

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • SUMMER 2018

Taking health to heart

50 years' worth of reasons to place
your heart in our hands





Check us out

For more information, visit [StJosephsCares.org/EmergencyServices](https://www.StJosephsCares.org/EmergencyServices).

CLICK 

ER or urgent care?

Tips to help you choose

When you or a loved one is facing an illness or injury, it can be hard to determine how serious it is and how soon to seek medical care. Here are a few tips to help you decide.

Call 911 or go to the nearest emergency department if you are experiencing:

- Signs of a stroke, including face drooping or weakness on one side or slurred or strange speech.
- Signs of a heart attack, including chest pain, pain in the left arm or jaw, or sudden weakness or dizziness lasting longer than two minutes.
- Loss of consciousness, shortness of breath or difficulty breathing, or a life- or limb-threatening injury.
- Poisoning or drug overdose, severe abdominal pain, pressure or tightness in the chest, head injury with loss of consciousness, persistent or severe vomiting, bleeding that won't stop, or a large open wound.



In an emergency, every second counts. St. Joseph's ER is a designated stroke and heart attack receiving center, which means you'll get the lifesaving care you need—fast.

Go to an urgent care center:

- If your problem is not life-threatening and does not put you at risk for disability, but you are concerned and you cannot see your regular doctor right away.



Let us know when you'll be arriving

No one plans on a medical emergency, but we do know kindness makes a world of difference in those moments. Rest assured that our emergency department is ready to provide expert care to you and your family.

We also know it's nice to have an estimated time of arrival. For emergencies that are not life-threatening, please visit [StJosephsCares.org/ER](https://www.StJosephsCares.org/ER) and select your preferred arrival time. Then do some of your waiting in the comfort of your own home. We're here for you no matter what, whether it is stomach pain or an ankle sprain.

This service is for patients over the age of 3. If the patient does not meet this age requirement or this is a life-threatening emergency, please go to the nearest emergency department or call 911. Please note, we see patients in order of severity. Once you arrive in the ER, we will establish priority based on need.

Hello humankindness®

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

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Be inspired

Follow [@humankindness](https://twitter.com/humankindness) on Twitter for more kindness inspiration from Dignity Health.

Connect with us on Facebook at facebook.com/StJosephsStockton for health tips, information about upcoming events and an extra dose of inspiration.

Find freedom from hip pain

Learn the advantages of anterior hip replacement surgery

You and your doctor agree: It's time to replace your worn-out hip so you can enjoy an active, pain-free life once again. But there's more than one way to replace a hip joint.

One newer approach—anterior hip replacement surgery—could have you out and about and using your new joint sooner. And it might help you avoid potential problems with your new hip.

Taking another angle

The traditional way to replace a hip is through an incision in the back of the hip. With anterior hip surgery, the surgeon works through the front of the hip. There are several advantages to doing it that way, says Jaspreet Sidhu, DO, an orthopedic surgeon at St. Joseph's Medical Center.

For example, people who have anterior hip surgery:

- Tend to meet certain recovery milestones a few weeks earlier. They often need less pain medication, rely less on walking aids, and may start driving again sooner. The reason? "That's likely due to the fact that less muscle is damaged when you do the surgery from the front of the hip," Dr. Sidhu says.

- Have a lower rate of dislocation of the new hip joint. That's because no muscles at the back of the hip are cut. As a result, some typical precautions for hip replacement patients—such as avoiding sitting in positions that put the knees higher than the waist—may not be needed right after surgery.
- Have a more precise limb length afterward. According to Dr. Sidhu, the anterior approach improves the ability to take x-rays during surgery. The images help ensure precise placement of the joint and that one leg will not be shorter than the other after surgery.

Are you a candidate?

The anterior approach isn't for everyone. For instance, you may not be a candidate if you are very obese. You should be in good overall health, and if you have diabetes, it needs to be under good control before surgery.



To learn more about Dr. Sidhu, visit alpineorthopaedic.com or call 209.948.3333.

5 facts about hip replacement surgery

1. One of the most common reasons to have hip replacement surgery is severe osteoarthritis that limits activities.
2. Nonsurgical treatments for hip pain are usually tried before surgery. These may include pain medicines, steroid shots, or physical therapy.
3. Most artificial hips last at least 10 years. Some can last as long as 20 years.
4. Prosthetic hips are made of plastic, metal, or ceramic parts or a combination of those materials.
5. Physical therapy is a must after hip replacement surgery. It's as important as the surgery itself. A rehab program may include exercises to help strengthen and stretch the muscles around the joint.

Source: UpToDate





Why you should put your heart in our hands

Experience. Expertise. Innovation. These are some of the superlatives that best describe St. Joseph's Heart & Vascular Institute.

Just ask Joann Marks, MSN, RN. She's the director of cardiovascular services at St. Joseph's, which has been healing hearts for nearly 50 years and has one of the top heart and vascular programs in the state.

"We give our patients amazing opportunities here,"

Marks says. "It's a hidden gem. When people find out how large our program is, they are quite surprised. And we've been doing this for a long time."

In fact, when you think of the big hospitals in heart and vascular care, you should think of St. Joseph's. Why? Because of the depth and breadth of what their experts can offer you and your family—right here in Stockton.

History of firsts in the community

1970

First Cardiac
Cath Lab

Open-Heart
Surgery

1980

Echocardiography;
Cardiac Rehab

Coronary
Angioplasty

1990

Rotoblation;
Heart Center
Opens

Beating-Heart
Surgery

Carotid Stent

5 to know

Here's a look at five of the many reasons to choose St. Joseph's Heart & Vascular Institute:

1 Quick, lifesaving heart attack and stroke care.

Speed is essential in treating heart attacks and strokes. St. Joseph's has all the elements needed to provide fast care, including the ability to restore the heart's blood supply within 90 minutes—which is often crucial for surviving a heart attack—and the ability to dissolve a blood clot in the brain, which is the most common cause of strokes. It's why emergency services staff know to bring heart attack and stroke patients to special designated centers, like St. Joseph's.

"We have everything here to take care of you if you have a heart attack or a stroke," Marks says.

5 Groundbreaking research. Since 1995, St. Joseph's—just like university hospitals—has participated in national research studies for new and better treatments of heart and vascular problems. Recently, St. Joseph's participated in the groundbreaking CREST research trial, which compared the effectiveness of carotid stenting to open surgery. Impressively, St. Joseph's was the only hospital in all of Northern California selected to participate in the CREST cardiac research study due to their experience and outcomes in carotid stenting.

2 Premier heart and vascular surgery program.

St. Joseph's performed the area's first open-heart surgery in 1974 and has done 13,000 of the surgeries since then. Cardiac surgeons at St. Joseph's average about 325 open-heart surgeries a year, including coronary artery bypass grafting and valve repair and replacement. They can even operate on a beating heart, which helps reduce the risk of complications that can occur during traditional open-heart surgery when the heart is temporarily stopped during the procedure. St. Joseph's also offers bloodless surgery for those patients whose beliefs are opposed to receiving blood.

3 Minimally invasive procedures, including transcatheter aortic valve replacement (TAVR).

With TAVR, doctors can replace a damaged heart valve without opening the chest. Instead, they access the heart through catheters (thin, flexible tubes) inserted in the groin. TAVR has given new hope to those who can't safely have traditional valve surgery because of advanced age or poor health.

"Our oldest patient who had this surgery was 97," Marks says.

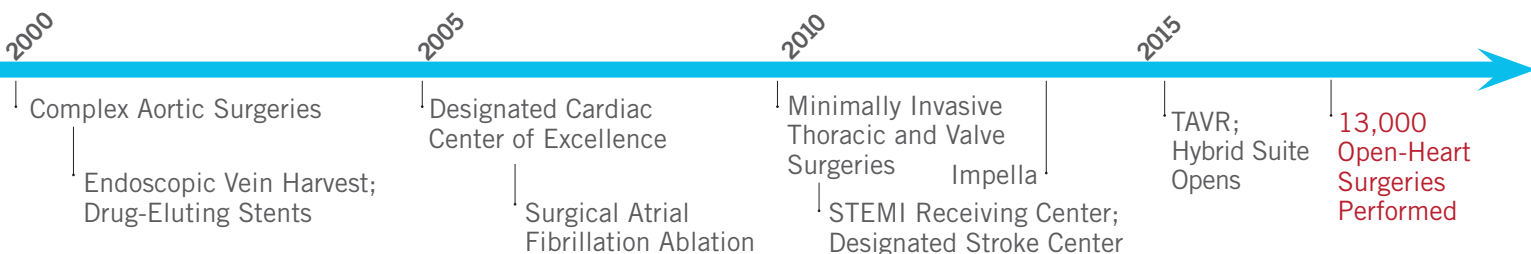
4 State-of-the-art facilities.

St. Joseph's opened the area's first cardiac hybrid suite, in which many advanced heart procedures, like TAVR, are performed. "At St. Joseph's, we're experts at treating hearts," Marks says. "But we're also experts at caring for patients. You get it all here—the best cardiac treatments along with a healthy dose of compassion and kindness."

+ St. Joseph's Heart & Vascular Institute offers many additional advanced treatments, including minimally invasive aortic aneurysm repair, carotid artery stenting for stroke prevention, and the Micra TPS (leadless pacemaker). Learn more at StJosephsCares.org/Heart.

Here for your heart

If you or a loved one has been diagnosed with a heart condition, our Heart Patient Navigator can help answer your heart-related questions. Call **844.466.8163**.





Healthy hearts can love longer

Celebrating a former heart patient's 100th birthday

Reaching 100 years of life is a momentous occasion. Recently, St. Joseph's Medical Center had the privilege of celebrating this milestone with a former patient, Firmin DeMellow.

In 2010, at the age of 92, DeMellow had open-heart surgery at St. Joseph's, performed by the renowned cardiac surgeon James Morrissey, MD. While DeMellow's advanced age at the time of surgery put him at an increased risk for complications, he was able to make a full recovery. Eight years later, DeMellow returned to St. Joseph's, not as a patient, but rather as the medical center's guest of honor.

In celebration of his 100th birthday, St. Joseph's hosted a birthday party for DeMellow in the hospital's newly renovated lobby. Hospital staff members, including St. Joseph's CEO Don Wiley, as well as DeMellow's cardiac surgeon, Dr. Morrissey, stopped by to wish him well. After a spirited rendition of the Happy Birthday song, DeMellow and St. Joseph's staff members enjoyed cupcakes and reconnecting.



Make the call

The first step in keeping your heart healthy is to find out where it stands. Start by taking our online heart risk assessment at StJosephsCares.org/Heart.

Don't shrug off shoulder pain

It may be time for a new joint

Are you struggling with a painful shoulder? Then you know firsthand how tough it can be to get dressed, lift something, or reach up high. The pain may even be so bad that it wakes you up at night.

But you might not know about a possible solution: shoulder replacement surgery. It's not as common as hip and knee replacement surgery, since lower joints bear our weight and we put more wear and tear on them. Still, about 53,000 people in the U.S. have shoulder replacement surgery every year.

"And for most, it has a fantastic outcome," says Jaicharan Iyengar, MD, an orthopedic surgeon with St. Joseph's Medical Center, who is fellowship-trained in shoulder surgery. "It dramatically eases pain and stiffness. Many people are even able to swing a golf club again."

Most people get an artificial shoulder joint because of severe arthritis. But you may also need a new joint for other painful shoulder problems, such as a torn rotator cuff.

As effective as shoulder replacement surgery is, "it's typically only a wise choice if you've tried nonsurgical treatments first and they're no longer easing your pain," Dr. Iyengar says. Those first steps include:

- Anti-inflammatory pain relievers.
- Steroid injections.
- Physical therapy.
- An exercise program.

What to expect

If you do have shoulder surgery, your surgeon will replace the damaged parts of your shoulder with parts typically made of plastic or metal.

"It's generally a very safe procedure," Dr. Iyengar says. Even so, it's a major operation that will keep you in the hospital for at least an overnight stay. You'll also need several weeks of physical therapy afterward.

Be aware, too, that shoulder replacement surgery is a highly technical procedure. For the best results, you need a highly experienced surgical team—like the team at St. Joseph's.

"The volume of shoulder replacements performed at St. Joseph's puts us in the top 10 percent of hospitals nationwide," Dr. Iyengar says.



Precision counts

How long a new shoulder joint lasts depends on how precisely doctors are able to align it with the natural contours of the shoulder. That's a key reason why you should choose a facility that uses the most up-to-date techniques if you're considering shoulder replacement surgery.

At St. Joseph's Medical Center, your replacement surgery will be performed with the ExactechGPS. It's a leading-edge computerized system that guides surgeons as they operate with a 3-D image of your shoulder, which is created prior to surgery.

The 3-D image lets surgeons see where to remove bone and exactly place the new joint. That pinpoint accuracy helps keep joints from loosening, says Jaicharan Iyengar, MD, an orthopedic surgeon at St. Joseph's.



To learn more about Dr. Iyengar, visit alpineorthopaedic.com or call 209.948.3333.



Is it an emergency?

Tips on deciding if the ER or urgent care is the place to go.

See page 2.

Highly trusted in matters of the heart.



13,000

Open Heart Surgeries

Higher Volumes = Better Results



10th

Largest Cardiac Surgery Program in the State



85%

of residents who have heart surgery in Stockton choose St. Joseph's



75

Cardiac Research studies over the last two decades



1st

In our area to offer TAVR and many other advanced treatments