

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • SUMMER 2019



*Happy
ending*

Sometimes great
good can come
from great loss



3 summer safety tips for the whole family

From sunny days by the pool to family vacations in the great outdoors, summer is for making memories and having fun. It's also when some injuries or illnesses may be more common. You can help avoid them by following these four summer safety tips.



1 Pack sunscreen.

Sunburned skin hurts, and it increases the risk of cancer. So before you head outside, grab some sunscreen and apply it to exposed skin. Use sunscreen with broad-spectrum protection and a sun protection factor (SPF) of at least 30. Reapply every two hours or sooner if you swim or sweat. Kids older than 6 months need sunscreen too (read the label to apply it safely). And everyone – especially babies – should stay in the shade whenever possible.



2 Keep food safe.

Food poisoning can happen more easily in the summer because higher temps can make foodborne bacteria grow quickly.

To help prevent foodborne illness, especially during picnics and cookouts:

- Never eat food that's been left out for longer than two hours – or longer than one hour on 90-degree days.
- Place picnic perishables in a cooler with ice or frozen gel packs. Keeping foods at 40 degrees or below prevents bacterial growth.
- Don't spread germs. When grilling, use separate utensils and dishes for raw and cooked foods.
- Clean fresh fruits and veggies with running tap water before putting them in the cooler or before eating. This includes produce with skin or rinds you don't eat, like melons or mangoes.
- Remind everyone to wash their hands before and after handling food.



3 Be safe around water.

Never take your eyes off children near water – not even for a minute. Kids can drown in the time it takes you to answer a text message or engage in some other brief distraction.

Also, no one should swim alone, including adults. Remember that kids need close supervision even at public pools where lifeguards are on duty.

Sources: American Academy of Dermatology; American College of Emergency Physicians; American Red Cross; Centers for Disease Control and Prevention; U.S. Food and Drug Administration

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.

SPIRIT Club

Helping those in need in our community

From shoes for needy children to blankets for the homeless and food for the hungry, the SPIRIT Club at St. Joseph's Medical Center demonstrates humankindness both inside of the hospital for patients, families, and staff, as well as out and about in our community. The SPIRIT Club, established in 1985, is an employee-led organization boasting nearly 1,000 members who are involved through donations and volunteerism.

Throughout the year, the SPIRIT Club organizes donation drives for those less fortunate, hosts employee appreciation events, and funds needs for employees and others less fortunate in our community. In just the last year, the SPIRIT Club has helped to provide holiday gifts for nearly 525 children in need, supplied 144 holiday pies to local shelters, delivered 800 warm blanket bundles to seniors, shipped 70 military care packages, and provided backpacks and school supplies for kids. The work of the SPIRIT Club exemplifies how employees live out the mission of Dignity Health every day.



Tune in to the *hello* Healthy podcast

Dignity Health recently launched the “Hello Healthy” podcast, an audio series featuring expert physicians from the Central Valley speaking on an array of health-related topics.

Those seeking information on shoulder pain, lung cancer, care for the critically ill, neonatal intensive care, and advanced gastrointestinal procedures can tune in to the “Hello Healthy” podcast to hear the latest information from trusted local sources, including Jaicharan Iyengar, MD; Gaurav Singh, MD; Scott Neeley, MD; Philip Cheng, MD; and Gurtej Malhi, MD.

The podcasts are available at StJosephsCares.org and also on several podcast platforms, including Apple Podcasts, Spotify, iHeart Radio, and Stitcher.



Diagnosing and treating organs from the inside

External physical scans and a list of symptoms provide limited insight about what's going on inside the body. As a solution to this challenge, endoscopic ultrasound is a minimally invasive procedure that helps diagnose conditions from the inside. This technique is at the forefront of addressing many gastroenterological issues, and St. Joseph's Medical Center is proud to provide this procedure to the community.

"Endoscopic ultrasound is an endoscopy procedure where we use a camera with an ultrasound probe in front of it, and we do the ultrasound from inside the gastrointestinal system," says Gurtej Malhi, MD, a gastroenterologist with Dignity Health Medical Group. "We go through the stomach and the first portion of the small intestine. Then we do an ultrasound of your internal organs."

The ins and outs of endoscopies

There are plenty of advantages to viewing organs from within. First, it is easier to see past the contents of the bowel to view specific organs. Second, there are no blood vessels blocking the view. Additionally, this method allows for tumor biopsy, which better enables doctors to stage tumors.

With cancerous tumors of the esophagus, pancreas, and rectum, endoscopic ultrasound allows a better assessment of how deep the tumor is in the intestinal wall. When a biopsy is taken via surgical methods, there is a greater risk for seeding, where the cancerous cells travel to other parts

of the body. Endoscopic ultrasound allows for better imaging of the tumor and a more precise biopsy.

Pancreatic conditions are just one area improved with this procedure. Intervention to address bile duct stones and drain cysts can be conducted through endoscopic ultrasound. And precancerous polyps are detected and removed with endoscopic ultrasound. Colonoscopies use this technique.

"Barrett's esophagus develops from chronic acid reflux and can lead to changes in the lining of the cells of the lower esophagus. This can very readily be a precancerous condition and progress into cancer in some patients," Dr. Malhi says. Endoscopic ultrasound allows for close observance of the condition of the esophagus.

Since the procedure is minimally invasive, preparation is minimal. Patients must fast for eight hours prior to the procedure. Certain blood thinner medications should be stopped two to five days before the procedure.

Much like a colonoscopy, there is no need for general anesthesia. Patients are under deep sedation and typically return home the same day. Most can return to work or other daily activities the next day.



"Endoscopic ultrasound is an endoscopy procedure where we use a camera

with an ultrasound probe in front of it, and we do the ultrasound from inside the gastrointestinal system."

– Gurtej Malhi, MD

Listen today!

To hear an interview with Dr. Gurtej Malhi, a gastroenterologist with Dignity Health Medical Group, visit radiomd.com/dignity/item/39571.

CLICK 



STROKE PREVENTION

New technology for carotid artery disease

Every year, 15 million people worldwide experience a stroke, also known as a brain attack. A stroke occurs when the blood supply to the brain is interrupted or reduced, which deprives a person's brain of oxygen and nutrients – causing brain cells to die. While there are several causes for stroke, it is estimated that up to a third of cases are caused by carotid artery disease – the buildup of plaque in the arteries in the neck that supply blood from your heart to your brain. When plaque builds up in the carotid arteries, they begin to narrow and blood flow slows down, potentially causing a stroke if blood flow stops or plaque fragments dislodge and travel up to the brain.

Some individuals can manage carotid artery disease with medications and lifestyle changes. However, more severe cases may require surgery to repair the blockage in the artery. Dignity Health – St. Joseph's Medical Center is offering a new technology called transcrotid artery revascularization (TCAR) to treat patients with carotid artery disease who are not good candidates for traditional open-heart surgery, known as carotid endarterectomy (CEA).

"TCAR is an important new option in the fight against stroke, and is particularly suited for patients who are at higher risk of complications from carotid surgery due to age, other medical conditions, or anatomic issues," says Amod Tendulkar, MD, cardiothoracic surgery.

Like CEA, the TCAR procedure involves direct access to the carotid artery, but through a much smaller incision at the neckline just above the clavicle instead of a longer incision on the neck. During the TCAR procedure, a tube inserted into the carotid artery is connected to a system that temporarily directs blood flow away from the brain to protect against dangerous debris reaching the brain during the procedure. Surgeons then filter the blood before returning it to a vein in the groin, and a stent is implanted directly into the carotid artery to stabilize the plaque and prevent future strokes.

Patients who undergo the TCAR procedure recover quickly and almost always go home the next day to return to full and productive lives with less pain and smaller scars.

15 million

people worldwide
experience a stroke
each year.

Up to $\frac{1}{3}$ of stroke
cases are caused by
carotid artery disease.

Can TCAR help you?

If you have been diagnosed with carotid artery disease and would like to learn more about TCAR, please call our Heart Patient Navigator at **209.467.6540**.

CALL 



For the of a child



An amazing bond brings a happy ending to a sad situation

THIS IS THE STORY OF HOW GREAT GOOD CAN

COME FROM GREAT LOSS. It began in early fall 2017, when four lives intersected at a yearly retreat for people who have been touched by cancer.

The weekend camp in the Sierra Foothills is hosted by Dignity Health – St. Joseph's Medical Center. It brings together cancer survivors – some still undergoing radiation and chemotherapy, others cancer-free for decades – for a chance to connect and support each other.

Two of those people were a single mother and son: Nicole, 27, terminally ill with advanced pancreatic cancer, and 6-year-old Rudy, her self-appointed protector who was often at her side.

The other two were a married couple: Shelly and Jason Winslow, volunteer coordinators of the camp's youth activities. Jason, in particular, has deep ties to the camp.

He has attended it virtually every year for three decades—starting as a young boy when his mother, a breast cancer survivor, first participated. He kept coming back when she graduated to a volunteer. Then he followed her lead.

"I grew up here," Jason says. He formed lifelong friendships with other kids who came every fall. "They became like family to me. This place connects people in deep ways."

But Jason never anticipated the connection he and Shelly would quickly form with Nicole and Rudy. The Winslows are now Rudy's parents, after adopting him in 2018 with Nicole's blessing and deep gratitude.

A remarkable child

As volunteers, both Jason and Shelly had the same first impression of Rudy. "He showed a compassion that is rare for a 6-year-old," Jason recalls. "That stood out for both of us."

Shelly adds: "If Nicole was trying to walk down the stairs, Rudy would break away from the other kids and rush to help her. I think I fell in love with him instantly, and that love only intensified."

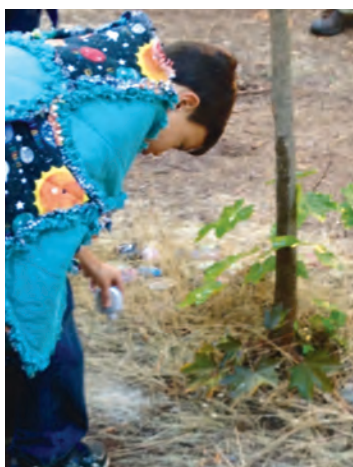
In conversations with fellow camp participants and volunteers, Nicole was open about her terminal illness and her deep need to find a loving home for her only child. She knew no one personally who could step in.

And though childless – Shelly has a medical condition that makes a healthy pregnancy unlikely – both she and Jason very much wanted children. In fact, they hoped to adopt one or more kids.

Back at home, Shelly, Jason, and Nicole weighed their options. After many thoughtful conversations, they all agreed that Rudy should live with Shelly and Jason, and they began the legal process to make that happen.

Nicole lived four more months and died before the adoption was final. But during that short time, the three adults grew incredibly close, a bond cemented by their shared love for Rudy. Nicole told Rudy to call Jason "Dad" and Shelly "Mom."

"You have two moms now," she said.



Rudy's new family watched as he scattered some of his mother's ashes under the tree.

A new beginning

Rudy is no longer an only child. The Winslows adopted a second son, Nathan, and the two boys are inseparable.

Last October, as part of the yearly retreat, attendees gathered around a tree planted many years ago to honor and celebrate loved ones. Rudy's new family watched as he scattered some of his mother's ashes under the tree.

"Rudy knows how much his mother loved this camp and the peace it gave her," Shelly says. "And I think it gives him tremendous comfort to know she will always be a part of it."

A special place for

special deliveries

For Debbie Maltbie, RN, the best part about working at Dignity Health – St. Joseph’s Medical Center’s Family Birth Center is being there for families on their special day when they hold their new baby for the first time.

“We celebrate with the families,” says Maltbie, who is Director of Maternal Child Services. “Sometimes you become almost like a part of the family because you’ve celebrated and experienced such a wonderful time with them.”

Celebrations occur often at the Family Birth Center, where, every month, 250 to 300 babies are delivered.

The doctors, nurses, and other team members practice mother-baby care, an approach designed to encourage bonding. They want every woman to have the delivery experience she desires. And they’re supportive labor coaches. “They have a heart for moms and babies, and it shows,” Maltbie says.

In addition to the birth center’s highly trained and experienced staff, other highlights and features include:

Patient comforts. There are nine private labor and delivery rooms. Each of the 30 postpartum rooms has a sleeper couch for a guest. That’s in addition to a lot of little touches, like bedside meal orders and delicious cookies delivered each afternoon.

A 30-bed NICU (neonatal intensive care unit). It provides special care for sick or premature babies.

An in-house obstetrician. Because St. Joseph’s has a hospitalist program, laboring moms are seen by an obstetrician right away. (To better serve little ones, the center is adding an in-house pediatrician this summer as well.)

Great breastfeeding support. St. Joseph’s was San Joaquin County’s first designated Baby-Friendly hospital. The global initiative recognizes centers that offer ideal breastfeeding care.

“We make sure moms who want to breastfeed get every opportunity to have breastfeeding established before they go home,” Maltbie says. All birth center nurses are trained to provide breastfeeding guidance,



and a lactation consultant also is available Monday through Friday.

Two operating rooms specifically for C-sections. Moms who have a cesarean section can stay in the birth center and keep the same nurse who helped them through labor.

Free classes. Prenatal and parenting classes are offered online through the Newborn Channel at newbornchannelnow.com (enter password **03390**). Mother Baby Breast Connection classes are held at the birth center.



Get in touch

To arrange a tour of the Family Birth Center or to learn more about classes, call **209.461.5213**.

St. Joseph's NICU: Providing exceptional care for your little one



Philip Cheng, MD

Newborn babies are much more complicated than simply existing as tiny versions of adults. So, when they need special attention due to birth complications or being born premature, the Neonatal Intensive Care Unit (NICU) at St. Joseph's Medical Center is here to serve as their temporary home.

"Babies come with a different set of mechanics and body physiology that's not known anywhere in the field of medicine besides neonatology," says Philip Cheng, MD, a neonatologist and Chair of Pediatrics at Dignity Health.

St. Joseph's NICU is a 30-bed Level III facility that provides premature infants and term infants needing special care the proper environment to continue the growth processes of critical organs – most commonly the lungs. Additional concerns include cardiac conditions, such as abnormally structured hearts that may require surgery in the future, or gastrointestinal issues.

State-of-the-art equipment allows NICU doctors at St. Joseph's to be successful in their efforts. And for babies who need extra help with breathing, ventilation methods include nasal CPAP (continuous positive airway pressure) and nearly adjusted ventilatory assist (NAVA). With NAVA, a special catheter detects the electrical activity of the muscles of the diaphragm. The signals captured are then synchronized with the breathing machine. Studies have shown that this mode of ventilation helps infants breathe easier, makes them more comfortable, and ultimately provides better outcomes.

If a newborn has been in the NICU for a lengthy period of time, parents may experience some uncertainty and anxiety when it's time for the baby to go home. To help with the transition from the hospital to the home, St. Joseph's offers parents a chance to stay one night in the hospital, out of the NICU, with nursing care on standby. This simulates what it would be like at home with the baby – with no monitors – but also gives parents peace of mind that experts are in immediate proximity.

"From the feedback I've gathered from parents, they love this program," assures Dr. Cheng. "And any NICU baby qualifies for this program, whether term or premature. If parents request a rooming-in session before they go home, just to gain more confidence and decrease anxiety, we definitely offer it to them."

Tune in

To listen to an interview with Dr. Philip Cheng, a neonatologist and Chair of Pediatrics at Dignity Health, follow this link: radiomd.com/dignity/item/39230.

Embracing wellness, every day



St. Joseph's is dedicated to caring for our community – mind, body, and spirit. We provide a wealth of classes, workshops, and special events to foster wellness and promote healing. We invite you to participate in our regular classes and special events. Learn more at StJosephsCares.org/Wellness.

Tai Chi

Tai chi exercises the muscles, and it twists and stretches all parts of the body – like a massage for the internal organs. Research has shown benefits include:

- Increased blood flow which helps lubricate the joints while increasing range of motion
- Improved balance and coordination
- Stress reduction and improved mental clarity

For more information and to register, please call Brenda Norris, instructor, at **209.368.1701** or e-mail SJCancerInfo@dignityhealth.org.

Cancer Exercise Program

Join the Lynn W. Cook Cancer Exercise Program at St. Joseph's!

St. Joseph's offers cancer patients a free exercise program, monitored closely by qualified cancer exercise trainers, to help lessen treatment side effects, increase energy and mood levels, and restore physical strength. Each participant is evaluated prior to the program to ensure a safe and personalized fitness program. Classes are held on Tuesdays and Thursdays at St. Joseph's and are free and open to all. For more information or to register, please contact St. Joseph's Physical Therapy Department at **209.467.6365** or e-mail SJCancerInfo@dignityhealth.org.



Diabetes Workshops & Support Groups

Learn how to take control of your disease through self-management skills that will help you stay well and prevent further complications. St. Joseph's offers several classes and support groups, at various times, to help those with diabetes take control. To see a full schedule of classes, please visit StJosephsCares.org/Diabetes or call our Diabetes Navigator at **209.944.8355**.

Weekly Yoga

Gentle, relaxed, and mindful, this 90-minute yoga session led by instructor Chinu Mehdi will help you reach your goals of healthier living. Mehdi pays attention to each participant's ability and offers individual instruction and encouragement in a loving environment. Try it. You might like it! Call **209.939.4526** or email SJCancerInfo@dignityhealth.org to learn more and register for this free class.





Special thanks to our donors

It is the generous support of our grateful patients and families that enables us to offer many of our services and programs free of charge. If you are interested in making a donation, contact St. Joseph's Foundation of San Joaquin at **209.467.6347** or visit **StJosephsCares.org/Donate**.

Pink with the Ports

Join us for the 13th annual Pink Night to raise funds for St. Joseph's Breast Health Services!

Saturday, Aug. 10 at 7:10 p.m.

Banner Island Ballpark

Call **209.467.6347** or visit **StJosephsCares.org/Foundation** for more information.



A re-tired perspective

By Jim Linderman

From timidly walking into St. Joseph's at age 25 – without yet having earned my degree in Music Therapy – to retiring 44 years later with confidence and



friendships, my time at St. Joseph's has been one heck of a ride. I began as a nurse's aide and, for the last 30 years, I have coordinated programs and services for the cancer center. It's been amazing to have the trust of hospital leadership to use my energy and creativity to connect deeply with patients and families and develop education and events for the community.

I'm humbled to hear people say things like, "He's leaving a legacy," and "He's helped so many." That language doesn't quite resonate with me. After all, this work-life of mine has been a "one day at a time" continuum. Never was there the strategic plan for any program, event, or service that I was involved

in to ever happen again. Yet the Know Your Mind, Body and Spirit series lasted 25 years with 200 classes, and the Surviving Beautifully Fashion Show – featuring

cancer survivors modeling positive attitudes – had a 20 year run! The Gathering of Friends events have been happening for over 30 years, and the TreatMeant for YOU! day for cancer survivors held its tenth program a few months ago.

Through my work, I've had the privilege to get to know some truly amazing people who have refused to let cancer define them. Seeing and being with patients and families within the Medical Center has truly been a gift. The saying, "I've received much more than I have given," is sincerely heartfelt by me.

Surrounding myself with cancer survivors and families has also brought with it a daily self-introspection while I consider what

it's like to be in their shoes.

Seventeen years ago, the hypothetical became reality when my wife, Trish, was diagnosed with breast cancer. At the time, our two boys were in their late teens. We were all reminded that no one is immune, and the experience of cancer in our family deeply affected each one of us. Thankfully, we were well-connected to amazing cancer expertise and treatments here at St. Joseph's, confirming what we've known for years: There is no need to go out of the area for state-of-the-art treatment. (My wife is doing fine, by the way.)

To all I have come into contact with, I say, "Thanks for the memories." To the institution that, for over 120 years, has taken care of so many, I say, "Thank you for allowing me to walk the halls, do my thing, and express myself through my work."

People have been asking, "In retirement, what are you going to do?" And I say, "After I do it, I'll let you know," and "I'll be around."

Jim Linderman

Jwlinderman49@gmail.com



See page 8

Humankindness at your fingertips.

Stay healthy on the go with our apps and online tools.



Book Your ER Arrival Time

When facing a non-life-threatening emergency, schedule your check-in online. Then do some of your waiting in the comfort of your own home.

Learn more at
StJosephsCares.org/ER



Text Message Updates

Stay up-to-date on your loved one's surgical journey. After they are admitted, simply text the patient's unique ID# to **209.451.9990** from every phone wishing to receive text message updates.



My Care - Online Medical Records

Access your medical records online. View upcoming appointments, and securely message participating health care teams.

Learn more at
DignityHealth.org/enroll-now



My Baby App

The My Baby App will help you track your pregnancy milestones, identify symptoms and issues, and connect you to support. Download on the App Store or get it on Google Play.



My Home

Find a doctor, schedule appointments, locate care centers near you, get reminders for upcoming visits, and read health tips with the My Home – Dignity Health app. Download on the App Store or get it on Google Play.