

GOODHEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 12 • SPRING 2015



**STRIVE FOR 95
VACCINATIONS**

**IN MEMORIAM
DR. ERNO DANIEL**

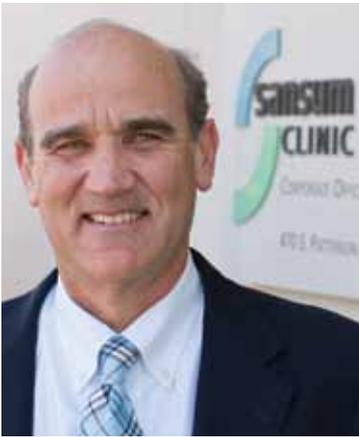
**MICHAEL POLLAN
TICKETS ON SALE NOW**

**MS SPECIALIST
WELCOME, DR. WEST**

**WEIGHT LOSS
SUCCESS**

**A WORLD BEYOND
MEDICAL MISSIONS**





Dear Patients,

Sansum Clinic's commitment to patient care, research and new technology means that patients benefit from the latest diagnostic and treatment techniques in virtually every area of medicine – from prevention, to detection, to treatment, to research.

We bring all the expertise and depth of a large-city system, and combine it with a level of warmth and welcome that flows naturally from our special geographic setting.

But Sansum Clinic isn't just a place you visit when you are sick or need a medical test. We are an organization committed to helping you lead the longest, healthiest life you can. In this issue, you will see the myriad ways in which we are involved in bringing health information to our community. On page 1 you can read about Strive for 95, a symposium we are hosting on April 16 at the Lobero Theatre about improving the overall health of our community by raising our immunity level to 95%.

On Page 11 you will see an announcement about an evening we have planned with best-selling author Michael Pollan. Dr. Fred Kass and I will be speaking with him on stage at the Granada Theatre on April 30. I've been reading up on all of his books and have discovered a newfound love of cooking stew!

We are pleased to welcome our new Multiple Sclerosis specialist, neurologist Dr. Timothy West – an important addition to our healthcare community. At the same time, we are saddened by the loss of a longtime colleague and good friend, Dr. Erno Daniel. Dr. Daniel was a knowledgeable, kind and caring internist for more than 35 years, taking care of thousands of patients, in many cases, several generations of the same family. The Clinic will not be quite the same without Erno.

It is gratifying to serve our mission in this unique community that we call home. Thank you for choosing Sansum Clinic.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

Learn more about Sansum Clinic
on Cox Channel 8:

April 13-19 • May 4-10 • May 25-31



GOOD HEALTH™

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July and November

ISSUE 12 • SPRING 2015

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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Chief Medical Officer*

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Strive for 95

A Symposium on Immunity for Our Community



Please join us for a panel discussion about the need to build immunity in Santa Barbara and our surrounding communities to 95%. Measles and pertussis outbreaks in recent months have heightened awareness about vaccinations and this

discussion will focus on what we can do as a community to protect our families.

Panelists

- **Steven Barkley, MD**, Chief Pediatric Medical Officer, Cottage Children's Hospital, and Medical Director, Neonatal Intensive Care Unit
- **Daniel Brennan, MD**, Pediatrics Department, Sansum Clinic
- **David Fisk, MD**, Infectious Diseases Department, Sansum Clinic; Medical Director of Infection Prevention and Control, Cottage Health System
- **Mary-Louise Scully, MD**, Infectious Diseases Department; Director, Travel and Tropical Medicine Center, Sansum Clinic
- **Charity Dean, MD, MPH**, Health Officer, Santa Barbara County Public Health Department

Thursday, April 16, 2015, 7:00 pm
Lobero Theatre
33 E. Canon Perdido St., Santa Barbara

FREE and Open to the Public. Reservations Required.
RSVP by April 10, 2015. RSVP@sansumclinic.org or (805)681-7787.

Special thanks to the Women's Council of Sansum Clinic and our event chairs: Julie Nadel and Bobbie Rosenblatt

To protect the health of our community, including infants, special needs patients, immuno-suppressed patients and healthy kids who did not get a full response to vaccines, we need to increase our community's immunity level up to 95%.



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GOODHEALTH

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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.

In Memoriam

Erno Daniel, MD

1946-2015

Sansum Clinic lost one of its most cherished physicians, Dr. Erno Daniel, who died on February 21, after a thirty-six year career as an internist. Dr. Daniel spent his entire professional career at Sansum Clinic and loved practicing medicine in Santa Barbara.

Born in Budapest, Hungary, on December 15, 1946, Erno Scipiades Daniel immigrated with his mother and sister to the U.S. in 1960, and reunited with his father, a professional musician who had fled Hungary's political turmoil a decade earlier.

A 1964 graduate of Santa Barbara High School, Erno studied chemistry at Cal Tech and earned a PhD in physics from UCSD. He completed his medical degree at the UCLA Medical School, and his residency in internal medicine at UCLA. In 1978, Dr. Daniel joined the Clinic and set to work building a multi-faceted practice that encompassed geriatrics, diagnostics, vascular imaging, medical and historical research, and writing.

Colleagues and patients knew Dr. Daniel as an engaging conversationalist whose interests ran the gamut from rocket science to classical music. He applied his prodigious knowledge of local medical history to his role as institutional historian; and in 2014 contributed research and writing to the Santa Barbara Historical Museum's publication, *Noticias: The Legacy of Sansum Clinic*.

Early in his career, Dr. Daniel pursued an interest in the emerging specialty of geriatric medicine and became one of the first board certified geriatricians in the United States. He was an educator of residents and medical students, active in Alzheimer's research, and lectured across the country on topics related to dementia. In 2008 he authored the book, "Stealth Germs In Your Body," which garnered national attention. He was honored with many awards, including the Santa Barbara Alzheimer's Association's 2001 Leadership Award.

At the time of his death, Dr. Daniel also served as the medical director of the Vista del Monte Rehabilitation and Care Center and was a member of the medical and scientific advisory board of the Center for Cognitive Fitness and Innovative Therapies of Santa Barbara.

To the people of Santa Barbara, he was a knowledgeable, kind and caring internist who took care of thousands of patients,



including, multiple generations of the same family. Dr. Daniel will be greatly missed and fondly remembered by his many colleagues at Sansum Clinic and Cottage Hospital, his loyal patients, and their families.

A loving husband, father and grandfather, Dr. Daniel will be dearly missed by his wife, Martha Peaslee Daniel, RN, their four children and their families.

The following article (page 3) was written just a few weeks before his death. We publish it in tribute to our dear friend and colleague, Erno Daniel, MD.

Dr. Daniel's family has requested that gifts in his memory be made to Sansum Clinic, P.O. Box 1200, Santa Barbara, CA 93102. You may also use the remittance envelope in this magazine. ☀

Brain Trust



Ferenc Pavlics estimates the trajectory of the yellow sphere spinning toward him and prepares his racquet for contact. The mechanical engineer, at 87 years of age, is physically fit and competitive on the tennis court.

His internist, Erno Daniel, MD, PhD, discusses issues in physics, engineering and medical diagnostics with a natural teacher's excitement for exposition. At 69 years of age, he also can play Paganini on the violin—from memory.

Quick-witted, agile, open-minded, these two accomplished professionals defy the stereotypes of aging.

They met more than fifty years ago, at the Santa Barbara High School science club. Erno, a junior, was president. Pavlics, a Hungarian immigrant in his mid-thirties, was project engineer at Delco and knew Erno's parents—prominent classical musicians who were also part of Santa Barbara's Hungarian community. Pavlics demonstrated models of the NASA Apollo Lunar Rover in a presentation he gave to the science club.

Originally bonding over their shared enthusiasm for the Space Race, Dr. Daniel and Pavlics have enjoyed a longstanding doctor-patient relationship. In fact, Pavlics is a member of an informal brain trust of engineers, physicists and professors whom Dr. Daniel has cared for at Sansum Clinic in a career spanning thirty-six years.

“My first patients were parents of my classmates in the science club,” Dr. Daniel noted. Word of the young doctor whom Pavlics described as “the very smart kid with the Cal Tech scientific background,” spread through the laboratories at Delco, Raytheon, Santa Barbara Research and UCSB. In addition to Pavlics, Dr. Daniel's stable of luminaries soon grew to include a Nobel laureate physicist, scientists, aerospace engineers, among others.

Dr. Daniel most admires those he calls “original thinkers,” like Pavlics, whose ingenuity is informed by a sense of play. For example, to design optimum mobility and traction into the Lunar Rover, Pavlics describes how he “spent many hours playing like a little boy, with model vehicles in a dirt pile.”

Serious play of this sort led Pavlics to invent a battery-powered woven alloy wheel capable of navigating the variable lunar surface. Initially terrain-tested on Pismo Beach, the pioneering Apollo “moon buggies” were outfitted with Pavlics' wheels. Inspired by the innovators he's examined over the years, Dr. Daniel has energetically pursued his own lines of scientific inquiry. As his patients aged, Dr. Daniel studied geriatric medicine, which emerged as a specialty in the 1970s. An “extracurricular” educator and researcher, Daniel has written chapters on Alzheimer's Disease for medical textbooks, authored a book-length study, called “Stealth Germs,” on low-grade infections that cause health problems, and serves as Sansum Clinic historian.



Dr. Daniel's style of practicing medicine especially appeals to those for whom scientific thinking is second nature. Complex age-related conditions are best approached, according to Dr. Daniel, “by problem-solving together.” He describes his approach: “Patients give useful information. The doctor listens, and uses reasoned and sequential thinking to arrive at a diagnosis.”

Pavlics, who is comfortable with logical methods, understands that a good diagnostician—like a tennis player anticipating an incoming shot—will solve the puzzle in the least number of steps. As a cancer survivor whose annual wellness exams with Dr. Daniel are peppered with dialogue about recent scientific findings, Pavlics also sees Sansum Clinic Urologist, Dr. Alex Koper, and ENT specialist, Dr. Andrew Mester. His own approach to obtaining the best possible medical care, Pavlics explained, is simple: “I research everything. Then I rely on my doctors.” 🌻

A World Beyond

ADELE MENICHELLA



Dr. Jason Boyatt with one of his littlest patients

Picture a Caribbean vacation for a two-physician family and you might imagine scuba diving, rounds of golf and sand castles on the beach. You would be way off the mark, at least for the Meyers-Boyatt family, whose Caribbean “vacation” consisted of his-and-hers medical missions to one of the most impoverished regions in Haiti.

In March 2014, ophthalmologist Dr. Toni Meyers traveled to Thomazeau, 25 miles from Port-Au-Prince and the permanent base of LiveBeyond, a community development organization. Founded by David Vanderpool, a vascular surgeon and emergency response specialist in the aftermath of the 7.0 earthquake that devastated Haiti in 2010, LiveBeyond provides medical care, food, education, and spiritual guidance to the impoverished people of Thomazeau. When a friend of Toni’s in Nashville shared her desire to go to Haiti to donate over 100 dresses to the orphans, Toni immediately decided to offer her support. “I saw an opportunity to practice medicine in a third world country with an organization that seemed to be making a meaningful impact in one of the most impoverished areas of the world,” she said.

While husband Dr. Jason Boyatt, Sansum cardiologist and Chief of Staff at Cottage Hospital, looked after the couple’s two young sons at home in Santa Barbara, Toni served for six days

in an open-air medical clinic, part of a team of four doctors and four nurses that saw as many as 400 patients a day.

“Their needs are dire,” Toni said of the families she treated. “Many have parasites and skin diseases, and other symptoms of malnutrition.” She focused on each patient’s immediate needs and gave out bags of rice and beans, along with salves and medications.

A mere 2-hour flight from Miami but a world apart economically, Haiti is second in population among Caribbean nations to Cuba. Its broken infrastructure means that most Haitians cannot count on access to running water or electricity. Many families dwell along trash-strewn dirt roads, in tents that were set up as temporary structures after their homes were destroyed in the earthquake. One in five babies will not make it to age five. Of those children who do survive, 60% will abandon school before sixth grade.

“It’s easy to feel like you aren’t doing enough,” said Toni, “but the clinic’s ongoing presence in Thomazeau means that local Haitians will have an opportunity to receive basic health care for the first time in this region.”

In August, Jason followed his wife’s mission with his own. An



Dr. Toni Meyers and Sophie, house staff with LiveBeyond



experienced international volunteer, Jason has previously served on medical missions in Belize and Kenya, and chose LiveBeyond because of its commitment “to making permanent improvements. For example, they didn’t merely treat cholera, which was epidemic in Haiti after the earthquake; they also built wells and effectively eradicated the disease of cholera in Thomazeau.” LiveBeyond is also training villagers in sustainable agriculture, in an effort to end malnutrition and bolster the local economy.

Jason attended to a multitude of patients with infectious diseases, sexually transmitted infections, fevers and malnutrition. He said, “When you see scores of starving families including infants and children, it gets overwhelming to think of Haiti’s problem as a whole. You have to keep focused on that one person in front of you, and do what you can to help her in the moment.”

Each afternoon during their visits Jason and Toni accompanied Laurie Vanderpool, Dr. Vanderpool’s wife, who is revered by locals for her practicality and compassion, on home visits. Toni said, “Villagers would run to see Mama Laurie and meet the volunteers.” Most home visits, which combined medical and nutritional needs and socializing with patients’ family members and neighbors – were made to those who were too sick or disabled to attempt the trek to the clinic. “Some were outcasts,” said Toni, “people who were mentally and physically disabled, and were living among pigs and rodents.”

LiveBeyond’s work is inclusive as it is transformative, and both Meyers and Boyatt returned stateside inspired to join medical missions again in 2015. “Giving time, attention and care is healing for everyone,” said Jason. Toni added, “It puts our everyday luxuries in perspective. I want my kids to know that we can live simply and help others.” For doctors Toni Meyers and Jason Boyatt, whether at work or on vacation, choosing to serve others can be the most fulfilling journey of all. 🌻

A Day of Enlightenment

9th Annual Parkinson's Symposium

If you have ever been asked whether you know someone who has Parkinson's, and your answer was no, the chances are high that will change soon. Every nine minutes someone in the U.S. will hear the words, "you have Parkinson's." It is a diagnosis that changes lives forever. The mission of the Parkinson Association of Santa Barbara (PASB) is to continually provide outreach and education to Central Coast families navigating the challenges of this neurological disease. That is the purpose of the Saturday, April 11, 9th Annual Parkinson's Symposium entitled "A Day of Enlightenment" sponsored by Sansum Clinic, Medtronic, DASH and American Riviera Bank.

More than 200 attendees are expected to turn out to hear Michele Tagliati, MD, co-author of Parkinson's for Dummies and Director of the Movement Disorders Program in the Department of Neurology at Cedars-Sinai Medical Center speak on "Pre-motor and Non-motor Symptoms: Redefining Parkinson's disease." Dr. Tagliati will be joined by Jeffrey

Wertheimer, PhD, Clinical Neuropsychologist, Department of Rehabilitation, who will speak on "Cognition, Parkinson's and Deep Brain Stimulation" and also "Psychiatric and psychological well-being; behavioral management/modification and pin management."

Dr. Sarah Kempe-Mehl, neurologist at Sansum Clinic, will moderate a Q&A session with Drs. Tagliati and Wertheimer. Cottage Rehabilitation Hospital physical, occupational and speech therapists will be on hand to answer mobility, life skills, speech and swallowing questions. 🌟

10:00 am on Saturday, April 11

First Presbyterian Church

21 E. Constance Avenue, Santa Barbara

Register online at www.mypasb.org.

\$10 per person. Space is limited. Please register early.

Prescription Navigator Program



Sansum Clinic is leading the way in Santa Barbara County with a Prescription Navigator program. This is a pharmacist-led medication therapy management program that ensures the safe, effective and appropriate

use of medications by Sansum Clinic patients. The Clinic joins the prestigious list of healthcare systems that have seen the benefit and have developed medication therapy management programs, such as UCLA, Cedars Sinai, Kaiser, Johns Hopkins and most recently USC.

Our Prescription Navigator is well trained in the therapeutic uses and effects of drugs and can help ensure appropriate medication use, reduce medication-related problems and improve health outcomes. Physicians refer patients to the Prescription Navigator for one-on-one office visits or telephone consultations, and patients can also self-refer to the program through the Brown Bag Medication Review program.

Brown Bag Medication Review

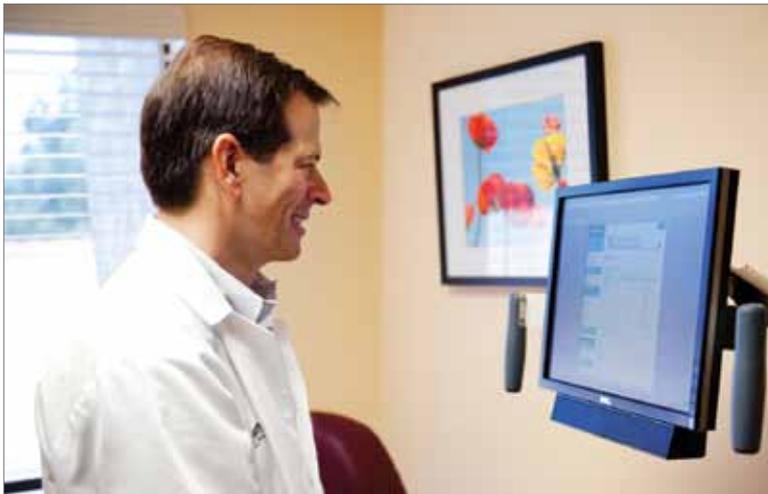
Patients who take multiple medications or have any medication concerns can benefit from an appointment with the Prescription Navigator to:

- Review all medications to ensure patients understand what has been prescribed and why
- Look for adjustments that may increase the effectiveness of the therapy
- Screen for potential interactions or side effects
- Assure that the medication list is up to date
- Answer medication questions and discuss the risks and benefits of one's medications with a health professional

Our electronic health records give the Prescription Navigator the information needed to assist patients with their therapy through access to provider notes, lab work, and by communicating with providers about any concerns or recommendations. The Prescription Navigator often works with caregivers or family members to give them a better understanding of medications they might help administer, and to guide them with setting up pill boxes for proper adherence to medication therapy.

The Prescription Navigator Program is generously funded by Julie and Jack Nadel. 🌟

BEACON Oncology Information System



For the Cancer Center, the Wave team implemented BEACON, an Oncology Information System which enables physicians to initiate treatment plans based on standard protocols and comprehensive decision support.

The Beacon Protocol Collaborative is made up of Wave analysts, oncologists, clinical staff and managers from our oncology sites. The role of the Collaborative is to build standardized protocols to help improve the scheduling, authorizations and other clinical aspects of oncology care.

By applying National Comprehensive Cancer Network (NCCN) practice guidelines, the Collaborative has built more than 200 chemotherapy protocols or treatment plans. Our oncologists use these standardized guidelines for IV, oral and intramuscular or subcutaneous chemotherapy administration to create customized treatment plans for each patient.

Building the core protocols took over 10 months to complete. With national guidelines ever-evolving as new research and therapies become available, the Collaborative has an ongoing commitment to the review process. The Collaborative maintains comprehensive records on all the guidelines and protocols and their review on a regular basis ensures that each treatment plan meets current clinical practice guidelines.

“Each protocol also contains links to relevant scientific publications so that the treatment team can review the evidence basis for the treatment being used,” said Dr. Mukul Gupta. “Another benefit is the rapid assimilation of new information

into a particular treatment plan which is then available for all patients receiving that treatment plan as well as patients who may be treated in the future.”

The benefits of Beacon are countless, the most important of which is patient safety. For example, we have placed alerts in Beacon which identify patients currently receiving chemotherapy or supportive therapy. This important information is available to clinicians outside of oncology and enables all of the staff caring for our patients to be aware of the oncology treatment plan. These alerts also communicate when certain drugs have increased potential for a medication reaction. In addition to alerts, when patient medical information changes (a lab value for instance) the provider is alerted at the time the patient is seen and is able to modify dosages and perform complex calculations within the treatment plan with no need for other calculators. Some of the robust tools of the Beacon module include Cancer Staging with American Joint Committee on Cancer (AJCC) standards, Treatment Plan Manager, Cumulative Dose Tracking, Medication Calculations, Treatment Summaries (Survivorship) and Reporting.

“Of the many benefits of Beacon, improvements in patient safety are the most important. Alerts in Beacon clearly identify patients who are currently receiving cancer therapy, alerting all of their providers to the presence of an active oncology treatment plan,” said Dr. Fred Kass. “These alerts track carefully each patient’s total dose of cancer therapy and they minimize the risk of any unexpected medication interactions.

“The program tracks changes in patient parameters (like weight) or lab results (like kidney function), allowing for constant adjustment of chemotherapy doses. The Beacon module also includes cancer staging tools, a Treatment Plan Manager for organized treatment planning, cumulative dose tracking, medication calculations, and references to the published studies on which all of the treatments are based. Finally, Beacon standardizes our clinical policies and procedures, insuring uniformity of care at all three of our cancer treatment locations.”

For oncology patients, Beacon offers trending of key lab tests, an oncology-specific medication list, and oncology-specific appointment information all in a single place within the patient’s MyChart account. 🌟

Sansum Clinic Launches Free Valet Parking Service at Foothill Sites

We are pleased to announce the addition of complimentary valet parking at Elings Pavilion at the Medical and Surgical Center and Eye Center located at 4151 Foothill Road.



“We have a continuous focus on ways to improve our patients’ experience at Sansum Clinic,” said Vince Jensen, President and COO. “Patients are now frequently pointing out the many exciting changes they are seeing at Sansum Clinic, whether it is new facilities or valet service. The valet service at our 317 W. Pueblo Street location has been a success, and we’re pleased to offer this enhanced service at our new site on Foothill Road.”

Valet parking service provides patients and guests with more convenient access to the facilities on Foothill Road. Guests are now greeted by BlueStar Parking personnel who park cars on request and provide patients’ with assistance in and out of buildings, as needed. 🌻

DWMP Now In Solvang

We are pleased to announce that the Doctors’ Weight Management Program is now available in Solvang. Please call 805-563-6190 for more information. 🌻



HMR Weight Management Services offered at Sansum Clinic rated

#2 U.S. News & World Report’s Best Diets of 2015

The Doctors’ Weight Management Program offered at Sansum Clinic and created by HMR Weight Management Services (HMR) has been named the No. 2 Best Weight-Loss Diet in U.S. News & World Reports’ Best Diets of 2015. The ranking was based on both short and long-term weight-loss ratings of the HMR Program.

HMR’s programs focus on integrating diet, physical activity and healthy lifestyle skills through weekly coaching. This is the first time that HMR’s diet program has been included in the annual rankings list. HMR was evaluated against 34 other diets in categories including easiness to follow, ability to produce short and long-term weight loss, nutritional completeness, safety, and potential to prevent and manage diabetes and heart disease.

During the ranking process, reporters and editors from *U.S. News & World Report* created in-depth profiles of each diet, and a panel of nationally recognized experts on diet, nutrition, obesity, food psychology, diabetes, and heart disease rated the diets and their effectiveness.

The Doctors’ Weight Management Program offers an in-Clinic program, and can also be used by participants at home. Studies have demonstrated the effectiveness of the HMR program in supporting weight loss. Research shows 47 pounds average weight loss for a mix of HMR Decision-Free® and Healthy Solutions® clinic patients with a BMI of 40 or greater who completed the program for at least 12 weeks.

Sansum Clinic has offered the HMR program for 29 years to community members who are interested in losing weight.

The program is effective at helping our patients achieve weight loss, which can result in improvement in risk factors for the development of conditions such as diabetes and high blood pressure. The weight loss may also lead to a decrease in the need for medications for some individuals who have developed these conditions. 🌻

Sansum Clinic is an official licensee of the HMR Program, a non-surgical, clinic-based diet that U.S. News & World Report has named a “Best Diet for Weight Loss”.



U.S. News’ Best Diets 2015 panel of nutrition experts ranked the HMR Program, which Sansum Clinic licenses, but did not evaluate any products or services of Sansum Clinic itself.

Love Your Heart Town Hall



On Friday, March 6, Sansum Clinic held its first town hall panel discussion on heart health, discussing tips on how everyone can keep their heart healthy.

The discussion was moderated by Sansum Clinic's CEO and Chief Medical Director, Kurt Ransohoff, MD. Our panelists included Sansum Clinic cardiologists, Joseph Aragon, MD, Jason Boyatt, MD, Taylor Holve, MD, Michael Shenoda, MD and our Prescription Navigator, Rania Shenoda, PharmD. Patients and members of the community were greeted by our Information Station Hosts, Danae Wilke, PA-C and Lynn Tabor, RN Specialist who answered questions and handed out heart health literature.

Sansum Clinic's world-class cardiologists and heart surgeons specialize in the prevention, diagnosis and treatment of a full range of heart conditions, from common disorders like coronary artery disease, heart failure and abnormal heart rhythm to rare and complex cardiovascular problems.

The video can be seen at [YouTube.com/sansumclinic](https://www.youtube.com/sansumclinic).

Special thanks to Julie Nadel and Bobbie Rosenblatt of the Women's Council, and our sponsors: Women Connect4Good Foundation, Beneflex and HUB International. 🌸

Tickets On Sale For An Evening With Best-Selling Author Michael Pollan

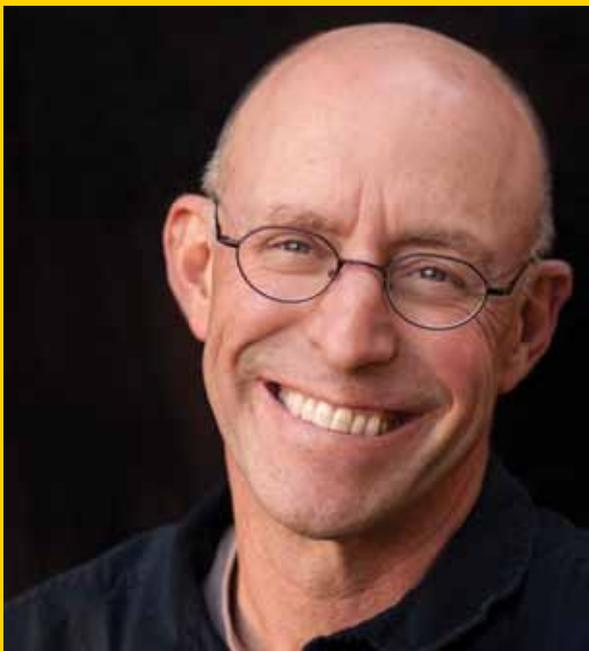


Photo: Fran Collin

Sansum Clinic, the RoKe Foundation and the Cancer Foundation of Santa Barbara, in partnership with UCSB Arts and Lectures and community partner, the Orfalea Foundation, present an evening with New York Times best-selling author, Michael Pollan. The event will feature a conversation with Mr. Pollan and Dr. Kurt Ransohoff, CEO and Chief Medical Officer of Sansum Clinic, and Dr. Fred Kass, Wellness Medical Director of Cancer Center of Santa Barbara with Sansum Clinic. A Q&A session and book signing will follow.

Thursday, April 30, 8:00 pm
Granada Theatre
1214 State St., Santa Barbara

www.artsandlectures.UCSB.edu
(805)893-3535 🌸

UNIVERSITY OF CALIFORNIA SANTA BARBARA

arts & lectures



sansumCLINIC
Visiting Professor
OF SURGERY



Dr. James Dunn, Dr. Marc Zerey, Dr. Ronald Latimer (emeritus),
Dr. Keith Lillemoe, and Dr. Gregory Greaney

Keith D. Lillemoe, MD was the fourth nationally recognized Visiting Professor of Surgery during Surgical Academic Week, March 9-13. He followed three previous Visiting Professors: Dr. John L. Cameron (Johns Hopkins) 2012, Dr. Hiram C. Polk, Jr. (University of Louisville) 2013, and Dr. Julie Ann Freischlag (UC Davis School of Medicine) 2014.

Dr. Lillemoe is a world renowned general surgeon who specializes in gastrointestinal and pancreaticobiliary tract surgery. He is Surgeon-in-Chief and Chief of the Department of Surgery at the Massachusetts General Hospital and the W. Gerald Austen Professor of Surgery at Harvard Medical School. His scholarly and research interests have produced over 350 journal publications and 115 book chapters

This program has been one of the most important additions to surgical education, community wide in the past 10 years. It offers great educational value to surgeons, surgeons in training and the public. This program represents one of the unique programs in the community that can claim such a wide comprehensive approach to surgical education. The program really includes multiple avenues for people to interact with high level surgical educators, and is a community asset, not exclusive to Sansum Clinic doctors or patients.

— Paul Cisek, MD, Sansum Clinic Department of Surgery

The Visiting Professor of Surgery program has been a tremendous success. We have been fortunate to have had three outstanding surgeons, all leaders in their field. The program benefits the surgical residents, surgical staff and our patients. The lecture for the public and our donors has also been well received. The value to our community, to Cottage Health System, and to Sansum Clinic is priceless. Thanks to Dr. Ron Latimer, this program will continue to be a success.

— James T. Dunn, MD, FACS,
Sansum Clinic Department of Surgery

On Thursday, March 12, Dr. Lillemoe delivered a public lecture to 85 guests at Sansum Clinic on his observations about how the new healthcare legislation/regulations have affected the practice of medicine and surgery on the East Coast and his prognostic projections for the West Coast.

The Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, it allows surgical residents in training at Santa Barbara Cottage Hospital the chance to interact daily with the icons, leaders and outstanding teachers of the art of surgery.

This unique educational program advances the level of surgical care available in our community, and is made possible by generous support from our Title Sponsor, Cottage Health System, and grateful patients, medical groups, individual community surgeons and physicians, and corporate donors.

If you would like to support the Visiting Professor of Surgery program please contact Dru A. Hartley, Director of Philanthropy at Sansum Clinic at (805) 681-7726 or dhartley@sansumclinic.org. Your support is a commitment to sustaining Santa Barbara's high level of surgical expertise and the community's good health. 🌸

Bariatric Surgery Center **Success Story**

Michelle Greer

Lost Over 200 Pounds

I spent my whole life being overweight. Growing up, I was never taught proper portion control, and never realized I was eating more than my peers. Starting in middle school, I was put on diet after diet, but nothing seemed to work; yes, I would lose some of the weight, but would eventually gain it all back. I resigned myself to a life of obesity.



Before



After

In November 2012, my younger sister came to me in tears because she was afraid that my weight was taking a toll on my life span. At this point, I weighed about 400 pounds standing at just 5'6" tall. I promised my sister I would consider weight-loss surgery, and once I found Dr. Zerey and Sansum Clinic, I never looked back.

As I attended doctor visits and went through the pre-requisites to get the surgery, I started to realize for the first time how unhealthy my life was and that it needed to change. The moment I fully dedicated myself, there was nothing easier than following the guidelines prescribed by Dr. Zerey and the dietitians.

I had the surgery in 2013 and the best piece of advice I can give anyone considering weight-loss surgery is to follow the rules! Dr. Zerey gave me some very detailed guidelines of what to eat, how to eat and even when to eat. I believe this is the main reason I was so successful. Following the rules and dedicating yourself to a new lifestyle is so important, especially if you want to avoid any of the negative side-effects associated with weight-loss surgery and to avoid post-surgery weight gain. One thing I've learned through this experience is that moderation is really the key to success.

Three years post-surgery, I weigh 177 pounds and have never felt this amazing in my life! I used to think that I didn't enjoy physical activity, but it turns out what I didn't enjoy was having to carry an extra 200+ pounds on me. Now I enjoy hiking, bike riding and just a general increase in activity. Aside from enjoying an increased activity level, I have also enjoyed clothes shopping for the first time and I have also felt a lot more confident in my social life. It's simply easier to be the best possible version of myself when it's easier to move, breathe and live unencumbered by so much weight!

To learn more about weight-loss surgery with Dr. Zerey at Sansum Clinic or to sign up for a free orientation session, please visit www.sansumclinic.org/bariatric-home. 🌻

MS Treatment's New Age

ADELE MENICHELLA

After leaving Santa Barbara to attend medical school, perform clinical research in multiple sclerosis, and practice neurology at a major medical center, Dr. Timothy West has returned to the town in which he grew up. In the interim, neuroscience has grown up as well.

“This is a new age in MS treatment,” says Dr. West. “Twenty years ago, doctors diagnosed the disease and moved on. There was no effective treatment. Now that’s all changed, and neurology has become a treating profession.” In the last several years, clinical research has resulted in FDA-approval of a dozen new MS medicines. When prescribed early enough – before MS has a chance to inflict permanent damage to the central nervous system – the medicines can effectively slow the progress of the disease.

Dr. West knows from personal experience how difficult it is for patients and their families to cope with chronic illness. His mother, Abby, has lived with MS for most of her adult life. “She had minor symptoms for many years, and was finally diagnosed when I was a teenager,” says Dr. West. “Just before I was about to start medical school, she had a severe attack that left her unable to walk.”

The impact of Abby’s disability on the West family was profound. “My mother was super-woman,” says Dr. West, “Our family was devastated.” Newly motivated to find out everything he could about MS, Dr. West decided to change his specialty from pediatrics to neuroscience, and even took a year off from medical school to perform clinical research at UC San Francisco, with a grant from the MS Society.

Life experience, an optimistic outlook and his cutting-edge research background help Dr. West stand out in a field that was once notorious for its dry, diagnostic tone. An engaging and persuasive speaker, Dr. West lectures at American Academy of Neurology symposia and at a consortium of MS centers. Published in leading medical journals such as *Discovery Medicine* and *Annals of Neurology*, it’s no wonder his efforts to garner serious financial support from The National MS

Having MS is like living life on an escalator moving slowly in the wrong direction.

– TIMOTHY WEST, MD

Society, Hilton Hotels, Gloria Estefan, and others, met with huge success in Las Vegas, where he helped establish a prominent MS Center at The Cleveland Clinic Lou Rovio Center for Brain Health.

Dr. West’s personal connection to his chosen field has shaped his approach to medicine. “Most academic centers are driven by research,” says Dr. West. “My drive has always been to take care of patients.” The advent of new MS medicines which have the power to lessen the impact of attacks and slow neurological impairment, yet do not cure the disease, has made taking care of patients increasingly complex. Doctors, nurses and patients must work closely together, trying out different combinations of medicines and monitoring their effects, in order to match the right prescription to the person. The field of MS treatment, like oncology, calls for medical professionals who have specialized training in order to provide the most effective personal care.

At Sansum Clinic, Dr. West and his colleagues in neurology hold educating patients as a priority, because teaching someone about his or her chronic condition is the best way to prevent attacks. An MS-certified nurse, Deanna Power, rare in a small city setting, helps fulfill this imperative. “We try to drive your symptoms away so you can live the kind of life you want to,” says Dr. West. For persons diagnosed with MS and other autoimmune diseases of the central nervous system, this means regular physical exams and consultations with nurse and neurologist, tracking with MRIs – even when the patient is feeling fine. According to Dr. West, if you have MS and want to achieve NEDA, short for ‘No Evidence of Disease Activity,’



Prevention is everything. My mother didn't have the opportunity we have now. If we start early enough, for the vast majority of patients we can find the answer.

– TIMOTHY WEST, MD

then “communication is key. Tell me how you're doing. My goal is to make you annoyed that you're doing so well and still have to come in and be monitored.”

Heightening the level of personal care and extending it to the patient's family members is what distinguishes a top tier MS center. While in Las Vegas, Dr. West designed a social work program with patient advocates and support groups that reached

thousands of people. Now that he has returned to Santa Barbara, he plans to cultivate resources and bring them to bear on the greater community, making Sansum Clinic the true center for comprehensive MS patient care on the Central Coast. For Dr. West, this goal is personal as well as professional. 🌻



Board-certified neurologist, Dr. Timothy West recently joined our Neurology department at 317 W. Pueblo St. He received his medical degree from the University of California, San Francisco and completed his residency at the University of California San Francisco Medical Center. After his residency,

Dr. West completed his neurology fellowship at the University of California San Francisco Multiple Sclerosis Center.

Visual Impairment

BRETT SIMON, OD

Vision is a very important part of our daily lives that many of us take for granted. Simple daily tasks are taken from a person with visual impairment including reading the newspaper, watching television, seeing a person's face and taking medications. With mild to moderate cases of vision loss, we can address these issues with specialized low vision devices. When the vision loss is too severe we have to rely on white canes, audible clocks, guide dogs and other non-visual aids.

“Normal” vision is commonly diagnosed when a person is 20/20. If you have 20/20 vision you can see clearly at a 20 foot distance as someone else with “normal” vision. If you have 20/200 vision, you have to remain 20 feet away from an object while a person with “normal” vision can be 200 feet away and see the same object.

A patient is diagnosed with visual impairment when they can no longer be corrected to 20/20 with glasses or contact lenses. Eye disease and trauma can cause a range of visual impairment from very mild loss, 20/30 to 20/60, to total blindness with the inability to perceive light.

A common cause of vision loss is macular degeneration. This disease targets the central vision while the peripheral or side vision remains normal. There are congenital conditions that affect the central vision as well but can present at a much earlier age. In an attempt to improve activities of daily living for these conditions, magnification is key. For close activities

we utilize high magnification reading glasses or hand held magnifiers. There are also magnifiers that stand on their own for sustained reading. If the central vision is severely affected a video magnifier can achieve up to 35x magnification. Though the pace of reading is often slow, it can allow someone to read a book, do a crossword puzzle, or see a photo. For briefly spotting something at a long distance, such as a house number, we can utilize small hand held devices that operate similar to a telescope. Sustained distance activities, such as watching a concert, movie, or play, can be addressed with glasses that work like binoculars.



Figure 1 – Extreme glaucoma to normal vision

Visual impairment can also be classified as a loss of peripheral vision while the central vision remains normal. Glaucoma causes the loss of peripheral vision while the central vision is the last to be affected (**fig 1**). When glaucoma becomes severe the patient has to learn to scan with their eyes to avoid tripping over objects. This is where sweeping a white cane in front of them can prevent running into things. If diagnosed early we can slow the progression of glaucoma. Stroke and brain trauma can also



cause the loss of peripheral vision. The visual field can potentially be expanded by as much as 20 degrees utilizing a special prism lens (fig 2).

It is challenging to improve the loss of severe peripheral vision never mind loss with low vision devices, so we often work with the Braille Institute and occupational therapists to address lifestyle modifications.



Figure 2 – Special prism lens

Losing vision causes emotional stress and loss of dependence. With low vision aids the goal is to regain the ability to perform activities of daily living. Some patients do very well while others have limited success due to severe vision loss, poor manual dexterity, poor general health or lack of motivation. It is recommended to have regular eye exams, and physical exams, to detect these conditions in the early stages and prevent severe vision loss. 🌻



Brett Simon, OD has been a Sansum Clinic optometrist since 2012. He received his optometry degree from the Southern California College of Optometry in Fullerton, CA. Dr. Simon is certified by the State of California Board of Optometry and is affiliated with the California Optometry Association and the American Academy of Optometry.

To Be Or Not To Be... Gluten-Free

EMILY LUXFORD, MS, RD



Gluten-free – two little words have taken the athletic world by storm. Is this diet as effective as it seems?

Jimmy Kimmel recently shed light on the phenomena of this diet craze. While visiting a Los Angeles exercise hot spot, his staff inquired about the prevalence and

purpose of the gluten-free diet. It seems this diet is trending in the athletic world but no one knows why. Most people know the most common sources of gluten, but few know what it is and how it impacts their day-to-day health or athletic prowess.

In order to evaluate this fad diet, one must answer the five W's: who, what, where, when and why.

WHO: A gluten-free diet is mandatory for individuals with Celiac Disease or gluten sensitivity. Celiac Disease is an autoimmune disease that affects 1 out of 100 people worldwide. Abstaining from gluten benefits these individuals, however, there is no research proving that gluten-free diets promote weight loss or enhance the health of the average individual or athlete.

WHAT: Gluten is the composite of two proteins, gliadin and glutenin.

WHERE: Gluten is found in wheat, barley and rye. Oats may be contaminated and should be consumed with caution. Gluten serves as a binder which makes it an ideal ingredient for baked goods, salad dressings and sauces, soups and most processed foods. Gluten is often a hidden ingredient and may not be included in the ingredient list.

WHEN: A gluten-free diet is a lifelong commitment for those individuals with Celiac Disease or gluten intolerance.

WHY: The individual with Celiac Disease or gluten sensitivity who follows a gluten-free diet experiences relief from multiple symptoms which may include gastrointestinal distress, headaches, fatigue and dermatitis. This diet also protects the individual from other chronic diseases associated with untreated Celiac Disease or gluten sensitivity. For the general population, gluten-free may cause more harm than good.

Gluten-free products are often higher in fat and/or sugar and lack the nutrients found in their glutinous counterparts. Choosing a diet rich in fresh foods such as fruits, vegetables and various protein sources improves the quality of your diet and, as a result, the quality of your health. This diet should include grains and cereals—whether it's with or without gluten depends on your gut. 🌻



Emily Luxford is a registered dietitian with a master's degree in nutritional science. She received her degree from California State University in Long Beach, CA. Since 2013, Ms. Luxford has worked with Dr. Zerey in the Bariatric Surgery Department to provide an integrative approach to nutrition support before and after surgery.

Do You Ever Wonder Where Your Dietitian Dines?



This dietitian is proud to highlight one of the latest additions to Sansum Clinic, Café 154. This café is unlike others of its kind. If you're craving a sandwich or salad, Café 154 is the best option in town. Let me show you why! – Emily

	CAFÉ 154	OTHER LOCAL CAFÉS
INGREDIENTS	Prime quality.	No guarantee.
SANDWICHES	Filled with various sources of protein and fresh vegetables. Flavor infused with homemade sandwich spreads.	Most cafes use “fluff” to make sandwiches – more lettuce than meat.
SALADS	Fresh and satisfying ingredients with homemade dressings.	All lettuce with minimal toppings and processed dressings.
COFFEE & TEA	Organic options. Coffee is made from espresso and milk. Variety of milk and milk alternatives.	Most cafés use coffee powder and water to yield a better profit. Fewer milk alternative choices with high prices.
PRICE	Use your 10% employee discount at every meal plus a 35% discount at every 12th meal.	No special offers for Sansum Clinic employees.
SERVICE	Quick service and made to order.	Slow service or pre-prepared food items.
DELIVERY	Order from Café 154 for your next lunch meeting. They deliver to your local SB office.	Limited options and delivery fees.

Hiking for Health

JOHN MCKINNEY

Walking has always been considered a healthful activity, and rambling through the countryside even more so. The great naturalist John Muir wrote of the value of “places to play in and pray in, where nature may heal and give strength to body and soul.”

Modern life, though, seems to demand we spend most of our days sitting around or driving around and leaves precious few opportunities for time to walk a trail in the great outdoors and gain the healthful benefits of time spent in nature.

Researchers around the world have recently quantified and scientifically proven the mental and physical health benefits of time spent in nature and the benefits of hiking in particular. It turns out a hike is a doubly healthy endeavor, combining all the benefits of time walking and all the benefits of spending time in nature.

Going for a walk in a natural setting provides mental, spiritual and physical rejuvenation—and hiking is just plain fun, whether you take to the trail with a companion or alone with your thoughts. Fortunately for anyone who lives in Santa Barbara County, a rich variety of trails is located from water’s edge to the mountains in our big backyard.

For those concerned about losing weight or dealing with stress—and it seems like just about everyone is these days—hiking is an ideal way to slim down, firm up, reconnect with nature, and restore body, mind and spirit.

Government and outdoor recreation industry statistics show that hiking is among the most popular form of outdoor recreation. By some accounts, more than 60 million Americans say they like to hike.

Many on the generational continuum—from Baby Boomers to Generations X and Y, and even younger—know that hiking is a great way to have fun. And most people intuitively know that it’s good for you as well. Time on the trail leads to trim and fit bodies with strong muscles, toned abs, great legs and good endurance—all great reasons to take a hike!

John McKinney, hiking expert and long-term Santa Barbara resident is the author of 25 books about hiking, parklands and nature including HIKE for Health & Fitness. John is a passionate advocate for hiking and our need to connect with nature. He serves as an advisor for the Healthy People Healthy Trails program being developed by Sansum Clinic and the Santa Barbara County Trails Council with the support of the National Park Service’s Rivers, Trails, and Conservation Assistance Program. Visit John McKinney on the web at: www.thetrailmaster.com.

For more information on walking for health, local walking tours and trail guides, visit the Sansum Clinic Health Resource Center, 215 Pesetas Lane, Santa Barbara, (805) 681-7672, www.SansumClinic.org/health-resource-center. ☀





John McKinney

Ten Ways Hiking Contributes to Health & Wellness

- 1 Hike Off Excess Weight
- 2 Hike for Cardiovascular Fitness
- 3 Hike to De-Stress
- 4 Hike for Improved Mental Health
- 5 Hike for Lower Blood Pressure
- 6 Hike to Prevent Osteoporosis
- 7 Hike to Prevent & Control Diabetes
- 8 Hike to Reduce Joint or Arthritis
- 9 Hike to Relieve Lower Back Pain
- 10 Hike to Slow the Aging Process

Good News For Your Good Health

Sansum Clinic and Santa Barbara County Trails Council are working with the National Park Service to bring Healthy People, Healthy Trails to Santa Barbara County.

This new program will be an exercise prescription for the great outdoors.

Stay tuned for more information on how you can participate in 2015. ●



SANTA BARBARA COUNTY
Trails Council



Health & Wellness Programs

Become an active participant in your good health. Our Health Education Programs are designed with you in mind. All are taught by professionals, include take-home materials and are available on an ongoing basis. They are free of charge or low cost and are open to the community.

Programs include:

- Advance Care Planning Facilitator
- Advance Directives Workshop
- Back Wellness
- Balance & Mobility Training
- Bariatric Surgery Orientation
- Bariatric Surgery Support Group
- Brown Bag Medication Review
- Camp Wheez: Day Camp for Children with Asthma
- Diabetes Basics
- Diabetes Basics in Spanish
- Diabetes Blood Sugar Control
- Diabetes Education
- Dementia Caregivers Support
- Doctors' Weight Management Program Orientation
- Fibromyalgia Support Group
- Health Resource Center
- Healthier Living with Ongoing Health Conditions
- Heart Health
- Hip or Knee Replacement Seminar
- Lymphedema Education
- Medicare: gain a better understanding
- Medicare: open enrollment & prescription drug plan
- Neck & Posture Wellness
- Nutrition Services
- Nutrition Navigator
- Oncology Patient Support Programs
- Pre-Diabetes
- Stop Smoking Help
- Stress Management
- WomenHeart Support Group

For more information or to register visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909. ☀

Kurt N. Ransohoff, MD 2014 Physician of the Year

Kurt N. Ransohoff, MD, was named the Santa Barbara County Medical Society's Physician of the Year at the 2014 Annual Meeting. Physician of the Year is someone recognized by their peers who has worked to protect and improve public health and the quality of healthcare, who has advocated for universal access to healthcare and who has engaged in community service.



Brad Elliott Photography

SBCMS President Christopher Lumsdaine, MD presented Dr. Ransohoff with the prestigious award as well as a resolution from the CMA. The resolution recognized and honored Dr. Ransohoff for representing his colleagues for many years in organized medicine by serving on CMA's Council on Legislation, the Medicare TAC, the Physician-Hospital Alignment TAC and as a Delegate for the Medium Group Forum. Dr. Ralph Quijano, Chair of the Physician of the Year Selection Committee, introduced Dr. Ransohoff to the SBCMS membership during an entertaining presentation filled with photos of his life, family and their adventures.

Although born in Stamford, CT, Dr. Ransohoff has spent his entire medical career in California. Nancy and Kurt Ransohoff are the proud parents of two daughters. While fly fishing is a true passion of his, Dr. Ransohoff also enjoys traveling and hiking with his family.

Dr. Ransohoff is board certified in Internal Medicine and has been with Sansum Clinic since 1992. He graduated with honors from the Bowdoin College in 1980, and received his Medical Degree from UCLA in 1985. He also completed his internship and residency at UCLA, serving as Chief Resident and Clinical Instructor from 1988-1989. He has been honored as Teacher of the Year by Santa Barbara Cottage Hospital and as Healthcare Grand Champion by the Pacific Coast Business Times. Dr. Ransohoff was Chairman of Sansum Clinic's Internal Medicine Department from 1992-94, Assistant Medical Director from 1994-97, Medical Director since 1997, President since 1998 and CEO since 2002. He continues to serve on the boards of the California Association of Physician Group and CenCal Health. ☀

Welcome New Providers



Jeremy Bennett, MD
Urgent Care



Alicia Guevara, MD
Urgent Care



Robert Kershaw, MD
Internal Medicine



Juliet Penn, MD
Medical Oncology/Hematology

JEREMY BENNETT, MD
Urgent Care
51 Hitchcock Way, Santa Barbara

Dr. Bennett received his medical degree from the University of Minnesota Medical School and completed his residency at Ventura County Medical Center. Dr. Bennett is board-certified in Family Medicine by the American Board of Family Medicine. Since completing his residency in 2011, Dr. Bennett has worked in both urgent care and emergency room settings in Ventura and Oxnard.

ALICIA GUEVARA, MD
Urgent Care
51 Hitchcock Way, Santa Barbara

Dr. Guevara received her medical degree from Drexel University College of Medicine in Philadelphia, PA. Dr. Guevara completed her residency at the Ventura County Medical Center's Family Medicine Residency program and is board-certified in Family Medicine by the American Board of Family Medicine. Since the completion of her residency in 2007, Dr. Guevara has worked in various clinical settings in New Zealand and most recently with Las Islas Family Medical Group in Oxnard, CA.

ROBERT KERSHAW, MD
Internal Medicine
Pesetas Multi-Specialty Clinic
215 Pesetas Land, Santa Barbara

Dr. Robert Kershaw earned his medical degree from the USC School of Medicine and completed his residency in internal medicine at Santa Barbara Cottage Hospital, where he went on to be chief resident. Dr. Kershaw began his internal medicine career at Sansum Clinic's Pesetas location before relocating out of state in 2001. He has worked as an outpatient internist and most recently as a hospitalist and palliative care physician in Eugene, OR.

JULIET PENN, MD
Medical Oncology/Hematology
Solvang Multi-Specialty & Cancer Center
2040 Viborg Road, Ste. 140, Solvang

Dr. Juliet Penn earned her medical degree from the Sackler School of Medicine in Israel and then went on to complete her internal medicine residency and a fellowship in hematology/oncology at UCLA. 🌻



Sansum Care

Your health. Simplified.

“I got sick. Really sick. That’s not the best time to have to make complicated health decisions or try to figure out the best doctor and the best treatment for me. It turned out I only had to make one good decision: Sansum Clinic.”

Over 200 doctors in over 30 specialties, working for you as a team. You concentrate on getting well — we’ll do the rest.

Sansum Care represents our dedication to making the complexities of modern healthcare simple for you. And we are making continual upgrades for our patients.

- New Medical & Surgical Center on Foothill Road – COMPLETED
- Pesetas Lane clinic remodel – UNDERWAY; TO BE COMPLETED IN 2016
- Expanded primary care and urgent care facilities – COMING IN 2016
- New comprehensive Cancer Center – COMING IN 2016
- Immediate communication between doctors through secure electronic access to health records – DEPLOYED

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