was a star at Fresno State. He’s now in his fourth season leading the Oakland Raiders. David started his football career at Stockdale High School. After attending Fresno State, he was the No. 1 pick in the 2002 NFL draft and went on to win the Super Bowl as a backup quarterback for the New York Giants.

During the official announcement of their new partnership back in June, the Carrs spoke about their appreciation of their hometown.

Kick diabetes off the field

David Carr has type 1 diabetes, which can’t be prevented. But you can take steps to lower your risk for type 2 diabetes.

Your defensive line



Healthy weight



Healthy foods



Regular exercise



Primary doctor

Ask your doctor if it’s time you got tested for type 2 diabetes.





“As a Bakersfield native who grew up here and is now raising my family here, I remain deeply committed to giving back to the community who has given so much to my family,” David says.

“This is home to us,” Derek says. “Like my brother said, we are honored that they would even come to us and ask us—that they think we would be capable to be the spokespeople and be partners with them. That means the world to us. We just look forward to making families happy and smile and giving them the best care possible.”

Taking quality care to heart

Local access to quality health care is an issue that’s very personal to the Carrs, and both brothers have been affected by the professional care of Dignity Health doctors.

After his son underwent emergency surgery for an intestinal issue, Derek started the DC4KIDS fund, which helps make sure all pediatric patients get the best care possible.

David is ready to tackle the issue of juvenile diabetes. The former NFL quarterback has type 1 diabetes, as do three of his children. But he hasn’t let disease sideline his family, choosing instead to focus on staying healthy through an active lifestyle.

For the Carr brothers and Dignity Health **expanding the range of quality health care available in Bakersfield is the No. 1 game plan.**

3 smart plays

Watch for flags
Take our Diabetes Risk Assessment to know where you stand.

Get a game plan
Pick up the skills to manage diabetes in our Diabetes Education classes.

Learn from a pro
See how David Carr and his family live well with diabetes. Take a look at dignityhealth.org/bakersfield/diabetes.

**FUELED BY
KINDNESS:**

Volunteers from Chevron found a creative way to show our littlest patients how much this community cares for them.



Blanketed with love

Some of the littlest patients at Bakersfield Memorial Hospital were the recipients of a heartwarming gesture from members of the Bakersfield business community.

Volunteers from Chevron recently handmade 40 fleece tie-blankets for patients at the Lauren Small Children's Center, the Grossman Burn Center, and the new pediatric emergency room (ER), the Robert A. Grimm Children's Pavilion for Emergency Services.

Chevron Operations Technologist Shelley Rosas says employees were excited about the community project and happy to volunteer. Some even took the

designs, the blankets were each handmade with love for patients and their families. Chevron volunteers delivered the blankets to the hospital, meeting with the children who would be blessed by their handiwork. A hospital visit can be scary for a child, so volunteers hope their cozy creations will help provide peace.

The volunteers were also surprised with a gift of their own. While they were visiting with doctors, patients and patients' families, Chevron employees were given handmade thank-you notes from the children, a gesture that truly warmed their hearts.

"We weren't expecting anything," says David Leach, Chevron Health, Environment and Safety Supervisor. "We just wanted to give back to the community. When the kids gave us those cards, we were really touched. We weren't expecting that."

Those thank-you notes are now proudly on display in the Chevron offices as a reminder of the healing power of humankindness and the ties that bind this community together.

"The whole experience was really nice and really brings everything into perspective," says Rosas.

The Lauren Small Children's Center provides care to countless pediatric patients, changing the face of health care for the children of Kern County.



"It's just a blanket, but to kids it really means something. It's something they can take home when their hospital stay is finished."

—David Leach, Chevron Health, Environment and Safety Supervisor

supplies home to work on the blankets in their free time. "Most people are parents and grandparents, so it wasn't hard to get them involved," she says. "We all found it really rewarding."

Full of bright colors and a variety of whimsical

When is it an emergency?

If your child is badly injured or becomes seriously ill without warning, it is a medical emergency. Timely treatment can prevent a severe injury or illness from getting worse and permanently harming your child.

Signs of an emergency in a child include:

- Difficulty breathing or shortness of breath.
- Skin or lips that look blue, purple, or gray.
- Strange or withdrawn behavior, or any significant change from normal behavior.
- Confusion, delirium, severe headache, unconsciousness, or vomiting—especially following a head injury.
- Sudden or severe pain.
- Uncontrolled bleeding.
- Coughing up or vomiting blood.
- Severe or persistent vomiting or diarrhea.
- Excessive sleepiness.
- Fever accompanied by neck stiffness, a rash, or changes in behavior.
- Decreasing responsiveness or alertness.
- Inability to walk steadily or stand up.



If your child shows any of these signs, call 911 right away.

Source: American College of Emergency Physicians

Now open

Emergency care just for kids

The Robert A. Grimm Children's Pavilion for Emergency Services



Easy access

Right next to the main ER at Memorial Hospital.



Close to home

The only dedicated kids' ER between LA and Madera.



Family-friendly

Separate waiting and treatment areas for kids.



Speedy service

A special "fast track" urgent care for kids.



Expert care

Doctors and nurses specially trained in pediatric medicine.

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dignityhealth.org/ourdoctors/online-waiting-room





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Now open



**Emergency care
just for kids**

The only dedicated kids' ER
between LA and Madera.

See page 7 for more details!

You're so vein

Meet your veins.

You might not think about them often,
but they can tell you a lot about your
health.

Are you at risk for a heart attack?
Stroke? Diabetes complications? Your
veins tell the story.

Dare to C.A.R.E.

Get a FREE vascular health screening
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Call **661.632.7438**.

CALL 

Who's it for?

- ☐ Everyone over age 60.
- ☐ People over age 50 with risk factors like
smoking, diabetes, high blood pressure, high
cholesterol, family history of heart disease,
lack of physical activity, and obesity.
- ☐ People over age 40 with diabetes.

