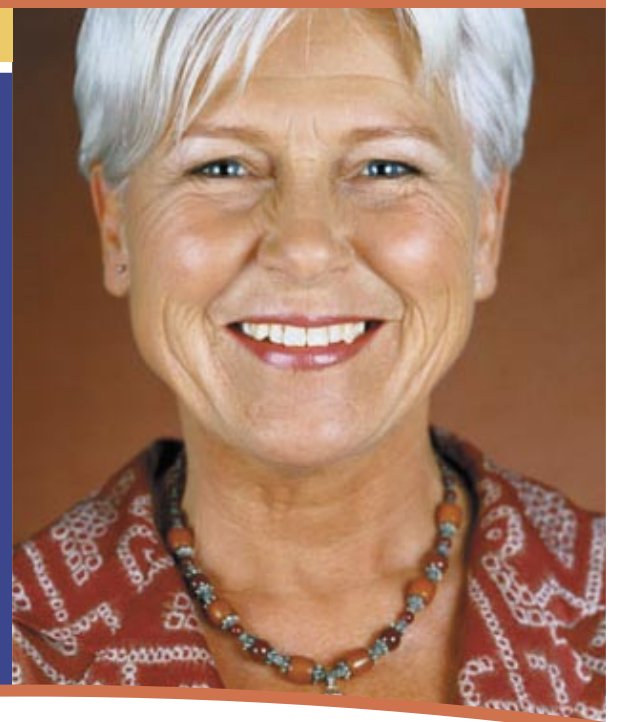




SETON

Summer 2005

HEALTH



Caring for the whole person: body, mind, and spirit

Resolving the Pain

The SpineCare Medical Group offers leading-edge diagnoses and treatments for people with back and neck pain

The Doctor Is In



Will having knee-replacement surgery reduce my pain?

Shabi Khan, M.D., Orthopedic Surgeon at Seton Medical Center

Knee replacement is one of the most successful procedures for reducing or eliminating arthritic knee pain. Today's surgical mini-incisions are 50 percent shorter than those formerly used. Rotating knee replacements available to patients feel more natural than earlier devices and are without much knee deformity or loss of motion. Knee replacements aren't the answer for all knee pain, however—noninvasive remedies such as physical therapy may be explored first.

Does knee pain keep you from sleeping, wake you up at night, or limit daily and leisure activities? Does your knee swell? "Yes" answers mean it's time to see a doctor. To find an orthopedic surgeon affiliated with Seton Medical Center, call toll-free, **800.436.2404**.

Catherine Hollis' life has improved dramatically in the last two years. After undergoing lower back surgery, she has already resumed playing Friday night softball, riding her quarter horse, babysitting her young grandsons at her home near Marysville—even working full-time at a Western-style retail store.

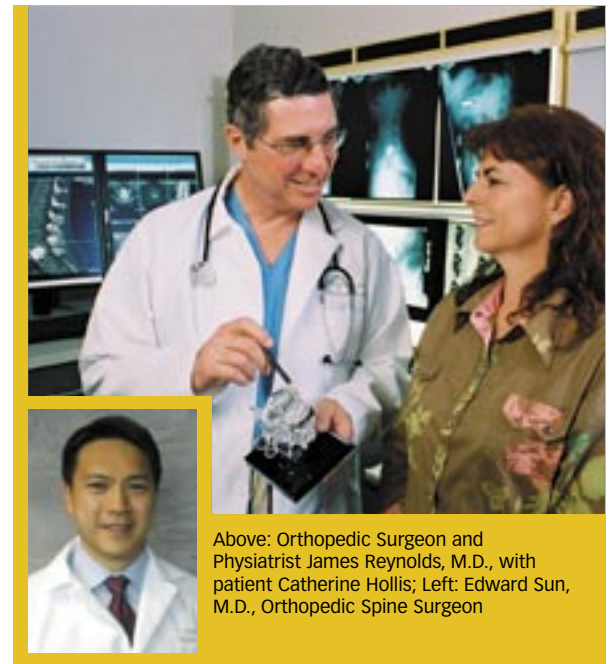
Hollis' life was quite different in 2003. "I was in a lot of pain. It was hard to function—even the everyday stuff," she says, recalling the awful backache that persisted for months and radiated to her groin and legs. She was forced to cut back to part-time work, to avoid sitting on hard surfaces or standing, to forgo her hobbies, and to have her kids tote the laundry.

When Hollis' discomfort worsened, her Yuba City orthopedist referred her to James Reynolds, M.D., an Orthopedic Surgeon at the SpineCare Medical Group in Daly City, affiliated with Seton Medical Center. At SpineCare, experienced diagnosticians pinpointed the problem—degenerated disc disease in Hollis' lowest disc. "We're very accurate in determining the cause of a persistent problem," says Dr. Reynolds. "Before coming to us, the average patient has been looking for help in the 'medical desert' for about three years with no relief."

Dr. Reynolds, who's also a physiatrist, is part of SpineCare's multidisciplinary team, which is skilled in the latest surgical techniques and in nonoperative, rehabilitative care. In Hollis' case, though, nonsurgical treatments hadn't relieved pain nor could they repair her very worn disc. Dr. Reynolds recommended fusion surgery, in which two spinal vertebrae are joined together by bone.

By way of a small incision, Dr. Reynolds replaced her damaged disc with two LT-Cages, new devices whose trapezoid shape improves on older models and fits the disc space better. He filled the cages with a revolutionary material, called bone morphogenetic protein (BMP), which induces bone to fuse together.

"Clinical studies suggest that BMP is superior to the patient's own bone graft, with faster and more stable fusion," says Edward Sun, M.D., an Orthopedic Spine Surgeon who recently joined the group. Dr. Sun completed two spine fel-



Above: Orthopedic Surgeon and Physiatrist James Reynolds, M.D., with patient Catherine Hollis; Left: Edward Sun, M.D., Orthopedic Spine Surgeon

lowships in pediatric and adult scoliosis, after graduating from Stanford University and Harvard Medical School, and completed his residency at UCLA.

SpineCare and its affiliate, the San Francisco Spine Institute, participated in BMP research, as well as in many other groundbreaking clinical studies, including artificial disc replacement and minimally invasive spinal fusion. Hollis also participated in a SpineCare study and appreciates the benefits of her state-of-the-art care. "I'd highly recommend SpineCare," she says. "I've had nothing but the best results."

Call Us Today

- Do you have severe back or neck pain that's lasted for more than three months?
- Does your back pain radiate down your arms or legs?

If so, the SpineCare Medical Group offers many options for treatment that can help. For an appointment, call **650.985.7500**.

Looking for a Job?

> If you're looking for a new career opportunity, Seton Medical Center is hiring! We offer a range of positions, from nursing to managerial, with competitive salary and benefits packages. To learn about the latest open positions, call 650.991.6822 or visit www.setonmedicalcenter.org.



Seton Medical Center

1900 Sullivan Ave.
Daly City, CA 94015



Member of Daughters of Charity Health System

NONPROFIT ORG.
U.S. POSTAGE PAID
PERMIT NO. 44
SLC, UT 841

Are You Heart Healthy?

Regular cardiac checkups with a primary care physician or a cardiologist can go a long way toward detecting and controlling heart disease early, and potentially heading off a heart attack or other problem. When was the last time your heart was examined? Seton's **San Francisco Heart and Vascular Institute**—one of the Bay Area's leaders in advanced heart care—offers diagnostic services to gauge your heart health.

- **Timely appointments with a heart specialist.** In order for a patient to receive the very best health care, the correct diagnosis needs to be made right from the start. The diagnostic services offered at Seton Medical Center are among the most up-to-date cardiovascular tests available, including stress tests, echocardiograms, MRI, CT, and PET scans, carotid screenings, and cardiac catheterizations. To make an appointment with a cardiologist or primary care physician affiliated with Seton, call our 24-hour physician referral line at **800.436.2404**.
- **SPECT imaging** (thallium test) to measure heart blood flow and function. If your cardiologist suspects heart disease, he or she may order a state-of-the-art myocardial perfusion SPECT imaging test in Seton's Nuclear Medicine Department. This test produces a 3-D map of blood flow in the heart that noninvasively identifies the presence and location of potential blockages in the heart's major arteries. In addition, this test simultaneously creates a

3-D "movie" of the beating heart that shows how well the heart muscle is contracting. The combination of 3-D blood flow and heart function provides powerful evidence to your doctors to help identify coronary artery disease, when present. Another dual-head camera system optimized for heart SPECT imaging was just installed to help meet the increasing demand for these studies.

- **Calcium scoring for early diagnosis.** If you don't have any obvious signs of heart disease and are concerned about your long-term risk, talk to your physician about calcium scoring, a noninvasive test offered in the Radiology Department at Seton. Using an advanced, multi-detector CT scanner, the test reveals calcium deposits in the coronary arteries, which can signal future heart disease. By gauging your risk years in advance, you can take effective action to prevent heart disease. For more information on calcium scoring, call **650.991.6503**.
- **Gauge your knowledge.** Turn to the back page to test your understanding of cholesterol and heart health.



Need a physician or specialist? Call our 24-hour physician referral line at **800.436.2404**.

Get Your Cholesterol Checked

Get your cholesterol and blood glucose levels checked at our direct-access testing clinic, held on the second Sunday of each month from 7 a.m. to 11:30 a.m., in the laboratory on the first floor of Seton Medical Center. The cost is only \$25, and your confidential results will be mailed to you. This test requires a 12- to 14-hour fast. For more information, call **650.991.6466**.

For Compassionate Cancer Care, Look to Seton

If you or a loved one have been diagnosed with cancer, take comfort in knowing that Seton Medical Center's **Cancer Care Center** provides state-of-the-art, easy-to-access cancer services that emphasize compassion and caring. When oncologists and physicians refer their patients to our center, they have access to a myriad of high-quality services.

- **Advanced diagnostic imaging.** Seton's Radiology Department provides a full range of imaging services, not

only for the initial diagnosis of disease, but also for necessary follow-up care and treatment planning. Diagnostic services include multi-detector computed tomography (CT), mammography, ultrasound, and magnetic resonance imaging (MRI). "Our state-of-the-art CT scanner is capable of giving the clearest images inside the human body, which enables our highly skilled radiologists to detect cancer in its early stages," says Adam Nevitt, M.D., Medical Director of the Radiology Department. Two leading-edge, minimally invasive cancer therapies frequently performed by Seton's Interventional Radiologists are chemoembolization and radiofrequency ablation, which allow patients additional treatment options and shorter hospital stays.

- **PET scanning for accurate diagnoses.** Positron emission tomography (PET) scanners can identify tumor locations more accurately than other imaging tests. Although not every hospital has access to a PET scanner, Seton uses one regularly.

"PET scanning has revamped the way cancer patients are diagnosed," says Stephen Gerard, M.D., PhD, Chief of Nuclear Medicine at Seton. PET scans are particularly useful for diagnosing cancers of the lung, esophagus, colon, and breast, as well as melanoma and lymphoma.

- **Precise radiation therapy.** Seton's Cancer Care Center provides radiation therapy for all types of cancer.

The center employs 3-D conformal radiation technology, which allows our specialists to target tumors precisely, thus sparing surrounding healthy tissues. It also offers brachytherapy, a leading-edge prostate cancer treatment that involves implanting radioactive seeds into the tumor.

- **Chemotherapy made easier.** "Seton offers the latest advances in chemotherapy," says Rosemarie Borja, R.N., SNIV, Charge Nurse at the Seton Outpatient Infusion Center. In particular, Seton provides some of the most advanced new monoclonal antibody regimens, which genetically target tumors and have fewer side effects. The infusion center also prides itself on precise chemotherapy administration, and extensive patient education and support.
- **Comprehensive support services.** Our cancer patients receive the medical and emotional support they need to battle cancer successfully. We offer nutritional information, social services, financial counseling, chaplaincy, transportation to and from treatments, general cancer and breast cancer support groups, and an oncology nurse to counsel patients on issues such as managing treatment side effects.

For more information about Seton's Cancer Care Center, or to inquire about obtaining a referral, call **800.436.2404**.



Recognized for Excellence

Seton Coastside's Emergency Department, Teddy Bear Clinic, and Touch Program win honors for clinical and service excellence



We're pleased and proud: Three leaders in California's health-care and local business circles have honored Seton Coastside with awards for its extraordinary service and compassionate care.

To reach Seton Coastside, contact us at 650.563.7100.

The Ritz E. Heerman Memorial Award (2004)

The California Hospital Association (CHA), the state's leading organization representing nearly 500 hospitals, health systems, and other health-care providers in California, bestows this prize for specific contributions to improvements in patient care. Seton Coastside was honored for its continuum of care, **Emergency Department**, and **Teddy Bear Clinic**, a community outreach program.

"This is one of the most prestigious

health-care awards given in the state of California," says Susan Flinn, R.N., DON, Administrative Director at Seton Coastside. "Seton Coastside exemplifies a facility that offers a continuum of compassionate care. From our Emergency Department and **Radiology, Laboratory, and Medical Unit** to our **Rehabilitation Services, Skilled Nursing Facility**, spiritual care, and patient advocacy, we offer services for the whole person—body, mind, and spirit."

Seton Coastside's annual Teddy Bear Clinic acquaints local children with our award-winning Emergency Department. More than 300 children bring in their favorite stuff animal to be diagnosed and "treated" for various ailments. Our hope is that by familiarizing children with the emergency room, it will reduce anxiety and fear should they ever have to visit the hospital in the future.

SAMCEDA Award (2004)

Last July, Seton Coastside was honored by SAMCEDA, the "voice of business on the peninsula," for its positive business practices and environmentally friendly actions.



The purpose of the annual Teddy Bear Clinic is to introduce children to the hospital environment in a way that is friendly and nonthreatening.

California Healthcare Association (CHA) Best Practice Award (2003)

Three times a week, volunteers in Seton Coastside's long-term skilled nursing facility get in touch—literally. They may tenderly hold a patient's hand, gently rub a shoulder, or just be there to listen during 15-minute, one-on-one sessions that are the hallmark of the Touch Program. This comforting service was developed by Kate O'Shea, Seton Coastside's Rehabilitation

Services Supervisor, as a collaborative effort among Rehabilitation Services, **Activities Therapy**, and **Volunteer Services**. In October 2003, the program earned one of the CHA's six Best Practice awards.

"The Best Practice award and the other honors are proof that there is quality care here," says Flinn. "It is gratifying to see our hard work and clinical excellence rewarded at Seton Coastside. This is truly a special and caring place."

respect

compassion

simplicity

advocacy

inventiveness

A Safe Haven for Healing

Compassion and respect are integral to Outpatient Mental Health Services at Seton

People with mental illness need hope, acceptance, compassion, and connection with others in a supportive and nonjudgmental environment. Such therapeutic remedies are essential for these sufferers, who often feel alone, ashamed, afraid, or misunderstood. Mental illness is a common and serious condition, which is too often ignored, minimized, or stigmatized. Seton Medical Center opens the door to treating these conditions with dignity in its **Outpatient Mental Health Program**, which features comprehensive services delivered by an experienced team of professionals. The values of the Daughters of Charity—particularly compassion and respect—are interwoven into this exemplary style of care.

"Many of the people we treat feel disconnected from the world, and during treatment it's important for us to put ourselves in their place and empathize with their feelings," says John Roumasset, M.D., a Psychiatrist and the Medical Director of Psychiatry at Seton. "This is identical to the Daughter's value of compassion."

"We weave compassionate care into everything we do," says Jill Giles, R.N., Licensed Marriage and Family Therapist (MFT), Manager of Outpatient Mental Health at Seton. "We treat people with dignity and respect, and focus on decreasing the shame and stigma of mental illness."

Seton's Partial Hospitalization Program treats patients suffering from such illnesses as major depression, bipolar disorder, anxiety disorders, and schizophrenia. Many patients have suffered alone in isolation, others are suicidal, paranoid, or have delusional (nonreality based) thoughts. Some have difficulty concentrating or organizing their thoughts. Some enter the



The experienced team of professionals at Seton's Outpatient Mental Health Program treats patients with empathy and compassion.

program after a psychiatric hospitalization, others to avoid more intensive care. Regardless of the severity of their problem, these patients have a safe place to heal.

Patients come to the center on weekdays from 9:30 a.m. to 3 p.m. The schedule includes intensive group psychotherapy, individual therapy, case management, and medication management.

"We listen to our clients and give them supportive feedback, to assist them in taking those steps in life that will help them heal and grow," adds Giles. "I believe that our patients truly feel understood and supported. Afterward, many patients tell us that they've never felt so free to express themselves, get the help they need in a supportive and nonjudgmental environment, and then move forward in a more positive direction. It's incredibly uplifting and hopeful."

For more information about outpatient mental health services at Seton, call **650.991.6470**.

Our Values



Member of Daughters of Charity Health System

Calendar

classes & programs

For more information on any of these programs, including locations and registration, contact the Health Resource Center at 650.991.6677.

classes for expectant parents

Registration required. For current sessions, call 650.991.6345.

CHILDBIRTH EDUCATION SERIES

Comprehensive six-week series. Includes vital topics such as preparation for labor and delivery, newborn care, breastfeeding technique, and when to call a physician.

PREPARATION FOR LABOR AND DELIVERY

Four-week course on preparing for labor and delivery.

BABY CARE BASICS

One-session class on the daily care of your baby.

PREPARATION FOR BREASTFEEDING

One-session class covers breastfeeding techniques and how to prevent potential problems.

INFANT CPR AND CHILD SAFETY

Instructs parents and caregivers on how to perform lifesaving skills.

PREGNANCY, BIRTH, AND PARENTING

Classes include: The Delivery, Postpartum and the Baby, Feeding Your Baby, and Parenting.

BREASTFEEDING SUPPORT GROUP

Join moms and babies for breastfeeding support and guidance.

Dates: Wednesdays

Time: 1–3 p.m.

Fee: Free

Contact: 650.991.6345

HOSPITAL TOURS

A tour of the labor, delivery, newborn nursery, and postpartum areas.

ST. ELIZABETH ANN SETON NEW LIFE CENTER

A program for low-income pregnant women. For more information, call 650.301.8875.

fitness and nutrition

WALKABOUT AND TALKABOUT

WalkAbout is a twice-weekly indoor mall-walking and fitness program for seniors. TalkAbout is a monthly health education program.

WalkAbout dates and time:

Wednesdays and Fridays, 8:15–9:30 a.m.

TalkAbout dates and time: First Friday of the month, 9:30–10 a.m.

Fee: Free

Contact: 650.991.6677 or 650.991.8298

ROSEN METHOD MOVEMENT CLASS (AT SETON COASTSIDE)

Fun movement set to beautiful music with direction that helps you relax and release unconscious emotions.

Dates: Mondays

Time: 3:30–4:30 p.m.

Fee: \$5

Contact: 650.563.7131

NUTRITION SERVICES

Improve your dietary habits with our outpatient nutritionist. Physician referral required.

Contact: 650.991.6607

HEALTHY-HEART EXERCISE

Supervised exercise program for people with high blood pressure, high cholesterol, or diabetes, as well as those who are obese or sedentary.

Dates and times: Mondays and Wednesdays, 1–6:45 p.m., or Fridays, 1–4:45 p.m.

Fee: \$6 per session

Contact: 650.991.6750

health clinic

DALY CITY ROTACARE CLINIC

Urgent care for patients without health insurance. No appointment necessary.

Dates: Mondays; immunizations for children on the fourth Monday of each month

Time: 5:30–7 p.m.

Contact: 650.991.6046

COASTSIDE ROTACARE CLINIC

Dates: Wednesdays

Time: 5–8 p.m.

Contact: 650.726.9071 or 650.991.6046

health screening and education

BREAST HEALTH EDUCATION

Free breast health consultation and information on breast health. By appointment only.

Contact: 650.991.6502

LIVING WELL WITH ASTHMA

For adults and children.

Dates: Call for schedule

Contact: 650.991.6776

CHOLESTEROL AND DIABETES SCREENING

A 12-hour fast is required. Results will be mailed to you.

Dates: Second Sunday of each month

Time: 7–11:30 a.m.

Fee: \$25

Contact: 650.991.6466 or 650.991.6677

BLOOD PRESSURE AND HEALTH EDUCATION CLINIC

Dates: Monday–Friday

Time: 9–5:30 p.m.

Contact: 650.991.6677

LIVING HEALTHY WITH DIABETES

Comprehensive diabetes self-management training. Four-week course.

Dates: Tuesdays

Time: 9 a.m.–noon

Contact: 650.991.6607

DIABETES METER INSTRUCTION CLINICS

Instruction in all aspects of glucose meters. By appointment only.

Contact: 650.991.6607

OSTEOPOROSIS SCREENING

Physician referral required.

Dates: Monday–Friday

Time: 8:30 a.m.–4:30 p.m.

Contact: 650.991.5930

WOUND CARE CENTER

Do you have a wound that won't heal? Call us today.

Contact: 650.991.6780

home health

WESTBAY HOME HEALTH

Located at 1784 Sullivan Ave.

Contact: 650.991.6680

medical decisions

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)

A State-registered Health Insurance Counseling and Advocacy Program (HICAP) counselor will answer questions about Medicare and other insurance issues. Call for an appointment.

Contact: 650.627.9350

ADVANCE MEDICAL DIRECTIVES

If you are unable to make medical decisions yourself, who will? Learn how an advance directive can help.

Dates: First Wednesday of each month

Time: Noon–12:30 p.m.

Fee: Free

Contact: 650.991.6677

mental health services

MENTAL HEALTH CLINIC

Assessment for mental health issues.

Dates: Monday–Friday

Time: 10:30 a.m.

Contact: 650.991.6470

PARTIAL HOSPITALIZATION PROGRAM

Intensive therapeutic program for acute mental health needs.

Dates: Monday–Friday

Time: 9 a.m.–3 p.m.

Contact: 650.991.6470

OUTPATIENT CLINIC GROUP

Weekly support group for issues related to depression and anxiety.

Dates: Fridays

Time: 11 a.m.–1 p.m.

Contact: 650.991.6470

rehabilitation services

Physician referral may be required. Please call ahead.

CARDIAC REHABILITATION

Education and monitored exercise.

Dates and times: Monday through Friday, 7 a.m.–4 p.m.

Contact: 650.991.6750

PULMONARY REHABILITATION

Fourteen-week education and exercise program for adults with chronic lung diseases.

Dates: Tuesdays and Thursdays

Times: 9:30 a.m.–noon or 1–3:30 p.m.

Contact: 650.991.6596

PULMONARY MAINTENANCE

Exercise sessions for those who have completed an education program on pulmonary health.

Dates: Tuesdays and Thursdays

Times: 11 a.m.–noon and 2:30–3:30 p.m.

Contact: 650.991.6596

TEST YOUR CHOLESTEROL IQ

Do you understand how cholesterol relates to heart health and heart disease? Test your knowledge with this true/false quiz.

true
OR
false

1. If I have high blood cholesterol—a risk factor for heart disease—the only thing I can do about it is take medication.

true
OR
false

2. You know you have high cholesterol because you start to gain weight and you get mild chest pain.

true
OR
false

3. Saturated fats are the biggest dietary contributor to a high blood cholesterol level.

true
OR
false

4. If you've already had a heart attack, lowering blood cholesterol can reduce the chance of a second heart attack.

true
OR
false

5. Eating foods with trans fatty acids, or "trans fats" for short, can raise your cholesterol.

true
OR
false

6. Most people don't need their cholesterol checked until they reach age 40.

ANSWERS

- False.** By modifying diet and exercise, you can significantly lower your cholesterol. Talk to your doctor to get a specific action plan.
- False.** High cholesterol has no symptoms, and requires checking by your doctor via a blood test.
- True.** The best way to reduce your cholesterol level is to cut back on the amount of saturated fats that you eat. These fats are found in animal products such as fatty meats, whole milk, butter, and cheese. Also, losing weight and eating less fat overall can lower your cholesterol.
- True.** People who have had one heart attack are at much higher risk for a second attack. Reducing blood cholesterol levels can slow down the process of blockages re-forming in the coronary arteries, which can lead to another heart attack.
- True.** Trans fats can greatly increase your risk for heart disease. To avoid trans fats in your diet, look for the words "hydrogenated" or "partially hydrogenated" in a food's ingredient list.
- False.** The American Heart Association recommends that cholesterol screenings begin as early as age 20. Talk to your physician if you haven't been screened.

[Sources: American Heart Association; National Heart, Lung, and Blood Institute]

support groups

ALCOHOLICS ANONYMOUS (AA)

Dates: Fridays

Time: 7:30–8:30 p.m.

Fee: Free

Contact: 650.991.6677

AL ANON

For adult children of alcoholics.

Dates and times: Fridays, 7:30–8:30 p.m. or Saturdays, 1–2 p.m.

Fee: Free

Contact: 650.991.6677

BEREAVEMENT CLASSES

For people who have recently experienced the death of a loved one.

Dates: Call for schedule

Fee: Free

Contact: 650.991.6828

BREAST CANCER SUPPORT GROUP

For women with breast cancer and breast cancer survivors.

Dates: First and third Tuesdays of the month

Time: 5–7 p.m.

Fee: Free

Contact: 650.991.6502

CANCER SUPPORT GROUP

For cancer patients and family members.

Dates: Tuesdays

Time: 1:15–2:15 p.m.

Fee: Free

Contact: 650.991.6602

CARDIAC SUPPORT GROUP

Learn new strategies for making healthy lifestyle changes.

Dates: Mondays

Time: 5–6 p.m.

Fee: Free

Contact: 650.991.6602

DIABETES SUPPORT GROUP

Dates: Tuesdays

Time: 6:30–7:30 p.m.

Fee: Free

Contact: 650.991.6423

LACTATION SUPPORT GROUP

Join moms and babies for breastfeeding support and guidance.

Dates: Wednesdays

Time: 1–3 p.m.

Fee: Free

Contact: 650.991.6345

OVEREATERS ANONYMOUS

Dates: Fridays

Time: Noon–1 p.m.

Fee: Free

Contact: 650.991.6677

SELF-ESTEEM SUPPORT GROUP

Dates: Mondays

Time: 6–7:30 p.m.

Fee: Free

Contact: 650.991.6677

Want more information about our classes and programs? Visit us at www.setonmedicalcenter.org

our mission and values



Daughters of Charity Health System

Charity Health System is committed to serving the sick and the poor. With Jesus Christ as our model, we advance and strengthen the healing mission of the Catholic Church by providing comprehensive, excellent healthcare that is compassionate and attentive to the whole person: body, mind, and spirit. We promote healthy families, responsible stewardship of the environment, and a just society through value-based

relationships and community-based collaboration.

The charity of Christ urges us to promote:

- Respect: recognizing our own value and the value of others
- Compassionate Service: providing excellent care with gentleness and kindness
- Simplicity: acting with integrity, clarity, and honesty
- Advocacy for the Poor: supporting those who lack resources for a healthy life and full human development
- Inventiveness to Infinity: being continuously resourceful and creative

Seton Medical Center • 1900 Sullivan Ave., Daly City, CA 94015 • 650.992.4000 • www.setonmedicalcenter.org • President & CEO: Bernadette M. Smith • Editor: Courtney Conlon, Marketing & Communications • Produced by **D C P**

Seton Health is published three times per year by Seton Medical Center as a community service to its friends and patrons. Information contained in it is not intended for the purpose of diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.