

HealthSpeak

Summer 2014

Superior Care for **Little Superheroes**



Dignity Health[™]

Northridge Hospital
Medical Center

Letter From the President/CEO

Humankindness Is Powerful Medicine



Healing begins with a human connection of compassion. It can start with a smile, a question or even just a hello.

Every person and every experience matters to those who turn to us for care. Healing is our calling at Dignity Health Northridge Hospital.

We are proud of our Humankindness Ambassadors—the compassionate professionals who have boundless dedication.

We take pride in the many thank-you letters received from patients on behalf of our outstanding care team. To us, humankindness is more than a phrase, it's the everyday actions taken by our physicians, staff and volunteers to care for our patients and families in a positive, meaningful way. Through their actions, big or small, staff are recognized in many ways from the comments we receive from the community. Here are some of the recognitions bestowed:

DAISY Award – Nominated by a patient and given each month to an outstanding nurse who epitomizes exemplary nursing care.

Class Actor Award – A monthly and annual recognition for those who go the extra mile for patients, families, staff and physicians.

Values in Action Award – An annual recognition for those who showcase our values of Dignity, Collaboration, Justice, Stewardship and Excellence at our hospital and beyond.

Patient Praise for Physicians – Compliments retrieved via the Hospital's Avatar Patient Satisfaction Survey and our Hospital website are published in our monthly physician newsletter.

Physician of the Year Award – Given to a doctor who is well respected by his/her patients and colleagues for outstanding care and collaboration.

Volunteer of the Year Awards – Several special recognitions are announced for the volunteers who put in tireless hours and merit appreciation for exceptional effort in our community.

Service Evaluation Committee Award – Northridge Hospital's physicians honor staff members for supporting them in an exemplary fashion.

Humankindness Award – Twenty-four deserving recipients were nominated by their peers to receive this award, which was presented at a Southern California open forum hosted by Lloyd Dean, Dignity Health President and CEO.

Nurse Week Awards – Several nurses are selected by hospital-wide votes to receive honors such as "Best Patient Advocate," "Best Collaborator" and many more.

Thank you for your continued support of Northridge Hospital and our many services of excellence with compassionate and caring staff.

Saliba H. Salo
President/CEO

Contact Us

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FREE Find-A-Doctor: 818-908-8677,
www.NorthridgeHospital.org or
www.Healthgrades.com



HealthSpeak is published by the Dignity Health Northridge Hospital Medical Center Marketing/Communications Department three times a year as a service to the community.

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Ranked Among the Top 5% in the Nation for Clinical Excellence by Healthgrades 3 Years in a Row



Named One of America's Best 100 Hospitals by Healthgrades for Critical Care 2 Years in a Row

All physicians featured are on the medical staff of Northridge Hospital Medical Center. Many of these physicians are in private practice and, as independent practitioners, are not employees or agents of NHMC. Information contained in this publication is not intended for the purpose of diagnosis or prescribing. Please consult your physician before taking on any form of medical treatment, exercise program or dietary guidelines.

Super Care for Superheroes

Northridge Hospital is prepared to handle every kind of pediatric emergency, trauma or illness—whether children climb like Spider-Man, take risks like Wonder Woman or try to fly like Superman.

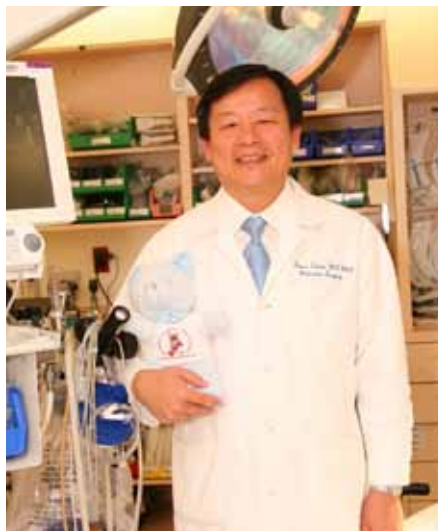


The Valley's Only Pediatric Trauma Center

The Richie Pediatric Trauma Center is the only one in the San Fernando Valley ready to treat complex pediatric emergencies and life-threatening injuries 24/7. "Our Pediatric Trauma Team assembles to await the patient's arrival to begin lifesaving care within 30 minutes from the time of injury," explains **James Dunn, MD, PhD, Medical Director, Pediatric Trauma Surgery Services**. "Treatment within this timeframe is proven to increase survival."

What's more, Northridge Hospital's recently upgraded helipad can accommodate a helicopter as large as the Fire Hawk (Sikorsky S70). That means children and adults with life-threatening injuries no longer need to be transported farther away by EMS helicopters for care—so they can stay close to home. Our Pediatric Trauma Center treats:

- ◆ Abdominal and chest injuries
- ◆ Traumatic brain injuries
- ◆ Spinal cord injuries
- ◆ Injuries to extremities
- ◆ Fractures



James Dunn, MD, PhD,
Medical Director, Pediatric Trauma
Surgery Services



Even Superheroes Need Protection

Thanks to the generosity of the **Golden Hour**

Guild, our Trauma Services is providing free bike helmets and car seats to our patients who suffered injuries due to not using this protective equipment.

The Golden Hour Guild was established in 1985 by Joan Geisbush, the founding President. The Guild has raised more than \$1 million during the past 29 years to support Trauma Services.

Criteria for Free Bike Helmets

- ◆ Designated trauma patients, ages 14 years and younger
- ◆ Injury involved an activity where a helmet was indicated
- ◆ Either the child had no helmet when injured, or it was destroyed from the incident

Criteria for Free Child Car Seat Replacements

- ◆ Designated trauma patients, ages 8 years and younger
- ◆ Injury involved an activity where a car seat was indicated
- ◆ Either the child had no car seat at the time of injury, or the car seat was destroyed from the incident
- ◆ No other financial resources available to replace the car seat

Please note: Limited supplies are available.

Your Local Pediatric ER

We've met specific requirements to receive approval from Los Angeles County as an **Emergency Department Approved for Pediatrics**. We're approved to receive patients via the 9-1-1 system with pediatric specialists available 24 hours a day to render immediate treatment to children with critical injuries.

Neonatal Intensive Care Unit

Lifesaving Care for Delicate Superheroes

Eight-month-old **Madeleine Del Mundo** can swipe an iPad screen to turn the page of an e-book. Impressive for any baby, but all the more joyous for her parents **Sheila and Jerome** of Valley Village who feared for her health when she was born at 27 weeks gestation, weighing 2 pounds, 3 ounces.

During pregnancy, Sheila had pregnancy-induced hypertension and her kidneys had begun to fail. **Neda Ballon-Reyes, MD, Obstetrician/Gynecologist**, performed a cesarean to save the lives of baby and mom.

In the **Neonatal Intensive Care Unit (NICU)**, **Virginia El Sahn, RN**, noticed Madeleine's stomach was firm and distended. She alerted **Barry Halpern, MD, NICU Medical Director**, who called **Harry Applebaum, Pediatric Surgeon**. "If they hadn't acted so urgently, it would have been fatal for Madeleine," shares Sheila.



Barry Halpern, MD, NICU Medical Director; Saba Gaffar, MD, Neonatologist; and Theodore Glatz, MD, Neonatologist were part of Madeleine's lifesaving physician team. (l-r)

"Exploratory surgery revealed necrotising enterocolitis (NEC)—an inflammation of the intestines that results in tissue death," explains Dr. Halpern. "It can significantly damage the bowels, and can sometimes be fatal."

Madeleine underwent a laparotomy during which Dr. Applebaum successfully removed the "dead" portion of her bowels followed by a later surgery to reconnect them.

Eight-month-old Madeleine is thriving after undergoing surgery for a potentially fatal bowel disease during her first week of life.



During the three months that followed, Madeleine had a lumbar puncture to check for meningitis, a gastric ultrasound performed by **Larry Eisenberg, MD, Pediatric Gastroenterologist**, and received nutrition through a peripherally inserted central catheter (PICC) line, ordered by Dr. Halpern, **Saba Gaffar, MD, Neonatologist**, and **Theodore Glatz, MD, Neonatologist**. She also had her eyes checked routinely by **Dorothy Calvin, MD, Ophthalmology**, in addition to care from physical, occupational and respiratory therapists.

Sheila and Jerome stayed with Madeleine nearly 24-hours-a-day. "I would advise anyone going through this to hope, persevere, pray and believe," says Sheila. "For as long as your baby's heart beats and she's in the hands of specialists, there is always hope."

At 3 months old, Madeleine weighed five pounds, four ounces and was ready to go home. "She is now a cheerful 8-month-old who eats solids, enjoys e-books and has a ready smile," shares Sheila. "The NICU team really saved her life and for that we are forever grateful."

New NICU

Our newly designed NICU will feature a family-centered atmosphere with:

- ▶ The most advanced equipment to treat babies born at any viable gestational age, including micropreemies
- ▶ Sleeping quarters for the newborn's parents
- ▶ A convenient family pantry
- ▶ A lactation room for new mothers

Pediatric Trauma Center

Lifesaving Pediatric Care... When Seconds Count

It's a mother's worst fear—that her child may be paralyzed for life, if they survive. That's what **Antonia Albayero** learned the day her son, **Frankie Pantoja**, was rushed to Northridge Hospital's **Pediatric Trauma Center**—the **only one in the Valley**.

Frankie had been riding his scooter near his San Fernando home when an SUV struck and then carried him on the hood for about 80 feet. A passerby called 9-1-1.

While he was en route to the hospital, our Pediatric Trauma team assembled to provide immediate care within 30 minutes of his injury, which is proven to increase the chance of survival. The team assessed Frankie's injuries, which included an aortic transection (aortic rupture); a punctured lung; a broken hip, pelvis and knee; a broken nose; and a chip fracture where the skull and spine meet.

Antonia and her husband learned that Frankie's aortic injury was so severe that many patients with the same injury don't make it to the hospital.

"Aortic transection is life-threatening," explains **Roderick Yasuda, MD, Thoracic Surgeon**. "The tear in the wall of the aorta causes blood to escape."

During surgery, Dr. Yasuda replaced the torn aorta with a graft to prevent further leakage from occurring. Antonia breathed a sigh of relief when she learned Frankie had survived. Included among Frankie's lifesaving care team were **Dr. Yasuda**; **Timothy Casarez, MD, Pediatric Cardiology**; **John King, MD, Pediatric Orthopedic Surgeon**; **Harry Applebaum, MD, Pediatric Surgeon**; **Rishma Chand, MD, Critical Care Pediatrician**; **Sonho Lee, MD, Critical Care Pediatrician**; **Richard Kang, MD, Pediatric Intensive Care (PICU) Medical Director**; and **Hooshang Semnani, MD, Pediatric Medical Director**.

Frankie received further care in the **Pediatric Intensive Care Unit**—the only PICU in the Valley certified by California Children's Services. There, Frankie received the highest level of intensive medical care before transferring to the **Pediatrics Unit**.



Roderick Yasuda, MD, Thoracic Surgeon, performed Frankie's emergency lifesaving heart surgery.

During the following two-plus months, he received occupational and physical therapy to relearn activities of daily life, including walking. He also visited with our **Pet Therapy** dogs and was supported by 20 family members who celebrated each milestone of his recovery. Antonia spent every night in a sleeper bed next to her son.

About two and a half months later, Antonia took her son home. "He's receiving outpatient physical therapy, being home-schooled in eighth grade and found a new hobby—the Xbox," she says. "The doctors and nurses were so great. I'd give them a 10-plus rating."



Antonia Albayero stayed with her son, Frankie, every day at the hospital after an SUV struck him and tore his heart vessel.

Super Care for Superheroes



The Valley's First Designated Pediatric Medical Center

Los Angeles County designated Northridge Hospital as a Pediatric Medical Center (PMC) because we provide a higher level of care for critically ill pediatric patients. "This status affirms that we have an emergency department capable of managing complex pediatric emergencies, a PICU and physicians with pediatric subspecialties and/or experience in pediatric care," states **Hooshang Semnani, MD, Pediatrics Medical Director**. In addition, as part of our Child Life Program, a Child Life Specialist educates and comforts children and their families during hospitalization.

We treat pediatric emergencies, including:

- ◆ Near drowning
- ◆ Septic shock
- ◆ Cardiac dysrhythmia (irregular heartbeat)
- ◆ Severe respiratory distress
- ◆ Cyanosis (abnormal blue discoloration of the skin and mucous membranes)
- ◆ Persistent altered mental status
- ◆ Status epilepticus (brain is in a state of persistent seizure)
- ◆ ALTE (apparent life-threatening event)



Have You Heard?

We have a new, modern, kid-friendly **Pediatric Unit** that features:

- ◆ A Pediatric Intensivist available on site 24/7
- ◆ Most advanced medical equipment available, sized to fit children from infants to teens
- ◆ Parent-friendly rooms to accommodate overnight stays
- ◆ A playroom with floor-to-ceiling windows to allow children to experience the healing effect of natural sunlight



3 Ways to Find the Right Pediatrician for Your Child

- ▶ Call our **FREE Find-A-Doctor Line** at 818-908-8677
- ▶ Visit us online at www.NorthridgeHospital.org
- ▶ Or visit Healthgrades.com

Teen Lounge

Northridge Hospital has a special **Teen Lounge** recently decorated by former pediatric patient Kristen Cooper of Santa Clarita. The 16-year-old wanted to give back to the hospital for successfully treating her for endocarditis (an inflammation of the heart's inner lining). Kristen, who is a member of Girl Scout Troop 2322, raised funds to adorn the lounge with a movie theatre theme to earn her Girl Scout gold award. She provided the decorations, art supplies, bookcase and books, board games, Wii games and, of course, movies on DVD.



Richard Kang, MD, FAAP, Pediatric Intensive Care Unit Medical Director, thanks Kristen Cooper, Girl Scout and former patient for creating a Teen Lounge for pediatric patients.

Not Your Typical Girl

Thirteen-year-old **Karleen Hults** from Leona Valley can't wait to get back in the saddle. Earlier this year, she fell off of her horse and landed under another one who trampled her.

Her mother, Jeannie drove her to a local hospital where emergency physicians determined Karleen had a fractured rib that punctured her liver and kidney. They transferred her to the closest **Pediatric Trauma Center** at Northridge Hospital—the only one in the San Fernando Valley.

Stephen Shew, MD, Pediatric Surgeon, assessed Karleen in our Pediatric Trauma Center, determined she didn't need surgery and transferred her to our **Pediatric Intensive Care Unit (PICU)**—the only certified PICU in the San Fernando Valley.

There, registered nurses specializing in the care of critically injured children provided 24-hour monitoring under the direction of **Harry Applebaum, MD, Pediatric Surgeon**, and **Richard Kang, MD, PICU Medical Director**.

"She never got hysterical and never cried," says Jeannie who spent every night at the hospital with her daughter. "She's a straight-A student and stressed more about missing school than being hospitalized."

After a brief stay in our Pediatrics Unit, under the watchful eye of **Hooshang Semnani, MD, Pediatrics Medical Director**, Karleen returned home.



Karleen Hults is recovering and back in 4-H after being trampled by a horse (pictured here with her sister Baylea)

She has since resumed her 4-H activities preparing swine, rabbits and goats for the Antelope Valley Fair and can't wait for the medical clearance to ride horses again. "She will, no matter what it takes," says Jeannie. "She's a tough cookie, not your typical girl."



Stephen Shew, MD, Pediatric Surgeon, and Hooshang Semnani, MD, Pediatrics Medical Director, were among the physician team who treated Karleen Hults.



Hello humankindess

A dose of puppy love is just what the doctor ordered. While our dedicated hospital staff treats medical conditions, our **Pet Therapy "dog-tors"** warm hearts, accompanied by their volunteer-owners.

Our Doctors Debunk Medical Myths

Northridge Hospital's physicians clear up some common medical myths and misunderstandings.

Myth: Men and Women Develop Osteoarthritis at the Same Rate

FACTS: "Women get osteoarthritis later in life, but have higher rates than men. One possible cause: Women's broader hips may place long-term stress on their knees," describes



**Jonathan Botts, MD,
Orthopedic Surgeon**

Jonathan Botts, MD, Orthopedic Surgeon. "These strategies to manage arthritis can benefit everyone, specifically women."

- ◆ **Manage weight.** Obese women have nearly four times the risk of developing knee osteoarthritis. Dropping 10 pounds is equivalent to taking 30 pounds of pressure off your knees.
- ◆ **Avoid high heels.** Wearing heels two inches or higher shifts body weight and increases pressure on your knees. This can cause degenerative changes in the joint.
- ◆ **Exercise to reduce arthritis pain and delay loss of function.** Consider low-impact activities, such as swimming, yoga or tai chi.
- ◆ **Talk to your doctor about treatments and supplements,** such as glucosamine, chondroitin and Vitamin D to reduce osteoarthritis pain.



**Zouheir Elias, MD,
Cardiologist**

Myth: Heart Attack Signs are the Same for Everyone

FACTS: "Heart disease is the leading killer of men and women. But women are more likely to die after a heart attack," explains **Zouheir Elias, MD, Cardiologist, Medical Staff President.**

"The most common heart attack symptom for everyone is chest discomfort—pressure, squeezing, fullness or pain. Both men and women can experience atypical heart attack symptoms, 70 percent of women experience no chest pain."

Atypical heart attack symptoms:

- ▶ Shortness of breath
- ▶ Nausea/vomiting
- ▶ Back or jaw pain
- ▶ Unexplained fatigue
- ▶ Throat discomfort
- ▶ Burping or feeling of indigestion
- ▶ *71 percent of women report flu-like symptoms for two to four weeks prior to having more acute chest discomfort*

Typical heart attack symptoms:

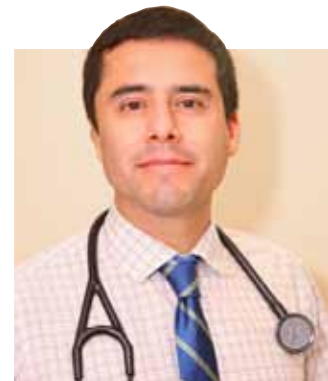
- ▶ Pain, tightness or pressing on the chest (and possibly the neck and shoulders)
- ▶ Profuse sweating
- ▶ Shortness of breath
- ▶ Dizziness

If you suspect a heart attack, call 9-1-1 and chew an uncoated aspirin, which can reduce heart damage. EMS crews will take you to a **STEMI Heart Attack Center**, like Northridge Hospital—the first one designated in the San Fernando Valley. Our STEMI designation increases the chance of survival, backed by our Healthgrades honors as a five-star award recipient for treatment of heart attack in 2014 and a five-star award recipient for treatment of heart failure for five years in a row.



Breast Cancer Myths

FACTS: "All women have a 1-in-8 chance of getting breast cancer, but men can get it too," explains **Juan Alcantar, MD, Medical Oncologist.** "In 2013, approximately 2,240 men in the U.S. developed breast cancer, according to the National Cancer Institute."



**Juan Alcantar, MD,
Medical Oncologist**

Here are some other misconceptions about the disease:

- ◆ **I'm bound to get breast cancer since I have a family history.** Age is a bigger risk factor than family history. Seventy-seven percent of breast cancers are diagnosed in women older than age 50, while only 5 to 10 percent are caused by hereditary mutations.
- ◆ **A lump in the breast is breast cancer.** More than 80 percent of lumps found are benign.
- ◆ **Breast cancer always comes in the form of a lump.** Other signs include swelling; skin irritation or dimpling; breast or nipple pain; nipple turning inward; redness, scaliness, thickening of the nipple or breast skin; or a discharge other than breast milk. Breast cancer can also spread to underarm lymph nodes and cause swelling there before a tumor is large enough to be felt.

Uninsured women over the age of 40 can call our Navigator Program at 818-885-5471 to arrange for a free mammogram.

Myth: Surgery Means I'm Out of Commission for Weeks

FACTS: "Gone are the days when having gynecologic or other surgeries meant days in the hospital and weeks to months of recovery," **Green Hsueh, MD, Obstetrician/Gynecologist.** "Today, many procedures are minimally-invasive. For example, **da Vinci Si (single incision) Robotic Surgery**, allows surgeons to perform many surgeries through a few tiny incisions or just one small incision. Patients have less pain, scarring and a faster recovery."

Minimally invasive surgery is available in most specialties, including heart, lung, general surgery, gynecology, weight loss, urology, ear, nose and throat, gastroenterology and spinal operations.



Green Hsueh, MD,
Obstetrician/Gynecologist

Road to Recovery

"The worst headache of my life." That's how **Tina Stibor** describes the symptom that compelled her to request a referral to see a neurologist. "My brother had a brain tumor years ago and that's how he described it—an intense headache and fatigue," she recalls.

Tina works in the office of **Marc Kerner, MD, Otolaryngologist**, who referred her to **Robert Cohenour, MD, Neurologist**. Within one hour of undergoing an MRI, Dr. Cohenour confirmed she had a large brain tumor that needed to be removed. **Asher Taban, MD, Neurosurgeon**, described it as "a benign central neurocytoma—a rare tumor with an excellent prognosis." He performed the surgery followed by **Gamma Knife** radiation treatment with **Afshin Safa, MD, Radiation Oncologist**, to dissolve any residual tumor.



Asher Taban, MD,
Neurosurgeon

Tina spent one month in the **Critical Care Unit** before transferring to the **Center for Rehabilitation Medicine** where she received physical, occupational and speech therapies. "I had to learn how to use my hands, walk, talk and eat," Tina recalls. "My teenage children visited me often and saw me progress."

Today, she's tumor free and has resumed her position at Dr. Kerner's office as well as her number one job as mom.

Blade-Free Brain Surgery

Requiring no incision, Gamma Knife is a safe, non-invasive treatment. More than 200 precise radiation beams converge deep within the brain to shrink or even destroy damaged tissue. It can be used in conjunction with or as an alternative to surgery.



HEALTH EDUCATION CLASSES AND EVENTS

All classes are FREE. Registration is required by calling the number provided.
Class listings are also available online at www.NorthridgeHospital.org/classes.

Joint Replacement Program, Coordination of Care

Northridge Hospital Medical Center and Los Robles Homecare Services present a free pre-operative community seminar about knee and hip replacement surgery. Presented by a licensed Physical Therapist, classes will be held on Thursdays:

June 12	August 14
June 26	August 28
July 10	September 11
July 24	September 25

All classes are from 3-4:15 p.m. in Classroom 4
To reserve a seat, please call the Los Robles Marketing Department at 805-777-7234

Chronic Disease Self-Management Program

Presented by the Center for Healthier Communities' Martha Zuniga, MPH, MPA, and Barbara Gonzalez, MPH (c)

A six-week workshop, two-and-a-half hour class where you'll learn coping skills and how to self-manage chronic conditions. Topics include designing a fitness program; cognitive symptom management; fatigue management; coping with anger, fear and frustration; communication with healthcare professionals, family and friends; use of medications; relaxation techniques; healthy eating; and evaluating treatments. Participants will receive the "Living a Healthy Life with Chronic Conditions" book and a relaxation for the mind CD. Class is intended for adults with a chronic condition or caregivers of someone with a chronic condition.

All classes are held on Thursdays from 2-4:30 p.m.

August 7, Classroom #3

August 14, Patio Conference Room

August 21, Classroom #4

August 28, Patio Conference Room

September 4, Patio Conference Room

September 11, Patio Conference Room

Please RSVP by calling 818-718-5903



Essential Estate Planning in California

*Presented by Thomas P. Christopher, Esq.
Christopher Law Group, Inc.*

What every person needs to know about Estate Planning in California in 2014. Make sure that your estate passes informally, without cost, time and formality.

Saturday, June 21

10 a.m.-Noon

Education Auditorium

To register, please call

818-360-9500

Smoking Cessation Program

Presented by the Leavey Cancer Center's Navigator Program

Want to quit smoking? We can help! Join our four-week Smoking Cessation Program.

FREE

Begins Tuesday, September 9, 5-6:30 p.m.

Leavey Cancer Center Conference Room

To register, please call our Navigator Program at

818-885-5471

Parkinson's Disease 101

Presented by The NeuroCommunity Foundation; Ronald B. Ziman, MD, FACP, FAAN, Medical Director, Parkinson & Movement Disorder Information Center at Center for Aging Research & Education

Newly diagnosed patients and their families can learn about motor and non-motor symptoms, potential causes, medication management, rehabilitation therapies, fall prevention, wellness, nutrition and current research. The class includes an extended physician Q&A session and is a great refresher course for anyone affected by the disease.

Saturday, September 13

2-4 p.m. (check-in from 1:30 to 2 p.m.,
no seating prior to 1:30 p.m.)

Education Auditorium

Registration required to

neurocommunity@gmail.com or 818-885-8623

Hip Pain Slowing You Down? Free Lecture!

Presented by Jonathan Botts, MD, Orthopedic Surgeon

Hip arthroscopy is a minimally-invasive surgical procedure that allows an orthopaedic surgeon to examine a patient's hip using a small camera attached to an instrument called an arthroscope. It can be a great solution to many hip conditions and problems that plague the hip joints.

Tuesday, September 16, 6-7 p.m.

5th Floor Hale Penthouse Auditorium

Light refreshments will be served

Free parking

Register by calling 866-581-KNEE (5633)

SENIORS 64Plus

All classes are FREE.

Overview of Long-Term Care

Presented by Janet Hartley

Join us for a discussion to learn more about long-term policies. We'll review types of care that are covered, how benefits are activated and more.

Saturday, July 19

10 a.m.-Noon

Education Auditorium

To register, please call 213-219-8351

Age Well: Drive Smart

Presented by Marlene Lovett Senior Volunteer Program:

Age Well Drive Smart

Learn about the steps older drivers can take to continue driving safely. This program is a cooperative effort between the CHP, DMV and older driver community.

Saturday, August 16

Education Auditorium

10 a.m.-Noon

To register, please call

818-888-0980, ext. 255



CANCER EDUCATION

All classes are FREE.

Look Good, Feel Better

Presented by Northridge Hospital's Navigator Coordinator

For an evening of fun, join stylists coordinated by the American Cancer Society to learn how to use make-up, scarves and wigs to enhance physical appearance during cancer treatment. Limited to 12 participants who are undergoing or who have recently completed cancer treatment.

Wednesday, August 13, 6-8 p.m.

Leavey Cancer Center Conference Room

Please call 818-885-5471

Reaching Out—FREE Cancer Screenings* (for the Uninsured and Underinsured)

Presented by Northridge Hospital Medical Center's

Leavey Cancer Center and sponsored by the Harold Pump Foundation

Community members will learn the importance of routine screening for cancer and have the opportunity to receive free mammograms and prostate screenings. **Please note: these events are for those who are uninsured or underinsured.*

**Mammograms: Second Friday of each month,
8 a.m.-4:30 p.m.**

Carole Pump Women's Center

To register or find out about upcoming prostate screenings, please call 818-885-8500, ext. 5668

Harold & Carole Pump Foundation Celebrity Golf Tournament and Dinner

Honoring Jim Brown, Former NFL Player & Actor; Sugar Ray Leonard, Former Olympic Champion Boxer; Vin Scully, Sportscaster; and Keith Black, MD

The annual Harold & Carole Pump Foundation Golf Tournament & Celebrity Dinner celebrates Harold's love of family and sports. Honoring his memory, this event raises money for the fight against cancer at Northridge Hospital.

FRIDAY, AUGUST 8

Golf Tournament, 9 a.m.

Robinson Ranch Golf Club, Santa Clarita

Tickets: \$600.00

Dinner

Red Carpet, Cocktails & Silent Auction, 6 p.m.

Dinner & Program, 7:30 p.m.

Hyatt Regency Century Plaza Hotel, Los Angeles

Tickets: \$1,000.00



For more information or to purchase tickets, please call 310-996-1188



Babies First Expectant Parent Classes

Call 818-885-5434 for registration and class location. Detailed class explanations are available at www.NorthridgeHospital.org/BabiesFirst. Classes are FREE unless otherwise noted.

*Please note, online registration is now available for the **Maternity Tour, Car Seat Safety Class** and **Tiny Tots Tour** at www.NorthridgeHospital.org/classes.



STEP 1

*Babies First Maternity Orientation and Tour

Tour our medical facility and learn why we're the best place to have your baby.

Wed., July 9, August 13 or September 10, 7-9 p.m., FREE

*Tiny Tots Tour

Siblings ages 3 to 10 discuss their new roles, visit the newborn nursery and see where mom will be in the hospital.

Thurs., July 10 or September 4, 4-5 p.m., FREE



STEP 2

Breastfeeding Workshop

A certified Lactation Consultant teaches pregnant women and new mothers how to successfully breastfeed.

Mon., July 7, August 11 or September 8

7-9:15 p.m., \$40 per couple

Childbirth Education

Topics include physical and emotional changes, what to expect during pregnancy and birth, techniques for relaxation and breathing, cesarean birth, pain relief options and more. Registration is recommended by the sixth month of pregnancy. (This is a four-class series, plus a Pain Management for Labor/Cesarean Birth class that is held on Thursdays and a Maternity Tour.)

July series begins Thurs., July 10

September series begins Thurs., September 4

7-9:30 p.m., \$100 per couple

Childbirth Education Weekend Express Classes

Pressed for time? On two consecutive Saturdays, learn the same childbirth education material presented in the four-week course. Enrollment in Pain Management is also recommended.

Two-day course:

Sat., July 12 and 19 or September 13 and 20

10 a.m.-2 p.m., \$125 per couple

Pain Management During Labor/Cesarean Childbirth

This class reviews surgical procedures, techniques for decreasing pain, recovery strategies and medication options.

Thurs., July 24 or September 18, 7-9:30 p.m.

FREE for Childbirth Education Series participants (\$30 per couple for non-participants)



*Free Car Seat Safety Class

Did you know that more than 80 percent of child car seats are improperly installed? Northridge Hospital, the California Highway Patrol and the Los Angeles Police Department want to reduce that statistic by providing free car seat educational seminars. Learn about current car seat laws, common errors and solutions and choosing the right seat for your child.

Tues., July 29, 7-9:30 p.m.

Education Auditorium

Reservations required by calling 818-885-8500, ext. 3437



STEP 3

Breastfeeding Support Group

Discuss challenges and experiences. Led by a bilingual lactation educator.

Thurs., 10-11:30 a.m., FREE

For more information, call 818-885-8500, ext. 2289

Grupo de Apoyo para Amamantar

Apoyo para ayudar a las mamás a que aprendan a amamantar a sus bebés con éxito.

Los martes, de las 10 a las 11:30 a.m.

Llame al 818-885-8500, ext. 2289

Ready, Set, Let's Parent!

Our innovative three-part class offers tips for coping as new parents, baby safety, reducing hazards and non-certified Pediatric CPR.

Three-week series begins:

Tues., July 8 or September 9

7-9:30 p.m., \$95 per couple

CPR for Family and Friends (Infant and Child CPR Plus Safety and Injury Prevention for the Lay Rescuer)

An American Heart Association-trained instructor will teach you how to reduce hazards that cause injuries and the emergency measures needed to clear the airway and perform CPR for infants and children up to age 8 (non-certified CPR).

Thurs., June 5, 6:30-10 p.m., or Sat., September 6

9 a.m.-12:30 p.m., \$40 per person



Welcome Baby Program

Welcome Baby is a universal, maternal-child hospital/home visitation program and breastfeeding initiative, available FREE to all women who give birth at Northridge Hospital. Parents are offered support, information and resources on everything from pregnancy and childbirth to early childhood development and maternal depression. **Call 818-885-3575.** Se habla español.


Join Us at Northridge Fashion Center



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DELICIOUS

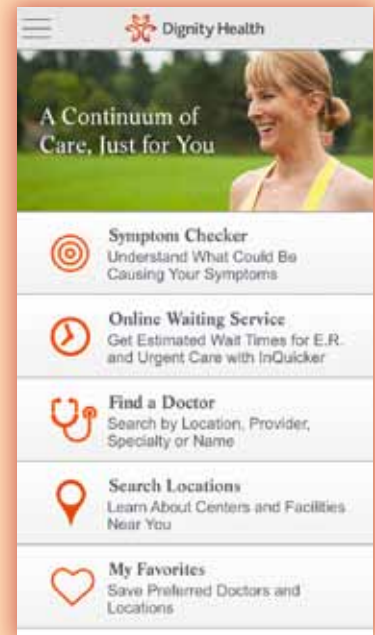


YARD HOUSE ELEPHANT BAR CALIFORNIA PIZZA KITCHEN BONEFISH GRILL
WOOD RANCH BBQ & GRILL CLAIM JUMPER ROMANO'S MACARONI GRILL

   northridgefashioncenter.com
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NORTHRIDGE | 
FASHION CENTER

Dignity Health has an App for That



Dignity Health's FREE mobile health app is now available on the iTunes Store. To access, simply search for "Dignity Health" (*Android app coming soon*).

FREE Health Tips at Northridge Mall

Northridge Hospital Medical Center presents monthly health information at Northridge Fashion Center on the UPPER LEVEL between the FOOD COURT and JCPENNEY.

Please note: These are informational booths providing quick tips to mall visitors, unless a free screening is noted.

Friday, July 11 – da Vinci Si Robotic Surgery: The wave of the present & future...

Saturday, August 9 – Welcome Baby – Learn About This FREE Program
Available to Every New Mom Who Delivers at Northridge Hospital

Friday, September 12 – Breast Cancer: Know the Facts

Saturday, September 13 – Welcome Baby – Learn About This FREE Program
Available to Every New Mom Who Delivers at Northridge Hospital

All events are held from Noon-4 p.m.

Visit www.NorthridgeFashionCenter.com or www.NorthridgeHospital.org/BetterHealth for details.

Our Core Values: Dignity, Collaboration, Justice, Stewardship and Excellence

Support Groups

Please call to register for each support group and to receive additional information.



Bereavement Program

The Healing Journey

An eight-week workshop dealing with grief and loss. Select Wednesdays, 2:30–4 p.m. or 5:30–7 p.m. Spaces are limited. Call 818-885-8500, ext. 4560

Brain Injury Support Group for Survivors & Caregivers

Meets once a week on Wednesdays, 3–4:30 p.m. Call 818-885-8500, ext. 3797

Breast Cancer Support Group

Second and fourth Tuesday of each month, 7–8:30 p.m. Call 818-885-8500, ext. 5668

Breastfeeding Support Group

Discuss challenges and experiences. Led by a bilingual lactation educator.

Thursdays, 10–11:30 a.m.

Call 818-885-8500, ext. 2289

Grupo de Apoyo para Amamantar

Apoyo para ayudar a las mamás a que aprendan a amamantar a sus bebés con éxito.

Los martes, de las 10 a las 11:30 a.m.

Llame al 818-885-8500, ext. 2289

Chronic Pain Support Group

Second and fourth Tuesday of each month, 11 a.m.–12:30 p.m. Call 818-885-8500, ext. 3680

Dementia Caregivers Support Group

First and third Wednesday of each month, 6 p.m. Call 818-317-3421

Depression and Bipolar Support Alliance Group

Provides hope, help and support to improve the lives of people living with depression and/or bipolar disorder.

Mondays, 7–9 p.m. (Monday's group includes meditation techniques and spiritual healing)

Wednesdays, 6:45–9 p.m.

Fridays, 6:45–9 p.m.

Call 818-406-0157

Liver Disease Support Group

One Wednesday per month, 6:30–8 p.m.

Call the American Liver Foundation at 310-670-4624

Mental Health Support Group for Family

In partnership with the National Alliance on Mental Illness (NAMI)

Third Tuesday of each month, 7–8:30 p.m.

Call 818-994-6747

Mental Health Support Group for Family & Friends

In partnership with the National Alliance on Mental Illness (NAMI)

First and third Thursday of each month, 7–8:45 p.m.

Call 818-994-6747

Parkinson's Support Group

Offers various topics and a monthly support group.

Third Monday of each month, 3:30–5:30 p.m.

Call 818-776-1183

Spinal Cord Injury Support Group

For spinal cord injury patients and their families.

Thursdays, 3–4:15 p.m.

Call 818-885-8500, ext. 3656

Stroke Support Group for Survivors & Caregivers

Wednesdays, 3–4 p.m.

Call 818-885-8500, ext. 4865

Trigeminal Neuralgia Support Group

In partnership with the Trigeminal Neuralgia Association

For Trigeminal Neuralgia and related facial pain sufferers to obtain information, encouragement and treatment explanations.

First Saturday of each month, 12:30–2 p.m.

Call 818-885-8500, ext. 5668

Pediatricians and Neonatologists

Pediatric Trauma Physician Team

James Dunn, MD, PhD,
Medical Director, Pediatric
Trauma Surgery Services

Richard Kang, MD, FAAP,
Medical Director, Pediatric
Intensive Care Unit

Shawki Saad, MD, FACS,
Medical Director, Trauma
Services

Stephen Jones, MD,
Medical Director,
Emergency Services

Hooshang Semnani, MD,
FAAP, Medical Director,
Pediatrics

who specialize in cardiology, critical care, gastrointestinal, infectious disease, nephrology and neurology.

Pediatric Cardiologists

David Ferry, MD
Vahid Hekmat, MD
John Ho, MD
Frederic Leong, MD
Jeffrey Wong, MD

Pediatric Critical Care Specialists

Rishma Chand, MD
Richard Kang, MD
Sonho Lee, MD
Hooshang Semnani, MD

Pediatric Gastroenterologists

Saied Dallalzadeh, MD
Larry Eisenberg, MD

Pediatric Infectious Disease Specialist

Victoria Millet, MD

Pediatric Nephrologist

Elizabeth Evans, MD

Pediatric Neurologist

Daniel Shewmon, MD

Pediatric Surgeons

Harry Applebaum, MD
Daniel DeUgarte, MD
James Dunn, MD
Stephen Shew, MD

Pediatricians

Behzad Behmanesh, MD
Catherine Cho, MD
Janesri De Silva, MD

Farideh Farrohi, MD
Charles Goodman, MD
Garabed Kayekjian, MD
Kyu Kim, MD
Rhodora Kim, MD
Rene Lim, MD
Albert Melaragno, MD
Farrukh Mirza, MD
Frank Peng, MD
Jayvee Regala, MD
Mehboob Sachani, MD
Andree Trompeta, MD
Bellaflor Trompeta, MD

Neonatologists

Rochelle Feldman, MD
Saba Gaffar, MD
Theodore Glatz, MD
Barry Halpern, MD, NICU
Medical Director
Cecilia Lev, MD

Pediatricians and Pediatric Surgeons

Pediatric patients receive expert care from pediatric surgeons and pediatricians



Wait at Home, Not the ER with InQuicker

Have a sick child? For non-life-threatening emergencies, use **InQuicker**, our Online ER Waiting Service. Patients visit www.NorthridgeER.org, choose a projected treatment time and wait in the comfort of their own home.

Protective CATS

Center for Assault Treatment Services (CATS)

Northridge Hospital's CATS program treats more than 1,000 children and adults for sexual abuse and assault as well as domestic violence each year. It is the only 24/7 program serving the San Fernando and Santa Clarita Valleys and surrounding cities. We offer:

- Medical examinations in a supportive environment
- Forensic interviews
- Case-managed counseling and referrals offered by a partner agency
- Outreach and training to professionals who work with children so they can identify and help prevent abuse

Learn more by calling **818-908-8632** or visit www.abuse-assaultservices.org.



18300 Roscoe Blvd
Northridge, CA 91328
www.NorthridgeHospital.org
818-885-8500
FREE Find-A-Doctor 818-908-8677
or www.NorthridgeHospital.org or
www.Healthgrades.com

Consult the AT&T San Fernando Valley
West Yellow Pages for additional healthcare
resources at Northridge Hospital.



Center for Healthier Communities

The Scales Are Tipping

Good news: Obesity rates among children in the Los Angeles Unified School District (LAUSD) are declining thanks to the hard work of **Northridge Hospital Medical Center's School Wellness Initiative**. It encourages students, parents and teachers to adopt healthy exercise and eating habits in 34 Los Angeles Unified School District (LAUSD) Educational Service Center North schools. We provide outreach to more than 30,000 students in low-income, high-need areas.

According to **Bonnie Bailer, Director, Center for Healthier Communities**, the School Wellness Initiative has seen improvements in children's and parent's health. Consider the results of our Physical Education Program, a.k.a. "PEP 4 Kids."



In 2010, we received the Carol M. White federal grant to implement PEP for nearly 2,900 students in four LAUSD elementary schools in North Hills and Panorama City.

Year-three grant results show that PEP exceeded expectations:

- 21 percent increase in daily physical activity levels
- 25 percent increase in cardiovascular fitness
- 25 percent decrease in BMI scores of 25 and above

Fighting Childhood Obesity with:

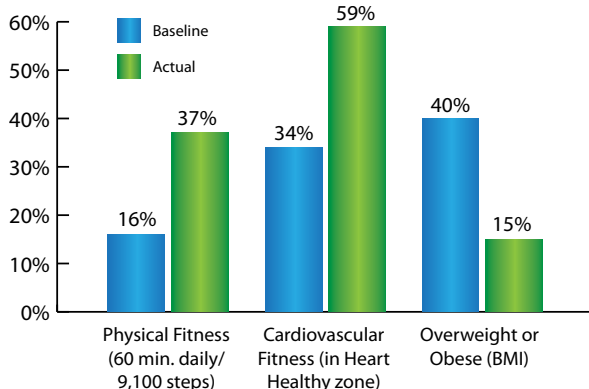
- Parent workshops with nutrition classes and free health screenings
- Physical education curriculums in schools with teacher training
- Full-time P.E. teachers
- School plays on nutrition

\$3,140,000 in Generous Grants

Northridge Hospital would like to thank these organizations for supporting the School Wellness Initiative:

- **United Healthcare** - \$662,000
- **UniHealth** - \$280,000
- **U.S. Dept. Of Education, Carol M. White PEP** - \$1,500,000
- **PacificCare/United HealthCare** - \$594,000
- **Charles Evans Hughes Memorial Foundation** - \$29,000
- **California State University, Northridge HUD** - \$45,000
- **General Mills Foundation** - \$10,000

PEP RESULTS



Thanks to the LA County Department of Public Health for its generous \$910,000 grant for the Choose Health LA Kids Initiative. It aims to improve fitness and nutrition behaviors in families with children 0-5 years of age.