

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • FALL 2019

Game on

Bakersfield's new sports complex will motivate and empower local youth

One-step breast cancer treatment

New treatment combines surgery and radiation

Dream big at mini Bakersfield!

STEAM Town sparks imaginations—and possibilities





Go Red Por Tu Corazón!

Wellness event to promote Latina heart health in Kern County

Heart disease is a leading killer of all women in the U.S., but Latinas are especially vulnerable.

“Latinas tend to develop heart disease about 10 years earlier than non-Latina women,” says Alma Navarrete, a board member of the American Heart Association (AHA) in Kern County. And yet many people aren’t aware of this threat to Latina women.

That’s one reason Dignity Health – Mercy and Memorial Hospitals have joined with the AHA to revive a Go Red Por Tu Corazón wellness event in Kern County. The bilingual initiative is similar to the Go Red For Women movement.

“It celebrates the energy, the passion, and the power of Latinas to come together and work toward ending heart disease and stroke,” Navarrete says.

“Thanks to Dignity Health’s Life is Why: Kern County sponsorship, we are able to offer this completely free to the community,” Navarrete says.

So come on out and help us celebrate heart and brain health in the Latina community!

“With this event, we can inspire lifestyle changes as simple as cooking traditional food with healthier ingredients,” Navarrete says.

Free, fun, and helpful education

Go Red Por Tu Corazón,
sponsored by Dignity Health

Oct. 6, 1:30 to 4 p.m.

St. Francis of Assisi Parish Youth
Center, 900 H St. in Bakersfield

Join us for:

- ♥ Heart-healthy cooking demonstrations.
- ♥ Health screenings.
- ♥ Fitness fun.
- ♥ Free child care during the event.

- ♥ Refreshments.
- ♥ Vendors.
- ♥ Prize drawings.

Welcome Tommy Lee, MD, cardiologist



The newest heart specialist at Dignity Health Medical Group in Bakersfield is a well-respected and highly skilled physician who has served the local community for nearly 30 years. He’s cardiologist Tommy Lee, MD.

Dr. Lee joined the medical group last spring as part of an exciting partnership with Golden Empire Cardiology (GEC). In welcoming Dr. Lee and the GEC team of cardiac specialists—Armando Gonzalez, MD, and Micah Roberts, DO—hospital leaders noted that the partnership will help even more people access high-quality heart care and groundbreaking treatments.

Using a collaborative approach, Dr. Lee, Dr. Gonzalez, and Dr. Roberts work together to

ensure patients receive the most comprehensive and convenient cardiovascular care possible.

Dr. Lee helped establish the Sarvanand Heart & Brain Center at Memorial Hospital in Bakersfield. And he helped usher in new minimally invasive cardiac procedures, like TAVR (transcatheter aortic valve replacement) and the WATCHMAN device implant.

Dr. Lee completed his medical training at the Albert Einstein College of Medicine in New York City and at Stanford University. He is the medical director of the cardiac catheterization lab at Dignity Health – Memorial Hospital.

Call today

To make an appointment with one of the specialists at Golden Empire Cardiology, call **661.321.3161**.

A league of its own



A new state-of-the-art sports complex is coming to Kern County with the goal of helping young, aspiring athletes keep their eye on the ball. Dignity Health is teaming up with Gameday Sports Academy to bring a first-of-its-kind, multi-sport indoor complex to Bakersfield. The Dignity Health Sports Complex, Event & Educational Center combines sports, education, and entertainment all under one roof.

A whole new ballgame

“This is a unique facility. We know kids are going to show up for sports, and this gives us an opportunity, while we have their attention, to talk about health and wellness, education, and leadership,” says Arleana Waller, founder of SHEPower Leadership Academy and a co-partner of Gameday Sports Academy.

The 55,000 square-foot facility will include five collegiate basketball, volleyball, and futsal courts, two weight room areas, and more than 3,000 square feet dedicated to educational sessions, like after-school tutoring. It will also include a 3,000-square-foot multipurpose area that can be used for special events. Several nonprofit, educational, and empowerment organizations will offer services to the facility’s members.

“Athletes learn such amazing leadership skills through sports, but the question becomes, ‘How do we translate that into real life?’” Waller says. “Our goal is to teach these kids how to contribute to the community throughout their lives.”

On the athletic side, the complex aims to become a prominent sports hub for local student-athletes, along with hosting tournaments for teams from the Central

Valley and across the state. The complex will also focus on mentoring, teaching life lessons, and providing educational support. Building athletes on and off the court is a game plan Dignity Health can get behind.

“Dignity Health is proud to support activities and events that benefit the health and well-being of young athletes in our community. We are excited to be involved in this unique program that focuses on sportsmanship, excellence, and collaboration,” says Robin Mangarin-Scott, Vice President of Marketing and Communications for Dignity Health – Central California.

“Dignity Health gets it,” Waller says. “They are truly committed to the health and wellness of the youth in our community. It’s a perfect partnership.”

A team effort

The sports complex will be membership-driven, but organizers plan to partner with local nonprofit programs to support more than 2,000 kids from over 130 Kern County schools. Community partners include SHEPower Leadership Academy, Basketball Universe Academy, Kern River Volleyball Club, and the South Valley Thunder Soccer Club. Educators from The University of La Verne will also be on-site offering tutoring and scholarship opportunities for student-athletes through the “Streamline to Success” program.

“We want the facility to be a hub for sports but also a safe zone for kids in our community,” Waller says.

The Dignity Health Sports Complex, Event & Educational Center opens in October in the old Track House building on Gilmore Avenue. It will be owned and managed by Gameday Sports Academy.

Hello humankindness®

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

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**TWO
-in-
ONE**

cancer treatment

Some breast cancer patients can have surgery and radiation at the same time

Getting to a cancer center every day for six weeks to receive radiation treatment can be difficult for women.

Many women with early-stage breast cancer have the option to choose a breast-sparing surgery called a lumpectomy. Most of these women will then have at least six weeks of daily radiation treatments.

But getting to a cancer center every day for six weeks to get that radiation can sometimes be difficult for women. So what if a woman could have her surgery and radiation at the same time instead?

That's one of the big advantages of intraoperative radiation therapy (IORT). This specialized procedure is

now available in Bakersfield at Dignity Health – Mercy Hospital Southwest.

“IORT is an alternative to traditional radiation for certain women who choose a lumpectomy,” says Stuti Tambar, MD, a breast surgical oncologist at Comprehensive Blood and Cancer Center (CBCC).

“It is a one-time treatment given at the time of the breast surgery in the operating room,” she says. “It takes about 20 to 40 minutes. And once it's finished, you will not need any more radiation.”

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HOW it’s done

Performing IORT involves a few steps.

In brief:

- After Dr. Tambar removes the cancer, she inserts an inflatable balloon into the space where the tumor was located.
- The energized balloon delivers a full course of radiation inside the breast.
- A radiation team remains in the room during the treatment.
- Once all the radiation has been delivered, Dr. Tambar removes the balloon and closes the incision.

Studies from Europe, where IORT has been available for several years, show that IORT is just as good as standard whole-breast radiation in appropriate patients.

“There’s no higher risk of breast cancer recurrence with IORT,” Dr. Tambar notes.

WHO is eligible

Typical candidates have early-stage, nonaggressive cancers located in the center of the breast. IORT cannot be given if the breast cancer is located too close to the skin or the chest wall, which sometimes can’t be determined until the time of the surgery. The therapy also cannot be given if the cancer has spread to the lymph nodes.

Other advantages of IORT include:

- Fewer side effects, such as skin discoloration, than with whole-breast radiation.
- A woman could still have breast-sparing radiation treatment again, should the cancer return in the same breast. A lumpectomy always carries a small risk of recurrence. But if cancer returns after a woman has had whole-breast radiation, the only option may be to remove the breast.

Dr. Tambar received special training in IORT during a breast surgery fellowship.

“I wanted to bring this therapy to the Bakersfield community because it works. It’s accepted internationally,” she says. “I think it’s a very important part of breast cancer care that needs to be in the community.”



Meet Dr. Tambar

Stuti Tambar, MD, earned her medical degree from the School of Medicine and Biomedical Sciences University in Buffalo, New York. She trained in breast surgical oncology at Georgetown Lombardi Comprehensive Cancer Center in Washington, D.C.

Her specialties include nipple-sparing mastectomy, breast reconstruction, ultrasound-guided lumpectomy, sentinel lymph node biopsy, and axillary node dissection.

Dr. Tambar enjoys family time, cake decorating, knitting, multimedia animation, digital photo editing, gardening, cooking, baking, and crafts.



Here when you need us

We’re here for you at every stage of your cancer journey. Visit dignityhealth.org/bakersfield/cancercare or call to find an expert in cancer care: **661.865.2573**.

HONEY, I SHRUNK BAKERSFIELD!

A new interactive exhibit at the Kern County Museum's Lori Brock Discovery Center promises big fun for little people. STEAM Town is a child-sized, interconnected city built with rich educational intention. The hands-on play space encourages kids to learn how the real world works by exploring jobs in the STEAM (science, technology, engineering, arts, and math) fields.

"One huge thing for kids is imaginative play. They can go into this tiny town and pretend to be a firefighter or a chef. They can pretend to work at a bank or go into the hospital and see what it's like to be a doctor," says Mike McCoy, executive director of the Kern County Museum.

Mini spaces spark huge imaginations

STEAM Town features mini versions of many beloved Bakersfield businesses. Kids can become bank tellers at AltaOne Federal Credit Union, construction workers at a Kyle Carter job site, or physicians at a Dignity Health hospital—which comes complete with a mini Hall Ambulance and a life-sized game of Operation for small surgeons to test their skills.

"We want kids to walk out of the exhibit and begin to think about careers they are interested in. We hope to spark their interest at a young age so they can begin

to think about the future," says McCoy.

The exhibit also includes a fire station, police crime lab, a gas station, and a Luigi's Delicatessen and Restaurant. If they need a break from their pretend profession, kids can "cool off" in the Union Plunge ball pit, an homage to the old swimming pool on Union Avenue.

Mini town gets outsized support

Museum officials says the exhibit is truly a community effort. Many of the businesses represented in the exhibit are also sponsors. The eight-foot-tall vignettes were constructed by students from Foothill High School's Career Technical Education Program. Much of the artwork, which includes several 3-D murals,



was painted by California State University Bakersfield student Roy Goldstein.

"The community support here is really, really unbelievable. We want to give a huge thank-you to everyone who contributed. Sponsors like Dignity Health, Chevron, and the Junior League of Bakersfield helped make this exhibit a reality," says McCoy.

The Kern County Museum is already planning for its next exhibit, Power Lab. The interactive display will teach kids about fossil fuels and wind, solar, and water power in a mad scientist laboratory setting. It's expected to open in January.



Come visit!

STEAM Town is open from **12:30 to 4 p.m. Tuesday through Sunday** and is included with paid admission to the Kern County Museum.

Ready, set, go!

The annual Bakersfield Marathon heads to the starting line

This fall, for the third year in a row, Dignity Health – Mercy and Memorial Hospitals will be sponsoring the Bakersfield Marathon. The marathon offers four events of various distances. The longest, a 26.2-mile run, is an official qualifier for the Boston Marathon in spring 2020.

David Milazzo, a co-founder and executive director of the local event, says people should know these seven fast facts about the Bakersfield Marathon:

1. The marathon is being held **Sunday, Nov. 17.**
2. It offers 5K, 10K, 13.1-mile and 26.2-mile races. “There’s a race for everyone,” Milazzo says. There are different entry fees for each race.
3. You can register for any event up to the day of the race at **RunBakersfield.com.**
4. Runners can pick up their materials at the Health and Wellness Expo the day before the race. Everyone is welcome to meet vendors and runners at this free event.
5. All race-day events start and end on the California State University, Bakersfield campus.
6. The finish line will feature local food and craft beer vendors, live music, and some delightful surprises, Milazzo says.
7. Last year, 8-year-old Anastasia Pursel—born with leukemia and Down syndrome—realized her dream of finishing the half-marathon with a team of friends on each arm. Her story was featured in *Runner’s World* magazine.

You don’t have to run to take part in the fun

Not planning to race? Non-runners can be participants too!

“From a runner’s perspective, folks cheering on the sidelines make an enormous difference in the joy of a race,” Milazzo says. “All Bakersfieldians who come out in support of the runners become valuable ambassadors of our great city.”

Plus, you don’t have to be a runner to complete an event.

“We’re walker-friendly, so nearly anybody can take part in one of our events,” Milazzo says.

“As the premier health organization in Kern County, Dignity Health brings invaluable financial support and wide-reaching awareness to our event,” he adds. “With Dignity’s help, we have welcomed a number of first-time runners, many of whom continue to join us year after year.”

Register today!

You can register for any event up to the day of the race at RunBakersfield.com.

CLICK 



The Bakersfield Marathon's longest event is an official qualifier for the Boston Marathon.



**Save
the date!**

**Go Red Por
Tú Corazón**

Oct. 6, 1:30 to 4 p.m.

St. Francis of Assisi
Parish Youth Center

See page 2



Building on a legacy

Healthcare on Bakersfield's Westside is getting a major boost, thanks to the generosity of two local families



Philanthropic families

Thank you to the David and Catherine Gay Family and Drs. Ravi and Naina Patel.



Mercy Hospital Southwest is preparing to break ground on a multimillion-dollar expansion project that will help close the gap between Bakersfield's Westside and the demand for advanced health care services. The project includes a \$248 million, four-story, 106-bed patient care tower on the campus at Stockdale Highway and Old River Road. The new tower will allow the hospital to expand existing services, such as women's health, orthopedics, oncology, surgery, and intensive care. New services including cardiology, cardiac catheterization, and neurosurgery will also be added.

The expansion will be made possible, in part, by two gifts of \$1 million each from long-time supporters of Dignity Health Mercy Hospital to create The David and Catherine Gay Family Intensive Care Unit and The Drs. Ravi and Naina Patel Oncology Floor.

