

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 1 • SUMMER 2011

SUMMER SKINCARE TIPS

tips to protect your skin
this summer

MY JOURNEY TO HEALTH

with
Julie McGovern

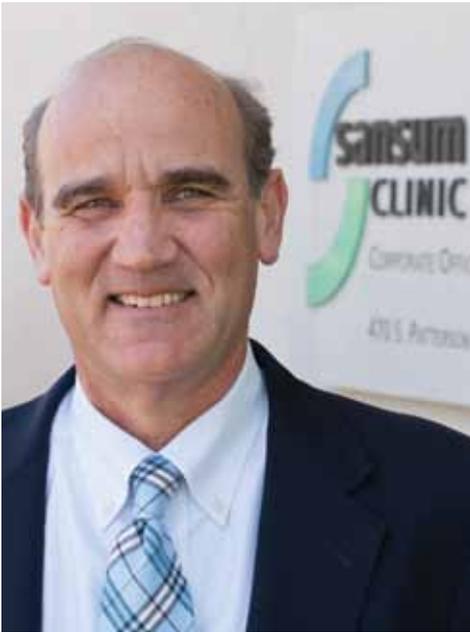
Nutritious Summer BARBEQUE TIPS

SANSUMCLINIC.org
re-launched to
improve your access



90th anniversary

We are pleased to debut the premiere issue of *Good Health*, our new magazine about healthcare in our community and healthy lifestyles. With insightful articles, interviews, anecdotes, resources, and practical advice, *Good Health* is designed to provide you and your family a stronger connection to your healthcare.



2011 marks Sansum Clinic's 90th Anniversary. Our longevity is due to our ongoing investment in the latest equipment and technology and our recruitment of the best and the brightest physicians, which combined, enable us to deliver the hi-tech and hi-touch elements of quality healthcare.

One of our founders, Dr. William David Sansum, was a pioneering researcher who was the first American to successfully isolate, produce and administer insulin to treat diabetes. We have maintained that innovative approach and continually evolved the level of care available in the community. Our myriad healthcare advancements include the first renal dialysis machine and the first kidney transplant surgery in Santa Barbara. Sansum Clinic physicians performed the first carotid and laparoscopic surgeries

and brought the first digital mammography services to Santa Barbara. The Clinic expanded care to residents with one of the first outpatient Urgent Care facilities, providing after-hours services that were open to the community.

We are always working to stay ahead of the community's needs — advancing care in addition to responding to present challenges. We are also pleased to announce the launch of our new and improved website (www.sansumclinic.org) designed to offer you easy access to our many resources and quality healthcare information.

In our 90-year history, thousands of individuals have worked together at Sansum Clinic to care for the people of our community. Our focus on customer service and our multi-specialty model enable us to provide compassionate, lifelong care to the people of Santa Barbara County, and countless visitors from across the country and around the globe. When we look ahead, we see a strong future based on our continued delivery of the innovative healthcare solutions that our patients have come to expect from Sansum Clinic.

We hope you enjoy this issue...and here's to your good health!

Sincerely,

Kurt N. Ransohoff, MD
CEO and Medical Director

GOODHEALTH

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FROM SANSUM CLINIC

ISSUE 1 • SUMMER 2011

Sansum Clinic is the largest independent nonprofit healthcare organization between the Los Angeles Basin and the San Francisco Bay Area, providing the full spectrum of services from primary care to more than 30 specialties.

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What Men Can Learn from Women



Is it really a man's world in the 21st century? Not according to a recent issue of *The Atlantic*, whose cover story by Hanna Rossin was entitled "The End of Men: How Women are Taking Control — of Everything." One of the main points of the article is that success in the post-industrial world depends upon education, where women greatly outperform men and hence, the future could well belong to women. In part due to the loss of six million manufacturing jobs over the past decade, women now outnumber men in the workplace and now more than half of managerial jobs are held by women. One treatable medical problem afflicts four times as many men as women and holds men back both academically and professionally: attention deficit/hyperactivity disorder. As a result, fewer men than women enroll in college and more men than women drop out, so today 60% of both bachelors and masters degrees are awarded to women. The net effect of these changes is that women's incomes, which once lagged behind men's, have now equaled and in some areas surpassed that of men.

Are women the weaker sex? Not if looked at in terms of health. Despite their inferior health compared with women, men are much less likely to receive regular, preventive care than are women. When it comes to being proactive for better health, men need to look no farther than women who are great role models both personally by seeking medical care and on the broader societal level by advocating for women's health.

What are some of the major concerns of men's health advocates? Is there an andropause in men similar to menopause in women? Should we be screening for prostate cancer in men in the way we screen for breast cancer in women? How

should prostate cancer be treated? How can we make the healthcare system more male-friendly? These are some of the issues discussed at the recent Second Harvard Men's Health Conference which I had the privilege of speaking at in April of this year. The conference organizer, Dr. Abraham Morgentaler, is author of several books on men's health including *Testosterone for Life* in which he argues for the benefits of replacing testosterone in aging men. Such benefits include stronger bones and muscles, increased energy and sense of well-being, improvements in metabolism, and increased libido. Controversies persist in the medical literature on all aspects of prostate cancer from the benefits or lack thereof of screening to when and how prostate cancer should be treated.

My advice to men? Get regular, preventive medical care. Don't smoke. Exercise daily — at least a brisk half-hour walk. Eat a lean diet of mostly whole grains and other plant foods and maintain a healthy weight. Consume alcohol in moderation, not more than 2 drinks per day. Keep a positive mental attitude: prayer or meditation have demonstrated medical benefits. And remember — for a longer, healthier life, women are usually excellent role models! ☀

— David C. Dodson, MD, Internal Medicine

GOODHEALTH

Contents + Summer 2011

FEATURES

- 2 Keeping Families Focused on Prevention**
Family Medicine with Dr. Ali Javanbakht
- 4 My Journey to Health**
A Q&A with Julie McGovern
- 6 Travel & Tropical Medicine**
Chad Relief Foundation
- 11 Advanced Urology Care**
Three specialists ready to serve



DEPARTMENTS

- 8 Tips & Advice**
- 12 Technology Update**
- 15 Donor Dollars at Work**
- 16 Letter from a Grateful Patient**
- 17 Meet Our New Physicians**

This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

Keeping Families Focused on Prevention

Not only does he feel lucky to have the opportunity to practice medicine near Santa Barbara where he grew up, Dr. Ali Javanbakht has a strong passion for what his patients can do as families, at home, to improve their health.

Many of Dr. Javanbakht's younger patients have a hard time pronouncing words like *temperature* or *stethoscope*, so when it comes to his name, they just call him Dr. Ali, which suits him, just fine. The name of his website, Healthcrap.com, is a clear indication of his sense of humor and easygoing manner.

“The great advantage of working at Sansum Clinic is the tremendous support and dedicated, professional staff that we have. It frees me to be a doctor, with the ability to focus my attention on my patients.”

In his bio he writes that as a boy he dreamed of becoming a clown or a soccer player, but “settled” on medicine instead. The events that led him to begin his practice at Carpinteria Urgent Care & Family Medicine in 2001, actually provide a warming back-story for the dedicated team of physicians and medical staff that have come together to serve the medical needs of Carpinteria's growing number of families.

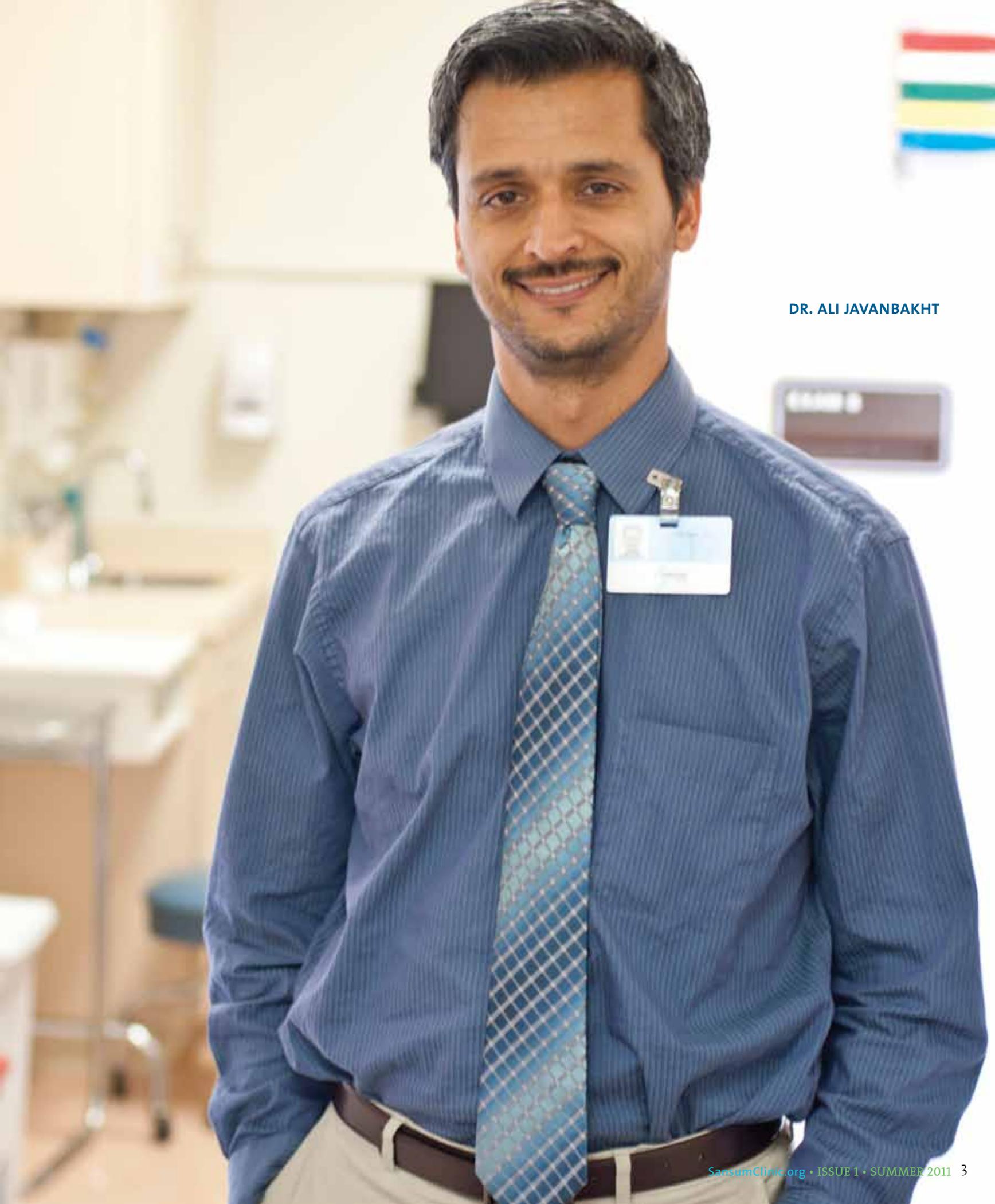
After graduating from Dos Pueblos High School and while attending UCSB, the undecided young Ali enrolled in a program where he spent time shadowing Dr. Eduardo Clark. That experience helped guide him toward the decision to attend the Medical College of Wisconsin. He now considers it an honor, yet a perfectly natural result, to be working side by side with his one time mentor, Dr. Clark, who has been providing Urgent Care at Sansum Clinic for more than two decades.

Dr. Javanbakht enjoys the opportunity to work with entire families and to help them address their health issues before they become medical problems. He tries to focus his patients and their families on prevention. “We have access to great healthy foods and plenty of opportunities to walk those few extra steps to help keep ourselves fit. Learning what is good for you is easier than most people think. And I think it can be a lot more fun when the whole family is involved.”

Dr. Javanbakht also speaks Spanish, Farsi and French. His book, *For the Health of It!*, which is a collection of his most loved columns by the same name that have appeared regularly in the *Coastal View News*, uses humorous analogies, everyday metaphors, and made-up organizations to humanize medicine, covering a broad range of topics from illnesses, to medical politics, to anatomy and physiology. When asked what he likes most about Family Medicine, his answer covers the same complex gamut of issues, only with a strong emphasis on getting to know his patients. “I have the opportunity to treat and to become familiar with entire families and that provides a perfect environment for primary care.”

His own family and involvement in the community keep him busy outside of the Clinic. His wife is also a doctor and he likes to add that he is “being raised by his two children” here in Santa Barbara. His dream of clowning for the circus never materialized, but he still plays a competitive game of soccer and his patients and colleagues are genuinely glad that he “settled” for practicing family medicine — here at home. 🌻

“The simple practice of eating well and exercising is do-able for everyone — and worthwhile.”



DR. ALI JAVANBAKHT



My Journey to Health

A Q&A WITH JULIE MCGOVERN

Sansum Clinic Trustee Julie McGovern is also one of our grateful patients! We recently met with her to hear about her experience and her tremendous success with the Sansum Clinic Doctors' Weight Management Program. Julie lost more than 100 pounds and is enjoying the benefits that come along with a healthy lifestyle change.

GOOD HEALTH: WHAT LED YOU TO THE DECISION TO CHANGE YOUR LIFESTYLE AND LOSE WEIGHT?

JULIE: I often wondered how a successful corporate executive with lots of resources got to a place where words like pre-diabetes, increasing blood pressure, acid reflux, sleep apnea and worst of all, obesity, were becoming common descriptors of my health. I realized my health issues were not because of genetics, bad luck, or some unfortunate accident, but a result of my lifestyle and the choices I make every day.

So, at 100-plus pounds overweight, I admitted to myself I couldn't tackle this challenge alone and with encouragement from my doctor, Dr. Erno Daniel, I attended a free introductory meeting at Sansum Clinic. Shortly thereafter, I started the Doctors' Weight Management Program.

GOOD HEALTH: HOW HAS YOUR LIFE CHANGED AS A RESULT OF THE PROGRAM?

JULIE: I am no longer pre-diabetic, my blood pressure averages 110/70, I no longer take medications for acid reflux, I no longer need my C-PAP for sleep apnea, I'm in the best physical shape I've been in since I was in my 20's, and I've lost over 100 pounds! Best of all, I can keep up with my three- and four-year-old grandsons, which was one of the key motivating factors in my decision to change my lifestyle.

GOOD HEALTH: WHAT INFORMATION ABOUT THE PROGRAM WOULD YOU LIKE TO SHARE WITH OTHERS WHO STRUGGLE WITH THEIR WEIGHT?

Julie: The Doctors' Weight Management Program is flexible! I chose the plan that is supervised by a doctor who I met with each week to review bi-weekly labs, and to discuss successes and any issues. There are also at-home options.

The program I chose relieved me from having to plan and shop for my meals. All I had to do was choose the meal replacements and entrées I wanted and to plan my meals around my various activities.

GOOD HEALTH: WHAT WERE SOME OF THE CHALLENGES YOU ENCOUNTERED ON YOUR JOURNEY?

JULIE: The most difficult part was making the commitment to this lifestyle change. Once I decided that, everything else fell into place. I made commitments to:

- Attend a weekly meeting with a healthcare educator and other participants
- Complete at least 2,000 calories of physical activity each week
- Complete daily and weekly meal and physical activity diaries
- Complete a mid-week update with my health educator
- Eat the minimum meal replacements and stay “in the box”
- Continuously assess my environment and plan for challenges that could derail my progress

While these were not easy commitments, I was able to stick to them, thanks to the structure of the program, the program's health educators, Dr. Daniel (who monitored my progress and answered all my questions), and the support of my family, friends and colleagues.

GOOD HEALTH: CAN YOU SHARE SOME OF THE SMALL SUCCESSES YOU EXPERIENCED THAT HELPED YOU STAY ON TRACK?

JULIE: During a three-week vacation, I met all of my commitments — fancy restaurants graciously micro-waved my entrées and served them on their best china; and I made weekly calls from Vancouver, Lake Louise, Banff, Glacier, and Seattle to update my health educator — and I lost over 11 pounds on my vacation.

Family members got into the act — joining me on hikes; sampling my ‘mousse recipes’ and entrees. I've stayed on the program, ‘in the box’ through business lunches, family celebrations and holidays, and while traveling.

“I’m giving myself the best opportunity to live a full and healthy life.”

The program is structured with great tasting, low-calorie meals so that you can eat more when you are hungry and you don't feel deprived. Participants learn and experience that ‘eating more’ will actually result in losing more and never being hungry. It's hard to believe but I am here to say that it is true.

GOOD HEALTH: NOW THAT YOU'VE REACHED YOUR GOAL, ARE YOU STILL INVOLVED IN THE DOCTORS' WEIGHT MANAGEMENT PROGRAM?

JULIE: Now that I've reached my goal weight, the real work begins. After a structured transition from medical supervision to Healthy Solutions, where I began to add fruits and vegetables to my meal replacements, I am now in Phase 2 of the program. I still attend weekly meetings, weigh-in, and find strategies to eat healthy and keep up my physical activity. I continue to eat meal replacements, but with the help of my health educator — I now incorporate lean proteins and whole grains.

I do still wonder, ‘Do I have what it takes to sustain my weight loss and physical fitness?’ I don't think the fear of facing my personal demon will ever go away but the rewards of making a ‘heart healthy lifestyle change’ are absolutely worth the daily struggle. I know that maintaining this weight will be a lifelong commitment.

GOOD HEALTH: IS THERE ANYTHING ELSE YOU'D LIKE READERS TO KNOW?

JULIE: I'm honored to be invited to talk with you about this wonderful, life-saving resource we have in our community. I want others to know that they can also make a significant difference in their lives through this program. I invite anyone interested in losing weight and improving their health to attend a free introductory meeting — what may seem impossible can be done with the right tools.

The Doctors' Weight Management Program enabled me to change the course of my life by making important changes in my lifestyle. I'm giving myself the best opportunity to live a full and healthy life. 🌻

To learn more about Julie McGovern's Journey to Health, please tune in any time to Sansum Clinic TV on COX Channel 1636 or visit www.sansumclinic.org.



From West Pueblo Street to Southern Chad

DR. MARY-LOUISE SCULLY, EXPEDITION DIRECTOR, CHAD RELIEF FOUNDATION

Many Sansum Clinic physicians are active beyond the walls of our Clinic, delivering the humanitarian component of care to the people of our community and around the globe.

Dr. Mary-Louise Scully recalls a patient who came to see her at the Sansum Clinic Travel & Tropical Medicine Center for pre-travel preparations before going to Chad. “That is not a place most people go,” said Scully. During the appointment, Scully found herself inquiring about the Chad Relief Foundation, the organization the patient was traveling with, and learning about their work. “Before I knew it, I was on their board of directors going on the next trip with them,” said Scully. During her residency and fellowship at Yale, Scully volunteered at a tropical medicine clinic, so travel was not new to her.

The Chad Relief Foundation primarily works in southern parts of the Republic of Chad which is on the border of the Central African Republic. Sometimes the people are referred to as

“forgotten refugees” because the area gets less attention than Sudan and Darfur. “It is like traveling through a lot of dust and dirt and maybe passing a town here and there,” said Scully. Contrary to what you might expect for a physician, the organization is not medical in nature nor does it focus on medical supplies.

Scully’s primary interest lies in preventing malaria and infectious disease, and she is passionate about bed netting to decrease risk. “For many Americans malaria is just a word,

“My goal is not only to protect travelers when they go to other parts of the world, but in the long-term to raise the bar on good health around the globe,” said Scully.



Dr. Mary-Louise Scully on location in Chad, central Africa with patients

but for many parts of the world it is a daily reality,” said Scully. Scully likes to work on issues close to her heart and participates in projects such as microfinance, oxen and plow programs for agriculture, latrines, building wells and implementing solar electricity. One of her most memorable trips was when she was supplied with \$26,000-worth of medications by Direct Relief International during a meningococcal meningitis outbreak. “It was very meaningful to hand-deliver a life-saving medication,” said Scully.

At Sansum Clinic, Scully dedicates time to educating travelers about vaccines, repellents and preventive medicines because she would rather prevent diseases than treat them. “Our travelers are amazing and start at age eleven or twelve going on school trips to Costa Rica, which is a great experience,” said Scully. For the younger crowd, Scully focuses on risks and safety issues. She encourages kids to stay with their friends when they travel and be aware that they are not in the United States anymore.



“The focus is on educating young girls about staying in school longer, delaying marriage and therefore delaying childbirth which significantly decreases the risk of their having rather difficult obstetrical complications,” said Scully.



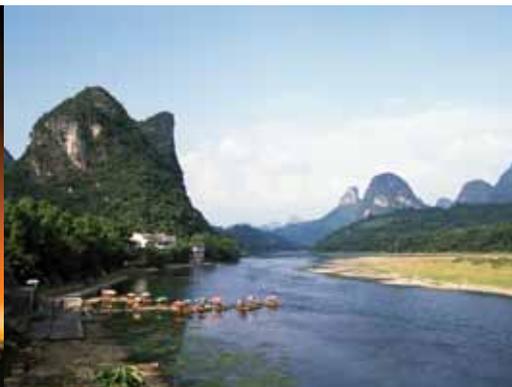
She said that there is potential for developing an exchange program between students in Chad and students at Santa Barbara High School. Scully is grateful for the chance to travel because it has brought her experience

and exposure to various infectious diseases first-hand as opposed to just reading about them in a book.

“My mantra is that an educated traveler is a good traveler; and the more people know that these diseases are not just words and can put them in context, they will be much better prepared and more likely to stay healthy,” said Scully.

Scully is currently getting teased about her next trip to Philadelphia where she will serve on the American Board of Internal Medicine Infectious Disease Exam Committee. “I do not need any shots or preparations for Philadelphia!” said Scully. 🌻

Planning a vacation or humanitarian travels? Please visit our Sansum Clinic Travel & Tropical Medical Center at <http://sansumclinictravel.com> to learn more about vaccines and other important travel considerations.



Summer Skin Care

When pursuing any of Santa Barbara County's numerous outdoor activities, we want you to stay safe and enjoy your time outside this summer. Please remember that extreme sun exposure is a leading cause of melanoma, the most common fatal skin cancer. This risk is particularly high with sunburns in children.

Meanwhile, soaking in some sunshine and being active outdoors offer physical and psychological benefits. We have a few simple suggestions to minimize risk of skin cancer so you can stay safe while you enjoy all that Santa Barbara has to offer:

- **Generously apply water-resistant sunscreen** of Sun Protection Factor (SPF) 45 or more every 3-4 hours, and after swimming or sweating, even on cloudy days. (Broad spectrum sunscreens may offer additional protection against sun "aging" effects on the skin.)
- **Use an umbrella or seek shade**, especially during peak radiation hours. Remember that the sun is strongest between 10:00 am and 2:00 pm.
- **Wear a wide-brimmed hat, sunglasses, long sleeves** and consider long pants.
- **Protect children** through consistent use of sunscreen, using protective clothing, and alternating time in the sun with time in the shade.

Some people are concerned about maintaining sufficient levels of vitamin D while limiting risks of sun exposure, since the sun is one of our key sources of vitamin D. Vitamin D levels can be maintained with moderate sun exposure, and daily oral supplements can be beneficial. Your vitamin D levels can be checked through a simple blood test.

If you notice any skin abnormality changing in size, shape or color, you should be seen by a dermatologist. Skin cancer is very treatable when caught early.

Finally, a good example of public health efforts against skin cancer is found in Australia, which has the highest incidence of melanoma skin cancer in the world. The "Slip-Slop-Slap!" campaign is named to be an unforgettable reminder for sun protection. People are encouraged to "**slip on a shirt, slop on sunscreen, and slap on a hat**" for routine outdoor exposure. We hope you, too, will Slip-Slop-Slap! on the Central Coast. ☀

— *Bret Davis, MD, has been practicing Dermatology with Sansum Clinic for more than 12 years.*





Water Safety

Summer is upon us, which means families will be spending more time enjoying all of the wonderful outdoor activities that our community has to offer. Beaches provide cool relief from hot weather, but they can also be dangerous for children.

Kids need constant supervision around the water, and the good news is they can be kept safe if you take the proper precautions:

- Kids should not swim alone.
- Teach them to use the buddy system so there's always someone looking out for them.
- Teach your kids to swim when and where a lifeguard is on duty.
- Kids should not swim close to pilings or piers because waves can cause swimmers to collide with them.
- Beaches often have unpredictable currents and tides. It's a good idea to check in with the lifeguard when you arrive to find out about the water conditions.
- Kids should not swim in large waves or undertows, and they should not stand with their backs to the water because unexpected waves can knock them over.
- Teach kids that if they're caught in a current or undertow, they should swim parallel to the shore or tread water and call for a lifeguard's help.
- Stings from jellyfish can be painful, so kids should avoid them in the water.
- Children should always get out of the water during bad weather, especially lightning.

Please help your kids stay safe...and enjoy your summer! 🌻

—*Greg Gaitan, MD, has been practicing Pediatrics & Adolescent Medicine with Sansum Clinic for 15 years.*

Cooking with Gerri



Gerri French, MS, is a registered dietitian (RD) and certified diabetes educator (CDE) for Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. She is also a mother and enjoys sharing practical information and recipes with her patients and their families.

Beef Kebabs with Peanut Dipping Sauce

Makes 4 Servings

Remember when you were young and you thought everything tasted better with a little peanut butter on it? After tasting this recipe, you'll know you were right. Your children may even enjoy more vegetables with this yummy sauce.

¼ cup of light soy sauce (+ 1 extra tablespoon for dipping sauce)

1 tablespoon grapeseed oil or peanut oil

4 cloves garlic, minced

1 pound sirloin steak, 1 ½" thick, cut into 1" pieces

½ cup creamy unsweetened natural peanut butter

1 tablespoon of honey

½ cup water or more, if needed

2 tablespoons lime juice

1-2 tablespoon finely chopped ginger

1 green bell pepper, cut into wedges

1 red bell pepper, cut into wedges

1 large onion, cut into wedges

4 medium mushrooms

1. In a shallow dish, combine ¼ cup of soy sauce, oil and half of garlic. Add the steak and stir to coat. Let stand for 20 minutes, stirring once.
2. Meanwhile, prepare the peanut dipping sauce. In a heavy saucepan over high heat, combine the peanut butter, water, lime juice, ginger, 1 tablespoon of soy sauce, honey and the remaining pressed garlic. Cook, stirring constantly, until the mixture boils. Remove it from the heat.
3. Coat a grill rack with cooking spray. Preheat the grill to high.
4. Thread the steak, mushrooms and onions onto four metal skewers. Place on the grill rack and cook, turning occasionally, for 10 minutes, or until the steak is no longer pink and a thermometer inserted in the thickest portion registers 160 degrees and the juices run clear.

Serve with the peanut dipping sauce.

NUTRITION AT A GLANCE (PER SERVING)

340 g	Calories
21 g	Total Fat
5 g	Saturated Fat
55 g	Cholesterol
10 g	Total Carbohydrate
3 g	Dietary Fiber
25 g	Protein 🌱



Advanced Urology Care

laparoscopic surgical procedures. Drs. Curhan and Koper have teamed up to offer our patients the advantages of this technology known as the da Vinci Surgical System. The system is used for prostate surgeries as well as kidney, bladder and ureteral procedures. These surgeries are minimally invasive and require very small incisions. The typical benefits for patients are shorter hospital stays, less pain, lower risk of infection and less blood loss requiring fewer transfusions. Patients experience minimal scarring, enjoy a quicker recovery, and return to intimacy and normal activities sooner than with traditional surgical techniques.

The system requires the specialized training and skill of an experienced surgeon, but with the da Vinci robot's enhanced 3D view the surgeons see better, have superior dexterity and precision, and greater range-of-motion. Drs. Curhan and Koper are two of a select number of surgeons in the area trained to use the technology. Dr. Koper estimates that the system reduces the average procedure time from six hours to two hours.

These three doctors see an average of 9,000 patient visits annually in the Urology Department at Sansum Clinic, yet not one of them feels they have seen it all. "Our patients come to us for such a wide variety of conditions and we are constantly discovering newer and better treatments for so many of them," says Dr. Koper. "I really love coming to work. With our collective experience and the technology we have available, patients don't have to go outside of the area to get expert urological care."

Dr. Curhan has been with Sansum Clinic for more than twenty years and is Chairman of the Urology Department at Santa Barbara Cottage Hospital. Dr. Koper was born in Los Angeles where his father was a prominent prosthodontist and educator and eventually settled in Santa Barbara and began his practice with Sansum Clinic in 1981.

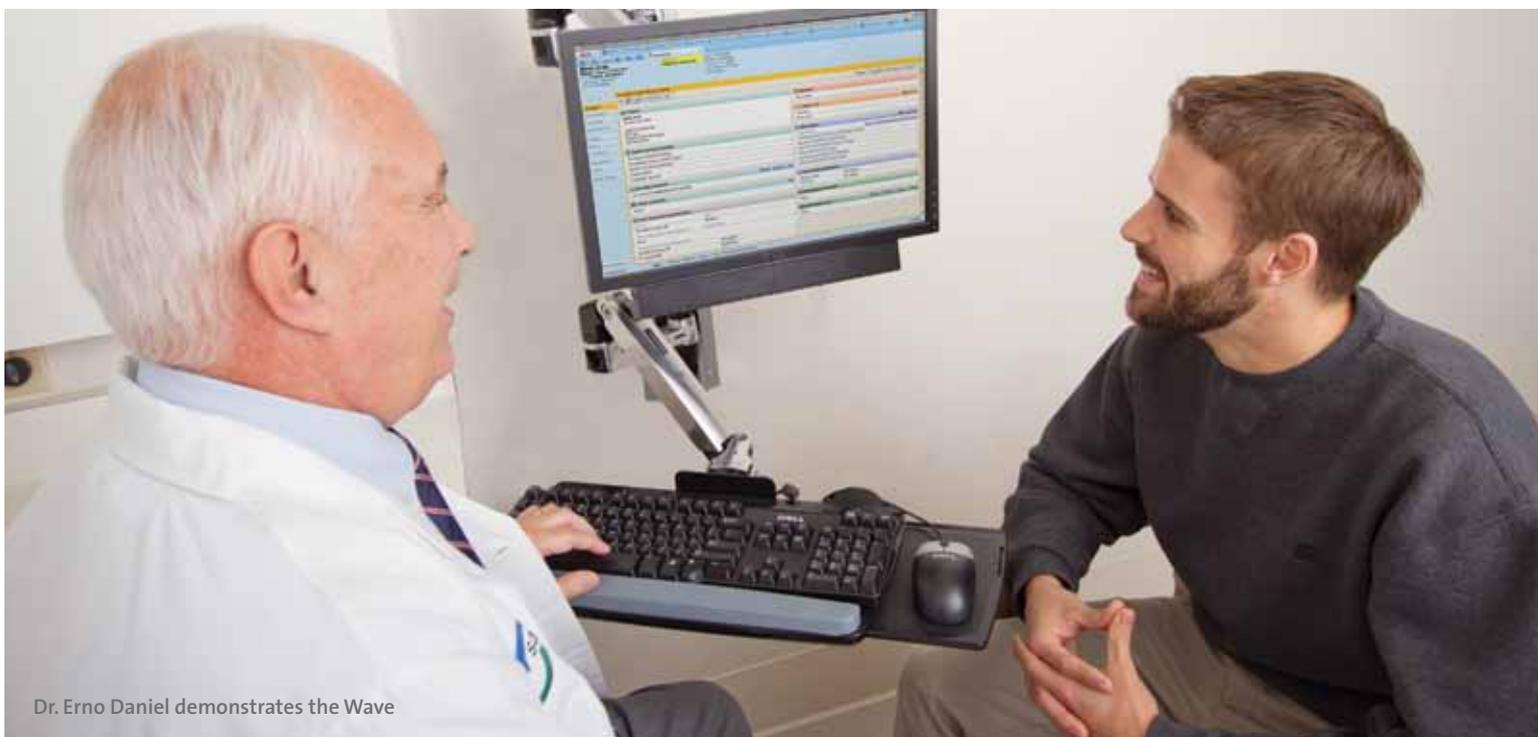
Dr. Curhan is well aware of the many euphemisms that some use to describe urologists. His response to them is best summed up on his license plate, which reads like a text message bearing his initials: CDC2P (See Daniel Curhan To Pee.)

When it comes to caring for and about their patients, the Urology team at Sansum Clinic is ready to serve you. ☀

In the United States each year, there are almost 200,000 new cases of prostate cancer, about one million people are treated for kidney stones and a half million or so men will seek a vasectomy — around 6 percent of those will eventually seek a reversal to achieve pregnancy. It has been reported that the incidences of male and female sexual dysfunction is approximately 50% of adults aged 40-70 years old, and urologists treat nearly 30 million cases of urinary incontinence.

Donald Rhodes, MD, FACS is head of Sansum Clinic's team of three urologic specialists, which includes Alex Koper II, MD and Daniel J. Curhan, MD. These three physicians have been working together at Sansum Clinic for more than twenty years, with a collective 80 years of practice among them. They treat children and adults for kidney stones, prostate and urologic cancer, bladder problems, and other disorders. Many adult patients come to them experiencing incontinence and sexual dysfunction, which may be treated in a number of ways depending on the cause. All three are trained surgeons performing a number of kidney, bladder, prostate and ureteral procedures each year.

One of the more dramatic advancements in the field of urology surgery has been the development of robot-assisted



Dr. Erno Daniel demonstrates the Wave

Connecting You to Your Healthcare Information

In March we rolled out the initial phase of our new and innovative electronic health record system – the Wave – across all our locations. This was the first big step in transitioning from paper charts to fully electronic charts and it went very smoothly! The Wave will improve the exceptional care you've come to expect from us by providing complete electronic documentation of the care you receive here and improving communication between you and your physician.

All of our exam rooms have been outfitted with computer terminals to allow your physician and medical staff to document your visit directly into the Wave and share information on the screen with you.

One of the most exciting features of the Wave is our secure patient portal – **MyWave** – which will provide you with direct online access to key parts of your medical record – from work, home or on the road.

MyWave allows you to view important elements of your health information, such as lab results, appointment information, medications, immunization records and details about your doctor visits.

WITH MYWAVE YOU CAN:

SEND A MESSAGE TO YOUR PHYSICIAN'S OFFICE

Communicating with your physician's office is as simple as sending an email, but even more secure. And you will be able to request prescription refills online.

CHECK YOUR TEST RESULTS

View some test results online – and save time waiting for a phone call or letter. You can also chart and graph your results over time.

REQUEST APPOINTMENTS ONLINE, ANYTIME

Request your next appointment online, or view details of your past and upcoming appointments.

VIEW YOUR MEDICAL INFORMATION

Review your medications, immunizations, allergies and medical history. And review health education topics or discharge instructions provided by your physician.

EXPLORE HEALTH EDUCATION RESOURCES

Access information about tests, medications, procedures and lifestyle choices at your fingertips with our online health education resources.

ACCESS YOUR FAMILY'S RECORDS

Link your children's and elderly relative's accounts to yours for convenient access to appointments, immunization records, growth charts and more.

WHEN WILL I HAVE MYWAVE ACCESS?

We have multiple locations to serve you and we will be rolling out MyWave site by site from Spring 2011 through the end of 2012. You will have access once your doctor is online with the system. If you see doctors at more than one location, you will have partial access to your information via MyWave until all of your doctors are online with the system. Launching the Wave is an exciting step for our organization and one of our biggest projects in years. We appreciate your patience as we work to bring you access to your healthcare information.

The Wave Rollout Schedule*	Date
Carpinteria Family Practice and Urgent Care	Complete
Pesetas Multi-Specialty Clinic – 2nd floor	May 31, 2011
Pesetas Multi-Specialty Clinic – 3rd floor	June 21, 2011
Pesetas Multi-Specialty Clinic – 1st floor	July 18, 2011
Pueblo Multi-Specialty Clinic – 3rd Floor	September 13, 2011
Pueblo Multi-Specialty Clinic – 1st Floor: OB/GYN & Health Education	October 24, 2011
Pueblo Multi-Specialty Clinic – 1st Floor: Gastroenterology, Surgery & Hospitalist Program	December 6, 2011
Pueblo Multi-Specialty Clinic – 2nd Floor	January 31, 2012

*Subject to change. Check the next issue of Good Health for the complete 2012 Rollout Schedule

HOW DO I GET ACCESS?

Once the location where you receive care is online with MyWave, your provider (or his or her staff) will give you a MyWave Activation Letter with detailed instructions and a unique activation code. For more information, please visit us at www.sansumclinic.org.

IS MY INFORMATION SECURE?

Yes. Only you, approved family members and approved healthcare professionals will be able to access your electronic record and information. Your information is safe from unauthorized access because MyWave is password protected — protected and delivered via an encrypted connection. MyWave utilizes technology similar to that used by the banking industry to protect your privacy.

YOUR CARE IS OUR HIGHEST PRIORITY

The primary reason we are implementing a new electronic health record system is to ensure that we provide all our patients the highest quality care and services. We know that no form of technology can ever replace the personal interaction between a patient and physician—and this system is designed to enhance your communication with Sansum Clinic. The Wave is just one element of what we call the “Sansum Clinic Promise.” Our physicians, together with our nurses, medical technicians and other professional staff members are united in our commitment to your good health. 🌸

The Wave is our name for the electronic health record system designed by Epic, the premier provider in the nation. We chose Epic because it has the highest rate of patient, user and institutional approval of all electronic health records available.

THE NEW SansumClinic.org

SansumClinic.org has been redesigned to be user-friendly, engaging and informative by allowing visitors to access information about healthcare services easily and intuitively. Our goal is to offer patients the same quality of communication online that you receive in our Clinic.

The new site's Healthwise Knowledgebase is an online health library that offers thousands of easy-to-understand explanations of medical conditions, symptoms, tests, and treatments, and provides hundreds of interactive decision aids and tools that help people answer questions. Instead of visiting WebMD or Mayo Clinic, you can now turn to sansumclinic.org for information about health conditions, medical tests, medications and more.



Our search functions enable you to find Sansum Clinic doctors, services, locations, phone numbers, hours, insurance and other key information in just a click or two.

THE SITE ALSO OFFERS:

- Expanded Spanish Language Materials
- Health Education Class/Event Registration
- Careers (Job/Employment Listings)
- Grateful Patient Stories
- Online Donations

Please visit www.SansumClinic.org and follow us at:



Sansum Clinic



@SansumClinic



Sansum Clinic



Solvang Oncology staff

Lompoc Urology staff

Sansum Clinic Expands

in Lompoc and the Santa Ynez Valley

SOLVANG ONCOLOGY

Sansum Clinic has been caring for patients throughout the County for 90 years and has an excellent reputation for treating oncology and hematology patients. We recently joined forces with the Solvang office of Santa Barbara Hematology Oncology Medical Group to bring the combined excellence of both practices to our patients in the Santa Ynez Valley. Drs. Fred Kass, Tom Woliver, Dan Greenwald and Mike Fangman will be supported by the current team of nurses, medical assistants, pharmacy technician and office staff.

2040 Viborg Road
Suite #140
Solvang, CA 93463

Phone: (805) 686-5370

Fax: (805) 686-5682

Hours: Monday - Thursday 8:30 am - 5:00 pm (closed from 12:00 pm to 1:00 pm); Friday 8:30 am to 12:00 pm

LOMPOC UROLOGY

We extend a warm welcome to Dr. Robert Trevino, Urologist, who has joined Sansum Clinic to head up our new full-service Lompoc Urology office. The new office is located at 1017 E. Ocean Avenue, Suite B (adjacent to our new Ob/Gyn office with Dr. Lloyd Trujillo). Dr. Trevino has admitting privileges at Lompoc Valley Medical Center.

1017 E. Ocean Avenue, Suite B
Lompoc, CA 93436

Phone: (805) 737-8765 (UROL)

Fax: (805) 737-3071

Hours: Monday - Thursday 8:00 am - 5:00 pm (closed from 12:00 pm to 1:00 pm); Friday 8:00 am to 12:00 pm

In addition to our dedicated Family Practice and Internal Medicine Departments, we also offer Pediatrics, Nutrition, Allergy & Immunization, Psychology, Urgent Care services and health education classes at our multi-specialty clinic in Lompoc at 1225 N. H Street. ☀

Standards of Excellence

AWARD FROM CALIFORNIA ASSOCIATION OF PHYSICIAN GROUPS

Sansum Clinic was awarded the California Association of Physician Groups (CAPG) Standards of Excellence Award. The Standards of Excellence (SOE) Program surveys CAPG medical groups' "infrastructure" to offer steadily improving clinical quality, affordability, access, technology, public accountability, and individual responsiveness to the people who choose us for care.

The SOE Program analyzes group capabilities to support their delivery system in four domains, each one with demonstrated importance and public interest — Care Management Practices, Health Information Technology, Accountability and Transparency, Patient Centered Care. ☀

Donor Dollars at Work

Oncology Department Upgrades



Sansum Clinic recently celebrated the opening of the new Oncology Department at 317 West Pueblo St. in Santa Barbara.

The campaign to upgrade the department exceeded the Clinic's fundraising goals and brought in many new, first-time donors to Sansum Clinic. Sansum Clinic is especially grateful to Dr. Diana Meehan and Mr. Gary Goldberg, Larry and Astrid Hammett and Michael and Tracy Bollag who together contributed 50% of the total raised for the upgrade. Mr. and Mrs. Bollag also contributed six iPads for use by patients in the infusion rooms, which have been outfitted with comfortable infusion recliners equipped with heat and massage, flat screen monitors with wireless headsets and Wi-Fi capability.

One of the most impactful elements of the upgrade is the custom photography by Pueblo staff members Roberta Williams (Director of Operations), Felicia Archer (Patient Customer Services) and Betsy Sweda, (RN in Oncology) as well as photographs from local photographers Christine Emmons, Renee Golan, Bob Grasa and Kevin Steele.

The names of donors who contributed gifts of \$500 or more are prominently displayed on the donor plaque in the Oncology Department.

New Endocrinology Department

Sansum Clinic's Endocrinology Department moved into their new wing at the Pesetas Clinic in January. The move from the first floor to the third floor provides 33% more space, including two classrooms, 12 exam rooms, two nursing stations, and a procedure room. This project will have a long-term impact for Sansum Clinic's endocrinology patients and ensure continuity of care and the highest standard of medical services. This move was in response to a need for more space and a trend showing that millions of new Americans are at risk for diabetes.



Building on a \$50,000 gift from Geri and Jerry Bidwell — pictured here with Dr. Kurt Ransohoff (center)— to start the campaign, Oracle Corporation Chairman Jeff

Henley and his wife, Judy, contributed \$600,000 to the project. In addition to the Bidwell and Henley gifts, Geoffrey Claflin Rusack and Alison Wrigley Rusack and Alex Pananides as well as four Sansum Clinic Trustees joined the effort.

"We always do our best to plan for the future healthcare needs of the community," said Dr. Kurt Ransohoff, CEO, President and Medical Director. "We are so thankful to our donors whose generous support contributes to our ongoing investment in the latest equipment, technology and upgrades that allow us to deliver the level of healthcare all of our patients deserve." Sansum Clinic is the largest diabetes center between L.A. and the Bay Area and the most comprehensive treatment center for people with other complex endocrine problems.

HOW YOU CAN HELP

The rapid evolution of medical treatments and technologies, and soaring costs, continue to increase the challenges to healthcare today. We rely on private support so that we may continue our commitment to the healthcare needs of our community. You can support the good health of our community by making a gift to Sansum Clinic. Please take a moment to complete the enclosed remittance envelope, or contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org. ☀

Looking Ahead

BREAST CARE NAVIGATOR



Evelyn Schladweiler,
RN, BSN, CBPN-IC,
Breast Care Navigator

This April marked the one year anniversary since the position of Breast Care Navigator was introduced to the Santa Barbara community by Sansum Clinic.

The role of the nurse navigator consists of care management, plan coordination, advocacy and resource

for patients during a most devastating time of their lives. It encompasses reducing barriers to healthcare, personalized patient education and support, and community outreach.

Since launching the program, our Navigator has worked with all of Sansum Clinic's new breast cancer patients sharing their journeys, and responding to daily phone calls and in-person inquiries from patients and their families about breast health concerns and questions.

Moving forward, Sansum Clinic, as part of the Santa Barbara Breast Care Alliance, will be working to establish navigation tools that will assist in tracking performance outcomes and measures. As of this month, Ms. Schladweiler has been nationally certified as a Breast Patient Navigator in Imaging and Cancer (CBPN-IC). She values the opportunity to continue demonstrating the positive impact that navigation can provide for both patients and Sansum Clinic, alongside our dedicated providers, nurses and staff. Here's to looking ahead to continued collaboration and assisting the breast care patients to thrive! 🌻

A Survivor's Story

CANDACE HILL, CANCER PATIENT

Candace Hill's experience with a number of serious health issues helps to highlight the advantage of receiving your care at Sansum Clinic.

"In August of 2005, I was diagnosed with Renal Cell Carcinoma. The kidney tumor was quite large and Dr. Daniel Curhan, assisted by Dr. Donald Rhodes removed it. There were frequent tests and check ups, and Dr. Curhan was always patient, kind and informative. The entire staff was also very attentive as well.

After enjoying good health for several years, in April 2010 I had an abdominal cancer scare. Thankfully, the mass turned out to be benign. Dr. David Nomeland, assisted by Dr. Hogan removed it and I had a hysterectomy. Dr. Nomeland is an excellent physician, and his caring staff is absolutely superb, and I am so grateful to have such fantastic healthcare!

Then, I was diagnosed in October 2010 with breast cancer. I have been treated by an outstanding expert at the Cancer Center, and a personable and expert surgeon Dr. Ronald Latimer initially (who recently retired) and my primary physician Dr. Jeffrey Hadsall. My surgeon has been Dr. James Dunn and my oncologist has been Dr. Mark Abate. I have once again been treated with the best, top notch care possible!

Dr. James Dunn has been kind, detail oriented and a top notch surgeon. Dr. Mark Abate is very patient, thorough and outlines in detail my progress and treatment program. Their nursing staff has been so considerate and awesome.

I've been very pleased with the treatment I've been given by these expert and caring professionals at Sansum Clinic and the Cottage Hospital staff as well! I'm still in treatment, but hope to be in remission once the treatment is done!"

"It was a painful and long recovery, but the process was made so much easier because of the thorough and expert care of Dr. Daniel Curhan."

It is a privilege to provide this level of care and service to Candace and all of our patients. To read more stories from our patients or to share your story, please visit www.SansumClinic.org, and click on Grateful Patient Stories.

Sansum Clinic's robust primary care practice extends to more than 30 specialties ranging from pediatrics through geriatrics, so we are able to care for patients throughout all stages of their lives — including outpatient care, ambulatory care, urgent care, hospital care, home healthcare, or skilled nursing care. 🌻

Meet Our New Physicians

We continue to recruit the best and brightest physicians from across the nation. We are pleased to welcome these new physicians to Sansum Clinic.

DAVID CHARLES DODSON, MD
INTERNAL MEDICINE, 317 W. PUEBLO STREET, SANTA BARBARA

Dr. Dodson graduated cum laude from the University of Ottawa with a Doctor of Medicine degree. He completed an internship in Medicine and Surgery at Carney Hospital in Boston and a residency in Internal Medicine with Brigham and Women's Hospital in Boston. He also completed a fellowship in Clinical Nutrition with University Hospital (now Boston Medical Center).

Dr. Dodson was named by Consumer's Checkbook as one of the country's best internists. He has published extensively, including articles in the *New England Journal of Medicine*, *International Journal of Men's Health*, and the *Journal of Men's Health*. Dr. Dodson has spoken at the sixth and seventh World Congresses of Men's Health in Vienna and recently gave a talk at the second Harvard Conference on Men's Health. He was also chairman of the Massachusetts Medical Society's Men's Health Committee for five years and was a president of the Charles River Medical Society in Massachusetts.

LINDA S. CHEN, MD
NEUROLOGY, 317 W. PUEBLO STREET, SANTA BARBARA

Dr. Chen graduated from the University of Maryland with a Doctor of Medicine, and completed an internship in Internal Medicine at the University of Maryland, Department of Internal Medicine at Mercy Hospital Center in Baltimore, Maryland. Dr. Chen also completed a residency in neurology and served as chief resident at the University of Maryland.

Dr. Chen completed a Clinical Neurophysiology Fellowship at the Greater Los Angeles VA Health Care System/Los Angeles County and University of Southern California, and is board certified in Neurology by the American Board of Psychiatry and Neurology.

ROBERT M. TREVINO, MD
UROLOGY, 1017 E. OCEAN AVENUE, SUITE B, LOMPOC

Dr. Trevino received his Doctor of Medicine from the University of Southern California before completing his residency in Urology from Los Angeles County and University of Southern California. He completed an internship at Wadsworth Veteran's Hospital in Los Angeles.

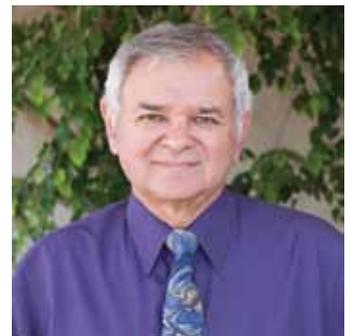
Dr. Trevino is board certified in Urology by the American Board of Urology. He is an active member in a number of professional societies including the Los Angeles Urologic Society, the American Urological Association and the California Medical Association. 🌻



David Charles Dodson, MD
Internal Medicine



Linda S. Chen, MD
Neurology



Robert M. Trevino, MD
Urology



Caring + Curing

In December 2007, I was a healthy non-smoker but had been experiencing pain in my chest. Thankfully for me and my family, my doctor detected my lung cancer at an early stage — I've now been in remission for 3 years.

— Lisa Raphael, cancer survivor, with her daughter, Hannah

Sansum Clinic's unified, patient-first approach to healthcare is built around you. Our multi-specialty team of physicians and clinical staff work together, supported by the latest equipment and technology, to ensure quality care for you and your family throughout all stages of life. We are driven by the principles of compassion, teamwork and innovation to keep you in good health.

Learn more at our [NEW website at www.SansumClinic.org](http://www.SansumClinic.org)

If you would like to support the good health of your community by making a gift to Sansum Clinic, please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansumclinic.org.

