

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • FALL 2019



Celebrating kindness

Hear how Stockton Unified students are committing acts of kindness in the community

Making mammograms easy

3-D mammograms are more accurate than ever – and we make scheduling yours a breeze

TAVR patient celebrates 100th birthday

Happy 100th birthday to Elva Eastwood! Just three years ago, Eastwood underwent minimally invasive heart valve surgery at Dignity Health – St. Joseph’s Medical Center. Eastwood had the transcatheter aortic valve replacement (TAVR) procedure, which does not require a large chest incision like open-heart surgery. With this procedure, specialists at St. Joseph’s are able to insert a catheter into a small opening, usually in a leg artery, and deliver a new valve to the heart. Because it’s less invasive than open-heart surgery, TAVR offers people who can’t have a major operation –



because of their age or other health problems – a chance at a longer life. The TAVR team and other hospital staff gathered together to host a special birthday celebration in honor of Eastwood’s 100th birthday.



Stick It to Cancer Night

Get fired up for some hockey! The Stockton Heat will host Stick It to Cancer Night, presented by Dignity Health – St. Joseph’s Medical Center, on Saturday, Nov. 2, at 6 p.m. at the Stockton Arena. The evening will raise awareness and funds for St. Joseph’s Cancer Institute through group ticket sales, a silent auction, a jersey auction, mystery puck sales, and more! To learn more and buy tickets, call St. Joseph’s Foundation at **209.467.6347** or email **SJFSJ@dignityhealth.org**.

Hello humankindness®

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

DIGNITY HEALTH – St. Joseph’s Medical Center
SJMCinfo@DignityHealth.org or 209.467.6348

HelloHealthy is published by Dignity Health – St. Joseph’s Medical Center to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a health care provider. Models may be used in photos and illustrations.

2019 © Coffey Communications, Inc. All rights reserved.



Be inspired

Follow **@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.

Hello humankindness Student Ambassadors

Honoring local students leading with kindness

Dignity Health – St. Joseph’s Medical Center has partnered with Stockton Unified School District (SUSD) to launch the *Hello humankindness* Student Ambassador Program, recognizing students who help spread kindness in their schools and community.

The program is inspired by Dignity Health’s belief that acts of humankindness create powerful connections that strengthen the human spirit and bring people closer together.

“Humankindness is alive in our youth and in our schools” says Sister Abby Newton, OP, Vice President of Mission Integration at St. Joseph’s. “We’re excited to hear and shine a light on the stories of kindness that will emerge from our schools as this program grows.”

Each month, SUSD will select a student or students to receive the *Hello humankindness* Student Ambassador recognition. The selected students will be recognized by representatives from St. Joseph’s and will be featured in a video that highlights their act of kindness and how they go above and beyond to be kind.

“The random and planned acts of kindness initiated by the students of Stockton Unified continue to warm our hearts,” says Shelley Spessard, PhD, SUSD Director of Marketing and Communications. “We are overwhelmed by

the empathy our students have for one another and the world around them. The students of Stockton Unified are committed to changing the world through acts of kindness.”

The first students to be recognized as *Hello humankindness* Student Ambassadors hail from Peyton Elementary School. Ms. Hien Nguyen’s Leadership Class of seventh and eighth graders has demonstrated kindness, compassion, and a true commitment to those in need in our community.

Their many acts of kindness include hosting a school-wide fundraiser for the Leukemia and Lymphoma Society, which raised more than \$5,000. The students also collected more than 2,058 canned food items for the Stockton Emergency Food Bank and over 4,000 hygiene products for the Stockton Homeless Shelter.



Kindness in action

Visit StJosephsCares.org/StudentsAmbassadors to watch the inspiring story of our first round of *Hello humankindness* Student Ambassadors.

CLICK ↗



Sister Abby Newton, OP, Vice President of Mission Integration at Dignity Health – St. Joseph’s Medical Center, distributes award certificates to *Hello humankindness* Student Ambassadors.

3-D MAMMOGRAMS

An updated of breast cancer



Learn why St. Joseph's offers this advanced form of imaging

Mammograms give women a crucial head start on finding breast cancer early, when treatment is often most effective. They can detect tumors that are still too tiny to feel and identify cancers before symptoms start.

Still, although they've saved countless lives, these breast x-rays aren't perfect.

Mammograms may miss about 20% of all breast cancers, the National Cancer Institute reports. They can also cause false alarms by indicating abnormalities that turn out not to be cancer.

As a result, women may undergo unnecessary – and often anxiety-producing – additional testing, including biopsies.

A different dimension in breast x-rays

A newer type of mammogram, however, may help overcome these flaws and improve the accuracy of breast cancer screening. It's called three-dimensional, or 3-D, mammography. (Breast tomosynthesis is another name for it.) Here's how it works:

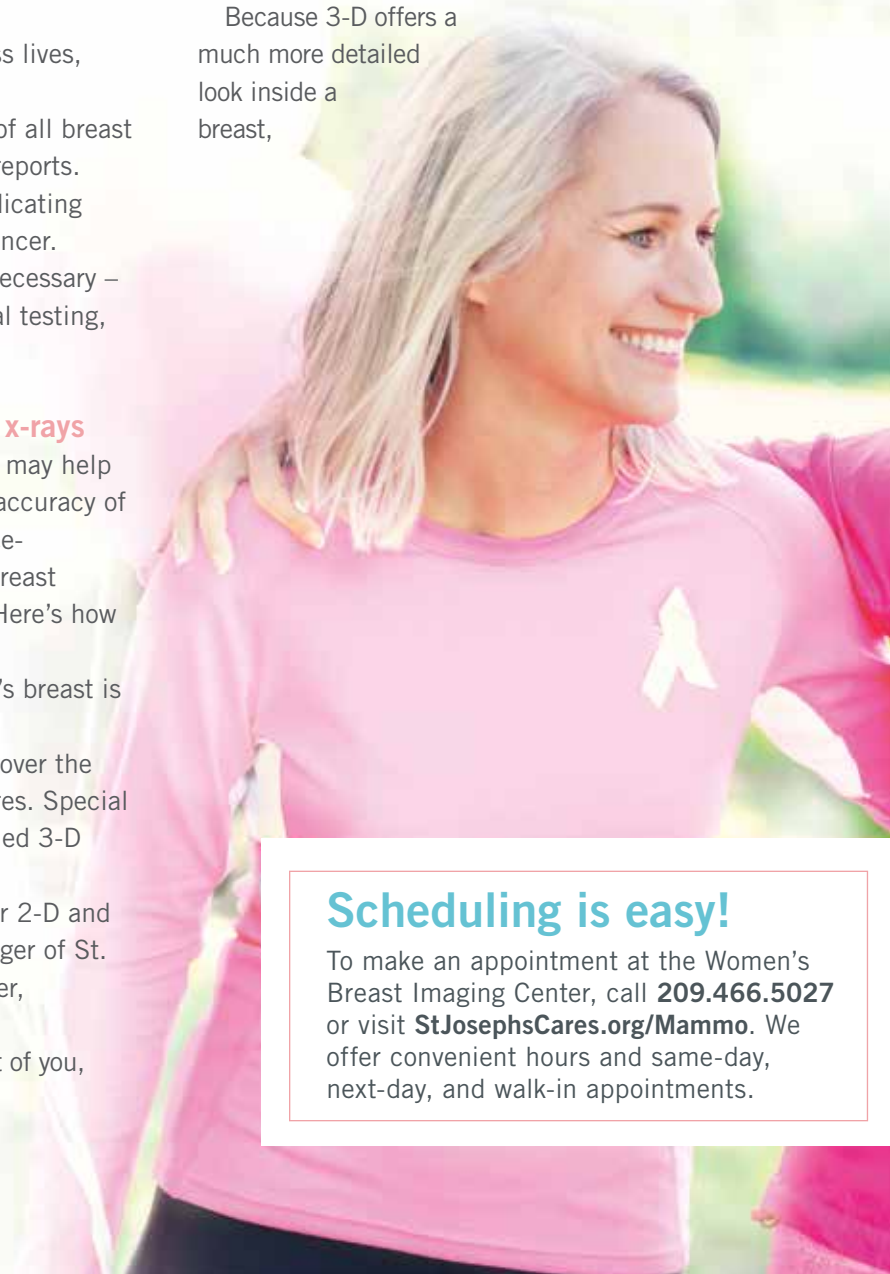
During a 3-D mammogram, a woman's breast is compressed, just as it is for a standard mammogram. An x-ray machine moves over the breast, taking multiple, slice-like pictures. Special computer software then creates a detailed 3-D image of the breast.

What's the difference between regular 2-D and 3-D mammography? Pam Stolley, manager of St. Joseph's Women's Breast Imaging Center, describes it like this:

"If you take a picture of a book in front of you,

that's 2-D. If you take a 3-D picture of the book, you're going to see the individual chapters and pages separated out. So you're getting slices that are then all put back into one picture."

Because 3-D offers a much more detailed look inside a breast,



Scheduling is easy!

To make an appointment at the Women's Breast Imaging Center, call **209.466.5027** or visit **StJosephsCares.org/Mammo**. We offer convenient hours and same-day, next-day, and walk-in appointments.

research suggests that 3-D mammograms have the potential to:

- Improve the ability of doctors to accurately diagnose breast cancer.
- Find small tumors that may have remained hidden on a conventional mammogram.
- Provide clearer images of abnormalities in dense breasts. Women who have dense breasts – defined as breasts that have a lot of fibrous or glandular tissue and not much fat – are at a slightly higher risk of developing breast cancer.
- Greatly reduce the number of women called back for further testing because of false alarms.

“It’s projected that 3-D will become the gold standard of mammography,” Stolley says. “We use it for most of our screening exams at the Women’s Breast Imaging Center.”

The American Cancer Society recommends that women at average risk of breast cancer have yearly mammograms starting at age 45. Women between 40 and 44 have the option to start screening with a mammogram every year.



Mammograms and more

St. Joseph’s Women’s Breast Imaging Center offers both 2-D and 3-D mammograms. (Some health insurance plans will only pay for 2-D mammograms.)

In addition to mammograms, the center provides:

- Breast ultrasounds
- Ultrasound-guided biopsy
- Stereotactic biopsy (a biopsy guided by mammogram to reach areas not visible on ultrasound)
- Bone density scans to look for signs of osteoporosis

“We are a dedicated breast center,” says Pam Stolley, manager of the Women’s Breast Imaging Center. “We do nothing but breast work, except for the bone scans. Our techs have about 150 years between us just for mammography. Several of us have worked here for 35 years. We see a lot of our patients year after year.”



Yes, there is a pediatrician in the house



St. Joseph's launches pediatric hospitalist program

If your child became sick and had to stay in a hospital, you'd want your youngster to receive the best possible medical care. And it would be even better if that care was close to home.

That's one of the benefits of the new pediatric hospitalist program at Dignity Health – St. Joseph's Medical Center. It will help more families stay together when a child is ill and requires care in a hospital.

Under the program, a board-certified pediatrician is always in the hospital and ready to provide care for kids of all ages during their stay.

“By staffing the hospital with dedicated pediatricians, more children who need hospital care can be treated in Stockton without having to leave town.”

– Doug O’Ryan, Director of Business Development

Meeting a community need

Philip Cheng, MD, FAAP, is Chief of Pediatrics at St. Joseph's. He says the need for pediatric hospital services has expanded with the population growth in San Joaquin County. In response, St. Joseph's hired four pediatricians to provide 24/7 care in the hospital's dedicated pediatric unit and, when needed, in the emergency department.

Most pediatricians work primarily in their offices

providing routine wellness and medical care. But sometimes children have to be hospitalized. In such situations, a child could be transferred to a hospital out-of-town that has a pediatric hospitalist program.

But travel puts an added (and costly) burden on families already dealing with a stressful illness. “We want to help relieve that burden,” Dr. Cheng says.

By staffing the hospital with dedicated pediatricians, more children who need hospital care can be treated in Stockton without having to leave town, notes Doug O’Ryan, Director of Business Development at St. Joseph's.

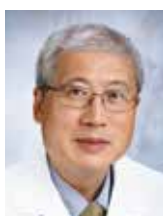
Like other pediatricians, pediatric hospitalists specialize in treating children. They treat many conditions that sometimes require hospitalization, including asthma and other respiratory illnesses, infections, the flu, and dehydration. They also consult with your child's regular doctor while your child is in the hospital.

Another benefit for the community

The hospitalist program also will enhance St. Joseph's medical residency programs. It will allow doctors in training to gain pediatric hospital experience. And residency programs ultimately benefit communities since some residents may decide to stay and work locally after they finish their training.

MEN

What you should know about prostate cancer



Paul Lee, MD

We get it: You may not want to read about prostate cancer. But as a man (or as a woman who cares about a man), it's important to know a few facts about the disease. Why?

“Because prostate cancer is currently the most common non-skin cancer in men, and there's an increasing incidence of it with age,”

says Paul Lee, MD, a urologist at Dignity Health – St. Joseph's Medical Center. “It's the second-leading cause of cancer death among men in the U.S., after lung cancer.”

About 1 in 9 American men will be diagnosed with prostate cancer at some point in their lifetime. Still, it's important to remember that most of these men won't die from the disease.

That's because prostate cancer often grows slowly. So older men who get the disease often die from something else before their prostate cancer ever becomes a serious threat. Prostate cancer typically strikes men 65 and older; it's rare before age 40.



Screening for prostate cancer

Prostate cancer doesn't usually have any early symptoms. As the cancer grows, it may cause problems such as difficulty urinating, blood in the urine or semen, erectile dysfunction, or back or hip pain. But other conditions can cause these symptoms too.

There is a blood test that can be used to screen for prostate cancer called the prostate-specific antigen (PSA) test.

According to Dr. Lee, it's recommended for men who are at higher risk for the disease, such as those who have a family history of prostate cancer or who are African American.

(Prostate cancer is more common among African Americans than other races.)

Men at increased risk should have a PSA test between the ages of 45 to 55, Dr. Lee says. Men at lower risk should ask their doctor when to start testing.



Treatment options

Prostate cancer can be treated with surgery, radiation therapy, chemotherapy, and hormone therapy. The most appropriate treatment depends on how advanced the cancer is.



Gaurav Singh, MD

“We stratify each patient with prostate cancer into low-risk, intermediate-risk and high-risk,” says Gaurav Singh, MD, a radiation oncologist at St. Joseph's. “So depending on the risk classification of the patient, there are different treatment options.”

In some cases, the right treatment is no treatment.

Because prostate cancer treatment can have serious side effects – and because the disease often grows slowly – some men may choose to delay treatment and have their doctors routinely monitor the disease with blood tests and exams.

Every situation is different, of course, which is why men diagnosed with prostate cancer should always discuss with their doctor what the best treatment plan is for them, Dr. Lee says.

“St. Joseph's Cancer Institute also offers stereotactic body radiotherapy (SBRT) as an option for treating prostate cancer. With just five highly-precise treatments, SBRT successfully treats the disease with little or no side effects.” – Gaurav Singh, MD

Join us!
**St. Joseph's Cancer
Awareness Fair**

Wednesday, Oct. 23
9 a.m. to 1 p.m.

Main Lobby | Dignity Health –
St. Joseph's Medical Center
1800 N. California St., Stockton

Learn more at
StJosephsCares.org/Wellness.

Why kids need a flu vaccine

If you're wondering if your child really needs a flu shot, consider these facts:

- +** The flu is **MORE DANGEROUS** to kids than the common cold.
- +** Every year millions of kids get sick with the flu, **THOUSANDS ARE HOSPITALIZED** from it, and some even die from the flu.
- +** Children younger than 5 years old and those with long-term health problems like asthma and diabetes are at **HIGH RISK OF FLU-RELATED COMPLICATIONS**. Those include pneumonia, bronchitis, and sinus and ear infections.

When and how to vaccinate

Getting vaccinated against the flu is the best way to prevent it.



Everyone 6 months and older needs a flu vaccine every year.



Flu shots and nasal spray flu vaccines are both options for vaccination.

