

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 5 • FALL 2012

PARTNERSHIPS FOR SUCCESS

Achieve Your
Weight Loss Goals

MyChart

Access Your
Medical Records Online

**24 HOUR CLINIC
OPERATOR:**
1 800 4 SANSUM

IMPROVE YOUR SLEEP

Tips to Help You Rest

HEALTHY AGING

What is Normal?

SPORTS NUTRITION

Eat to Compete



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CLINIC
for your good health



Message from the CEO

Sansum Clinic is unique in that we are the last remaining independent medical foundation in California, never having affiliated with a hospital. What has enabled us to stand alone is our culture of collaboration, our commitment to the community and the quality of care we deliver to every patient who comes through our doors. Let me share some programs that we have been working on that will allow us to continue to serve our patients now and in the future.

We are nearing completion of the rollout of one of our most ambitious projects with our transition from paper charts to an electronic health record system – we call

our system the Wave. Already 21,000 of our patients have activated accounts for online access to their own personal medical records through a portal we call MyChart.

I'm very proud of the partnership we recently formed with the 64 year-old non-profit Cancer Center of Santa Barbara to bring new, specialized services to our patients. Combined, we have eight medical oncologists, four radiation oncologists, two nuclear medicine physicians, a full research department and a wonderful staff to support cancer patients from the Central Coast and beyond.

With the ongoing shift from inpatient to outpatient surgery, we're planning to open a new ambulatory surgical center, eye care center and medical office on Foothill Road and Highway 154 that will enable us to align departments with similar needs, and will free up existing space so we can expand access for our patients by creating space for new physicians.

As we look to the future, the magnitude of the economic issues facing our industry must be addressed. Our group practice model enables us to deliver the best care and to adapt and maintain our position at the forefront of the ever-changing healthcare industry. We are committed to staying out in front of the community's needs. We have been doing that for more than 90 years and plan to be here for many years to come.

It is our pleasure to serve you...and here's to your good health!

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

24 Hour Clinic Operator

1 800 4 SANSUM (472-6786)



Scan this QR Code with a mobile reader
to dial our 24 hour Clinic Operator

GOODHEALTH

A HEALTHCARE JOURNAL
FROM SANSUM CLINIC

ISSUE 5 • FALL 2012

Sansum Clinic's mission is to provide excellence in comprehensive healthcare through teamwork, community collaboration, research and education.

Sansum Clinic is accredited by the
Institute for Medical Quality

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Chief Medical Officer*

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A Joint Vision for the Future of Cancer Care

This is an exciting time for our community. The partnership between Cancer Center of Santa Barbara and Sansum Clinic is complete, and now that we've come together we're focused on a joint vision for the future of cancer care on the Central Coast.

This partnership will allow for an expanded scope of services that will help keep Santa Barbara at the forefront of modern cancer care, enabling us to provide the same high level of services available in major metropolitan areas.

You, and every one of our patients, are at the heart of this partnership and have been since the very beginning. Through this partnership, we are able to offer a more comprehensive approach to your care, while providing you with the very best patient experience in an environment dedicated to excellent treatment, comfort and healing.

We are already seeing the benefits – for patients and healthcare professionals. Sharing one electronic medical record and scheduling system now enables our staff and physicians a complete view of a patient's appointment schedule and medical history, resulting in more coordinated and comprehensive care.

Especially exciting are the possibilities within the field of oncology research. The Cancer Center of Santa Barbara with Sansum Clinic, now with a larger, more specialized team of physicians, will be an even stronger partner for research sponsors seeking to open clinical trials on the local level, which translates to even more potentially life-saving



treatment options while contributing to the larger field of cancer knowledge.

To celebrate this partnership, we will be hosting our first-ever fundraising gala on May 18, 2013. The event is shaping up to be one of the most talked about of the year. The Tonight Show's Jay Leno will be emcee and auctioneer, and entertainment will be provided by Rickey Minor and The Tonight Show Band. Geoffrey Claflin Rusack and Alison Wrigley Rusack have offered Isla Mar, their private and historic Hope Ranch estate, as the venue. Live auction items include once-in-a-lifetime experiences such as access to Jay Leno's renowned car collection or insider access to a Manchester United soccer game and stay at the team hotel in England. Stay tuned... 🌟

In addition to medical care, Cancer Center offers a wide range of programs and services to help patients and their families with, through, and beyond a cancer diagnosis. For more information call (805) 682-7300 or visit www.CCSB.org.

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.



We are in the final phase of rolling out our new electronic health record system throughout our 23 branches, which completes our two-year transition from paper charts to electronic medical records. We call our system the Wave, and it is powered by Epic, an industry-leading electronic health record provider.

More than 21,000 of our patients have activated MyChart accounts for improved access to their own healthcare information and enhanced communication with our providers. In our last issue of *Good Health* we asked our patients to comment on how access to electronic records through MyChart has improved their healthcare experience. For this issue we asked doctors how the Wave has improved their patient care experience.



“The immediate access to information available to physicians and patients has allowed for more rapid and accurate communication. This will result in better decision-making for both doctors and patients and will reduce duplicative medical testing. The physicians at Sansum Clinic are committed to the complete

implementation of this system and this will ultimately allow us to provide better care for our patients.”

— James Egan, MD, Gastroenterology



“The Wave allows almost immediate access to chart information to all healthcare providers in the Clinic. Whereas a paper chart can only be in one place at a time, and has to be ordered, the electronic chart is available and updated instantly. Patients also have access to their information such as lab results almost right away.”

— William Golgert, MD,
Nephrology



“The most important part of the Wave is how it allows our patients to be more involved in their care with access to MyChart.”

— Doug Katsev, MD,
Ophthalmology



“I like the fact that orders and prescriptions are electronic, which cuts down on transcription errors, lost orders, and lead time. Also, the fact that vaccine records are clearly visible and at our fingertips for vaccines given since the program went live is important to Infectious Disease docs.”

— David Fisk, MD,
Infectious Disease



“It has now become a ‘way of life’ that is giving me tools for better documentation and management of my patients’ health and preserves the doctor/patient relationship, which in primary care is all important. The Wave facilitates physician/patient communication at an increasing rate.”

— James V. McNamara, MD,
Internal Medicine



“There is a universe of data pertaining to the patient. The Wave system allows the physicians to access the right information at the right time in order to make prudent clinical decisions. I believe it improves patient care.”

— Mukul Gupta, MD,
Oncology & Hematology



“I think one of the most impressive things I have seen with this system is ‘Care Everywhere.’ This is a feature which allows the provider to access the medical records of a patient who was seen out of town at another Epic user’s facility. I have had the incredible experience of meeting a patient who just relocated to Santa

Barbara from the Bay Area and did not yet have his medical records forwarded. However, when I found out he was at another Epic facility, I was able to pull up his records on the computer instantly during the medical interview. We just looked at each other and said, ‘Wow. That is very cool.’”

— Michael Bernstein, MD, Internal Medicine

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



Scan QR code with a mobile reader to visit the MyChart login and registration page. Or visit <https://mychart.sansumclinic.org/mychart/>

How to Sign Up for MyChart

All patients of Sansum Clinic can sign up and login to MyChart now. Protecting your privacy and healthcare information is our primary concern, so signing up for MyChart requires an activation code. Your unique MyChart activation code can be generated in three ways:

1. Call the MyChart Response Team at (805) 898-3188
2. Register online at: www.SansumClinic.org/register-for-mychart
3. Stop in any of our Clinic locations in person and request an activation code

Once we've verified your identity and you've received your activation code, you can register for MyChart and set up your own secure username and password. Login from any computer to complete your registration or use one of our convenient MyChart Registration Kiosks located in many of our Clinics. Representatives are available to assist you with your registration.



A number of our doctors and Wave staff joined more than 7,000 other participants at the Epic Users Group meeting last month at the Epic campus in Wisconsin for four days of learning sessions and a little bit of fun. Three of them are pictured on these pages as both rock-and-roll band members and as physicians. Can you name the rock stars? Answer on page 20. 🌟

America's Top Doctors

Six Sansum Clinic physicians have been recognized in *US News & World Report* on the prestigious "America's Top Doctors" list.

The publication teams up with a New York City based company that has worked for nearly two decades to identify the nation's top doctors, both nationally and regionally, based on an extensive nomination process and review by a physician-led research team.

Congratulations to these fine physicians on this great honor. 🌟



R. A. Braganza, MD
E.N.T./Otolaryngology



Alex Koper II, MD
Urology



James Egan, MD
Gastroenterology



Gregory Greaney, MD
Surgery



David Raphael, MD
Obstetrics & Gynecology



Mark Silverberg, MD
Ophthalmology

Is Diabetes a Surgical Disease?

MARC ZEREY, MD, BARIATRIC SURGEON

For the millions of Americans suffering from diabetes, keeping the disease in check means being careful about what you eat, monitoring your glucose, and taking medications (sometimes several). Failure to achieve diabetic control can lead to severe health complications such as kidney failure, blindness, heart disease, and peripheral vascular disease, which can eventually result in the need for amputations.

The majority of diabetics suffer from so-called type 2 diabetes which is strongly correlated with obesity. Weight loss is strongly correlated with resolution of health problems, including type 2 diabetes. For people undergoing weight loss surgery, however, the resolution of diabetes may not be correlated with weight loss.

When I was a resident, gastric bypass surgery was still being performed via laparotomy (one large incision). People would stay in the hospital for longer periods of time than they do today (sometimes up to one week or longer). What was interesting was that when we monitored their glucose, we could see their levels decrease over the few days they were in hospital — far outpacing the weight-loss associated with the procedure.

The same continues today when we do the surgery laparoscopically. As opposed to most other medical problems associated with obesity (hypertension, sleep apnea, high cholesterol, etc.) type 2 diabetes is often cured independent of weight-loss.

It is not entirely clear why this occurs. Some studies suggest

that changes in gut hormones mediate the effects of the surgical procedure. Why these changes occur remains a matter of debate. For patients undergoing gastric bypass surgery, this is likely due in part to exclusion of food from a specific part of the small intestine, which contains receptors that mediate the levels of these hormones. It is believed that these changes may improve the body's ability to process insulin and glucose. Not surprisingly, the pharmaceutical industry has taken note and is actively trying to replicate these effects in pill form.

This poses several interesting questions. Should we start looking at surgery for people with type 2 diabetes who are not obese? Is this cost-effective? In my opinion, if rigorous scientific trials were to demonstrate significant clinical benefit in this group of patients, then we should consider offering the surgical option. What do you think? 🌟



Dr. Marc Zerey is a board certified physician specializing in bariatric weight loss and advanced laproscopic surgical techniques. Dr. Zerey has published extensively including journal articles in American Surgeon, American Journal of Surgery, American Journal of Surgical Research and is an

ASMBS Bariatric Surgery Center of Excellence designee. The Bariatric Surgery Center can be reached at (805) 898-3472.

Sansum Clinic Honors Donors of Renovated OB/GYN Department

Julie and Jack Nadel provided a gift for a new lobby at the 515 W. Pueblo Street facility

Sansum Clinic honored Julie and Jack Nadel with a reception for their generous support of the newly renovated Obstetrics and Gynecology Department at 515 W. Pueblo St. in Santa Barbara.

“We always do our best to plan for the future healthcare needs of the community,” said Dr. Kurt Ransohoff, CEO and Chief Medical Officer. “We are so thankful to Julie and Jack, whose generous support contributes to our ongoing investment in facility upgrades that allow us to deliver the level of healthcare all of our patients deserve.”

In 2009, Julie and Jack Nadel were honored for their generous gift that upgraded the lobby at the Pueblo Clinic at 317 W. Pueblo Street. 🌟



Honorees Julie and Jack Nadel with Sansum Clinic OB/GYN Specialists Doctors David Raphael, John VanderHeide and Carin Craig.

Common Myths about Diabetes

MARGARET WEISS, MPH,
DIRECTOR OF HEALTH EDUCATION

There are many myths about diabetes that make it difficult to know what is true. Listed below are 5 common misconceptions. See if what you believe is correct.

MYTH: Diabetes is not a serious disease.

FACT: Diabetes causes more deaths each year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke, and diabetes is the leading cause of new blindness, kidney failure and amputations that are not from a trauma.

MYTH: If you are overweight or obese, you will eventually develop type 2 diabetes.

FACT: Being overweight is a risk factor for diabetes but family history, ethnicity and age are also important. Not every overweight person will develop type 2 diabetes, and many people who are normal weight or only moderately overweight can develop type 2 diabetes.

MYTH: Eating too much sugar causes diabetes.

FACT: No, it does not. Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors. Being overweight does increase your risk, and a diet high in calories, whether from sugar or from fat, can contribute to weight gain.

MYTH: People with diabetes should eat special diabetic foods.

FACT: A healthy meal plan for people with diabetes is generally the same as a healthy diet for anyone – low in fat (especially saturated and trans fat), salt and sugar. Aim for many non-starchy vegetables and a moderate amount of other vegetables, fruit, whole grains and lean protein. Diabetic or dietetic foods generally offer no special benefit.

MYTH: If you have type 2 diabetes and your doctor says you need to start using insulin, it means you're failing to take care of your diabetes properly.

FACT: For most people, type 2 diabetes is a progressive disease. At first, many people with type 2 diabetes can keep their blood glucose at a healthy level with oral medications. Over time, the body gradually produces less and less of its own insulin. Eventually oral medications may not be enough to keep blood glucose levels normal. Using insulin to get blood glucose levels to a healthy level helps to prevent complications.

Live Well with Diabetes is a comprehensive diabetes education program at Sansum Clinic. It is an excellent update for all people with diabetes and a must for anyone newly diagnosed. Family and friends are encouraged to attend. During November, American Diabetes Month, Sansum Clinic will offer *Diabetes Day: A Nutrition Prescription of Foods to Enjoy*. In partnership with FoodBank of Santa Barbara County, all participants will receive a free Nutrition Prescription Box of foods that are healthy for people with diabetes and their families. The program includes taste testing and recipes so everyone can take a box home and prepare delicious meals. Join in to learn the facts about diabetes! For more information visit www.SansumClinic.org/classes or call toll-free (866) 829-0909. 🌻

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

Programs include:

- Advance Directives
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Cholesterol Management
- Coumadin Management
- Diabetes Basics (in English & Spanish)
- Diabetes Blood Sugar Control
- Fibromyalgia Support Group
- Hip or Knee Replacement Seminar
- HIV Support Group
- Insulin Users Peer Group
- Lymphedema Education
- Medicare
- Neck & Posture Wellness
- Nutrition Navigator
- Pre-Diabetes
- Stress Management
- Weight Management Strategies
- WomenHeart Support Group

Health Resource Center (Free):

- Reliable answers to your health questions
- A private, comfortable place with trained staff
- Internet, books, newsletters and videos on health
- Community resource information
- Information and registration for health programs
- Help with Medicare by appointment
- Help with Advance Directives by appointment

Free of charge and open to the community!

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



Scan QR Code with a mobile reader to register online

Sports Nutrition

BY GERRI FRENCH, RD, CDE

Many athletes are drawn to our area because of the ability to participate in outdoor sports and other healthy activities year-round. The fall season kicks off training programs for a number of school sports programs and with the kids in school, many active parents become more involved in the many local sports and activities. In order to keep up and compete, your body needs the right fuel, so *Good Health* spoke to our registered dietician, Gerri French about the importance of diet and the emerging science of sports nutrition.

IS IT NECESSARY TO CHANGE MY DIET IF I WANT TO COMPETE IN ATHLETIC EVENTS?

Most athletes interested in peak performance will benefit from a wholesome diet. The major difference between sports nutrition and nutrition for others is primarily the need for additional fluid and calories. The specific nutrients that need to be increased should easily be obtained along with the extra calories. Diet can't replace adequate training, sleep and mental focus but it can provide a competitive edge for some. Because of the increased energy expended or "calories burned" from intense activity, many athletes have a difficult time maintaining their weight with a "whole foods" type of diet and benefit from "processed" or "pre-digested" food. Examples include shakes and bars made from fruits and juices, protein and vegetable powders, nuts and seeds which provide necessary concentrated calories.

The major challenges for athletes will be when and how to fit food into their training and competition days and what to eat before and after exercise. The intensity and duration of activity will determine the amounts of food needed and when to eat them. Temporarily keeping a food and activity journal is an ideal way to learn and understand your body.

Major Players:

Carbohydrates – the primary fuel source.

Carbohydrates are sugars and starches found in foods like bread, cereals, fruits, pasta, milk, fruit juice, honey, and table sugar. Foods with carbohydrates are like kindling in the fire; they burn hot and fast and are quicker to digest than proteins

and fats. Eating carbohydrate foods that you enjoy soon after each workout is recommended. Examples include bananas, dried fruit and whole grain bread products. Healthy sources of complex carbohydrates include beans, whole grains (such as oats, quinoa, barley, brown rice), root vegetables (potatoes, sweet potatoes, yams) and all types of winter squash and fruit. These foods contain natural sources of B vitamins, zinc, magnesium, potassium and chromium.

Protein

Competitive endurance athletes and athletes involved in power sports, lifting weights or using heavy equipment need additional protein. Protein is found in concentrated amounts in animal foods such as meat, fish, poultry, eggs, cheese and milk. Vegetarian sources include beans, peas, lentils, soy products, nuts and nut butters. Another benefit of protein is that it keeps us feeling fuller for a long time. Eating proteins and fats along with carbohydrates provides more sustained energy; for example, almond butter or cheese with fruit or bread.

Fats

Fats contain concentrated calories needed by athletes. Foods with fats provide fat soluble vitamins and are part of all cell membranes. Fats add flavor, satisfaction and keep us full for a longer time.

WHAT SPECIFIC NUTRIENTS DO COMPETITIVE ATHLETES NEED MORE OF?

- **Vitamin E** – found in whole grains, nuts, wheat germ, quality oils.
- **B complex vitamins** – found in whole grains, whole grain breads and enriched bread products, legumes (beans, lentils, peas), nuts.
- **Iron** – found in beef and dark meat of poultry, beans and enriched grains.
- A comprehensive multiple vitamin-mineral supplement is also recommended.

Hydration: Athletes need to drink fluids before, during and after all workouts and events. The golden rule is for athletes to weigh themselves before and after events. Each pound lost is a pint of water needed. Sports drinks may be easier to drink than water and are recommended when workouts or events last for more than 90 minutes, especially in a hot environment. For maximum absorption and to prevent cramps and diarrhea, purchase sports drinks that contain 15–18 gm of carbohydrate in every 8 ounces (about 60 calories). These drinks will contain electrolytes (sodium and potassium) needed for fluid balance



Gerri French, MS, is a registered dietician (RD) and a certified diabetes educator (CDE) at Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. You can find out more or register for one of our nutrition classes or other health education programs online or by calling toll free (866) 829-0909.



and for nerve and muscle function. It is best to experiment with sports drinks during practice instead of on the day of an event.

WHAT SHOULD I EAT BEFORE I COMPETE?

The purpose of food before competition is to:

- Avoid hunger
- Stabilize blood sugar and insulin requirements
- Provide additional calories and energy
- Hydrate
- Prevent stomach distress

High fat and excessive fiber-rich foods from whole wheat are usually not well tolerated. However the fiber found in oats, brown rice and sweet potatoes is recommended. The simple carbohydrates found in fruit juice, soda, candy and desserts provide calories without many nutrients but may be beneficial since they are easy to eat or drink. Fresh and dried fruit contains both simple and complex carbohydrates and may be eaten anytime. The many energy bars on the market may provide carbohydrates, proteins, fats and extra nutrients. A consultation with a registered dietitian is always beneficial. 🌻

Dynamite Date Balls

Makes 24 date balls

- 1 cup walnuts
- 2 cups dates, pitted (preferably medjool or other moist dates)
- 1/2 cup flax meal (or wheat germ or combination)
- 1/3 cup finely chopped coconut

Grind the walnuts in a food processor until finely chopped. Add the dates and the flax meal and/or wheat germ until the mixture begins to form a ball. Roll into little date balls the size you want to eat. Roll in coconut.



Note: the amount of flaxmeal or walnuts that you use may vary since it depends on the moisture content of your dates.

Suggestions:

- Try almonds, hazelnuts, pistachios
- Try dried apricots, cranberries and figs
- Add chocolate chips for more flavor & antioxidants 🌻

Walk & Train with the Physical Therapist

This program is for those just beginning physical activity, recovering from an injury and mature adults who are beginning or intermediate walkers.

The Health Educator and Physical Therapist will help you with:

- Improving endurance
- Increasing neuromuscular efficiency
- Agility training
- Light toning and stretching
- Learning about new health topics
- Being confident in being active

Space is limited. To register for this program or any of our other health education classes or programs visit [www. SansumClinic.org/Classes](http://www.SansumClinic.org/Classes) or call toll-free (866) 829-0909. 🌻



Scan QR Code with a mobile reader to visit our complete class schedule and register online.



Declining Mental Faculties: Normal Aging or Medical Condition?

ERNO S. DANIEL, MD, INTERNAL MEDICINE & GERIATRICS

Normal aging is associated with a decline of many of our “reflexes” including speed of physical reflexes (that is why a 65 year old cannot outrun a 25 year old in the 100 yard dash) and mental reflexes.

Most of us note some “memory loss” with aging – we are not quite as mentally sharp as we used to be. However, clearly this involves more than simply memory loss. What we loosely call human “mental faculties,” or in medical terms “cognitive skills” involve memory, concentration, ability to problem solve, do calculations, understand humor, and other mental tasks. And there are two kinds of memory: immediate-recall and short-term memory, and recalling and retrieving information learned or recorded by the brain years ago.

What is normal aging, and what is a sign of pathology? This is very difficult to define, because it involves a change from baseline, rather than some absolute measurement. Persons who had photographic memory all their life and now have to deliberately memorize things are clearly developing a problem. Someone who has had to memorize things all their life and is still doing the same does not have a problem. Yet both may be at the same measurable mental state. So how do we tell who is developing a problem?

Interestingly, family members and friends have an uncanny ability to note changes from baseline in the mental condition of someone whom they know closely. Asking such persons for their observations can provide insight into the evaluation of the patient.

In medical conditions which cause evolving “cognitive impairment” there is an accelerated decline as compared to normal age-related slowing. However, one year into a slowly progressive condition such as Alzheimer’s disease, it may be virtually impossible to tell whether one is on the normal downward slope or at the beginning of the pathologic steeper rate of decline.

How is a person with cognitive concerns evaluated? Diagnosis is made based on history as corroborated by family or friends, physical examination of the patient, and some laboratory tests. Formal neuropsychological testing may be suggested in cases where the cognitive symptoms may be early or subtle, or where there may be legal considerations regarding the person’s decision-making capacity. Recently certain tests have become available that help more accurately prove the presence of Alzheimer’s disease, but these same tests do not prove or disprove other causes of dementia.

In terms of management, dementia of the Alzheimer type has rightfully received the greatest attention. However, while certain treatments may be applicable to various dementias, certain non-Alzheimer dementias may have different treatments. If a person is suspected to have a condition other than Alzheimer’s disease, then information should be obtained that pertains specifically to that condition.

According to information available at this time, medicines and supplements do not reduce the chance of developing Alzheimer’s disease. Vitamins, antioxidants and ginkgo have not been shown to be protective. Physical activity which preserves brain volume



and reduces risk of developing Alzheimer’s disease appears to provide the greatest protection. Maintaining ideal body weight, and aggressively preventing and managing diabetes, cardiovascular disease, hypertension and cholesterol and following a good diet are important. Mental activity and brain-fitness games are useful, but may not provide substantial protection. Social engagement, early recognition and treatment of depression offer benefit. Avoiding sedatives and anticholinergic medicines (such as strong antihistamines) and other medicines that are known to impair cognitive functioning should be a priority.

A great challenge is how to treat someone with mild cognitive impairment (MCI), which may be the early stepping-stone toward evolving dementia. No medicine has been officially proven to help.

A couple of thousand years ago the Roman poet Juvenal (along with the Greek philosopher Thales) admonished: “Mens sana in corpore sano”. (A sound mind in a healthy body.) In regard to mental faculties and aging, we still have mostly the same simple suggestions: Do healthy things, eat a healthy diet, stay at a healthy weight and get lots of vigorous activity. Seek specific advice from responsible agencies. On January 4, 2011 the National Alzheimer’s Project Act was signed into law, mandating a national plan under the aegis of Department of Health and Human Services to overcome Alzheimer’s disease. Aside from healthcare professionals, organizations such as the Alzheimer’s Association and the local Cognitive Fitness and Innovative Therapies (CFIT) center are excellent resources for those with concerns about their aging brain. ☀



Dr. Erno Daniel practices Internal Medicine at 215 Pesetas Lane and specializes in Geriatrics. Dr. Daniel received his medical degree from the University of California, Los Angeles and has been with Sansum Clinic since 1978. Dr. Daniel has written numerous texts on aging and Alzheimer’s disease and holds a number of professional

distinctions. The Internal Medicine Department can be reached directly by calling (805) 681-7602.

Heart, AIDS & Cancer Center Walks

Heart Walk

Team Sansum Clinic had 125 walkers at the American Heart Association's Heart Walk at Fess Parker's DoubleTree! Special thanks to the Cardiology Department, Physical Therapy Department, and Doctors' Weight Management Program for spreading the word and encouraging providers, staff and patients to show their team spirit in support of the American Heart Association.



Heart + Sole Walk

Team Sansum Clinic also showed up at the 22nd Annual Heart + Sole AIDS Walk. For the past 22 years, our community has helped raise vital funds for the men, women, and children living with, affected by, or at risk for HIV/AIDS in Santa Barbara County. All dollars raised stay local and support Pacific Pride's HIV/AIDS services. Special thanks to our Infectious Disease Department for organizing our team.



Cancer Center Walk/Run

Cancer Center of Santa Barbara with Sansum Clinic celebrated an important milestone — the 20th anniversary of the Cancer Center's annual Walk/Run on October 20th. This is the Cancer Center's largest fundraiser, and due to generous sponsorships, 100% of the proceeds benefit cancer research in our community. The Walk/Run provides funds which allow local residents to participate in national adult and pediatric cancer research studies. Fundraising efforts also support two UCSB post-doctorate fellows, who develop innovative ideas and treatments while advancing our knowledge about cancer and related diseases. During the past decade, this seed money has resulted in more than \$4 million in subsequent federal grant awards. In addition to the fellowship, the Cancer Center also strives to foster the young careers of tomorrow's scientific leaders by participating in the UCSB Research Mentorship Program. Since 2005, the Cancer Center has offered two scholarships to highly motivated local high school students so that they may have the opportunity to join graduate students and their principal investigators as they carry out cutting-edge research. Finally, we offer educational presentations within the community for individuals to learn more about the recent breakthroughs and treatments in cancer research. To date, the Walk/Run has raised over \$2 million in support of local cancer research! ☀



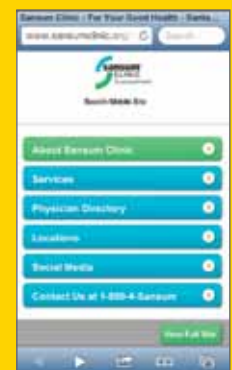
Visit Our New Mobile Site

www.SansumClinic.org/mobile

Our new mobile site makes it easier for our patients to find a doctor, learn about our services, find a Clinic location or contact us using their smart phone or other mobile device.



Scan this QR Code with a mobile reader to visit our mobile site



Attention to Detail

MARK SILVERBERG, MD, OPHTHALMOLOGIST

What do Van Halen, Rembrandt, and Medicine have in common? Let's start by reflecting on the heyday of eighties rock, when spandex and big hair were all the rage. Van Halen was arguably one of the most popular bands of the era. Their aerodynamic live shows were electrifying, and at the forefront of each concert was the high-jumping lead singer, David Lee Roth (whose father was, incidentally, an ophthalmologist).

Perhaps one of the most memorable stories about David Lee Roth involved his seemingly frivolous demand that he have a bowl of M&M candies backstage - however the bowl was not allowed to have a single brown M&M. If one were found, he would have a tantrum, cancel the show, and demand full payment for the concert even though he never set foot on stage. Was this a whimsical request of a pampered rockstar? Roth later pointed out, in his memoir, this was actually a vital pre-concert safety test.

"Van Halen was the first band to take huge productions into tertiary, third-level markets. We'd pull up with nine 18-wheeler trucks, full of gear, where the standard was three trucks, max. The contract rider read like a version of the Yellow Pages because there was so much equipment, and so many human beings to make it function. So just as a little test, in the technical aspect of the rider, it would say 'Article 148: There will be fifteen amperage voltage sockets at twenty-foot spaces, evenly, providing nineteen amperes...' This kind of thing. And article number 126, in the middle of nowhere, was: 'There will be no brown M&M's in the backstage area, upon pain of forfeiture of the show, with full compensation.'"

"So, when I would walk backstage, if I saw a brown M&M in that bowl...well, line-check the entire production. Guaranteed you're going to arrive at a technical error. They didn't read the contract. Guaranteed you'd run into a problem. Sometimes it would threaten to just destroy the whole show. Something like, literally, life-threatening."

Turns out that Roth's pre-show antics were not unlike the operating room staff taking a "time-out" to verify the proper surgical site. As Atul Gawande had stressed in his book *The Checklist Manifesto*, the ordered attention to detail can truly be a life-saver.

Moving from the hijinks of Van Halen to classic art, there is a fascinating course that is mandatory for first year Yale medical students called "Enhancing Observational Skills." Briefly, each student goes to the art museum on campus, and is asked to stare at a painting for fifteen minutes. The students are then asked to record as many details as they can about the painting. A group then gathers to discuss the findings.



As Linda Friedlaender, curator for the museum, explained to a Wall Street Journal reporter recently, "We are trying to slow down the students. They have an urge to come up with a diagnosis immediately and get the right answer." Does the course actually yield better doctors? A three-year study published in the *Journal of the American Medical Association* showed that, afterward, they are 10% more effective at making a proper diagnosis. The program has been so successful that it has been expanded to over twenty medical schools.

As any physician knows, attention to detail is a crucial part of our job. Thinking back to our first physical exams in medical school, we are taught to be fastidious observers - from the fingernails of the patient to the texture of his/her hair. However, as many physicians face stagnating reimbursements, increased expenses, and larger patient volumes, it can become more difficult to re-focus our energies on subtle details.

One of the exciting challenges we have is to heighten our attention to detail. It will serve us well and our patients even better. If nothing else, it's a good excuse to visit your local art museum or add a Van Halen song to your playlist. 🌟

This article first appeared in the newsletter of the Santa Barbara County Medical Society.



Dr. Mark Silverberg is an ophthalmologist at 29 W. Anapamu Street. He received his medical degree from the University of California, San Francisco and has been with Sansum Clinic since 2001. Dr. Silverberg also specializes in pediatric ophthalmology and is the Director of the Pediatric Ocular and Motility Center. To reach our Ophthalmology Department call (805) 681-8950.

2012 Advances in Rheumatology

CHRISTIAN POWELL, MD, RHEUMATOLOGIST



It is an exciting time to be a rheumatologist. With the development of self-injectable and oral medications, disease “remission” is an increasingly attainable goal. There have been numerous therapeutic advances over the last ten years in treating autoimmune inflammatory arthritis diseases such as rheumatoid arthritis, as well as, rarer vasculitic diseases such as granulomatosis with polyangiitis (formerly known as Wegeners granulomatosis). As our understanding of the intricate complexities of the immune system expands so does our ability to isolate new potential targets in the inflammatory cascade that fuels rheumatologic diseases.

We now have multiple biologic therapeutic options that work upon specific immune system targets. They are used to treat many rheumatic diseases such as rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, and systemic lupus erythematosus (lupus). Biologics are infusible medications or self-injectable medications that act upon one of these specific targets and are given at varying intervals.

In the year to come, drugs with an entirely new mechanism of action are expected to be approved by the FDA: these are called Jak-Kinase inhibitors. These will be the first biologic medications for rheumatoid arthritis that can be taken orally. To date, all of the biologic medications are self injectable or infusion medications. In the preliminary studies, their efficacy is comparable to the current injectable biologics.

The treatment of Lupus has also seen recent advances in therapeutic options. Last year, the FDA approved a biologic called belimumab for treatment of lupus. It was the first new drug to treat lupus after 56 years, and is being tested for use in other autoimmune diseases. In the last several years, rituximab has been increasingly used in a subset of these disorders with excellent results. It is the first medicine in more than 30 years that has shown significant benefit to these often devastating diseases.

While biologics hold much promise including improved quality of life and overall improved disease control, they are always used with caution given potential serious side effects. All in all, we have clearly not reached disease eradication or cure for many of these inflammatory processes, but disease “remission” is an increasingly attainable goal.

In addition to medication advances, ultrasound is transforming rheumatology practice to aid in diagnosis and treatment. We are happy to announce that Sansum Clinic’s Rheumatology Department has recently acquired a portable ultrasound machine. Ultrasound can be used as part of the physical exam to aid in detecting subtle inflammation within the joint. It can demonstrate bone erosions in such diseases as rheumatoid arthritis and this can be accomplished immediately with the patient during the office visit.

In rheumatoid arthritis, early detection of aggressive disease is vital so that appropriate medications can be started to prevent joint damage. Ultrasound may help to facilitate this early detection. We look forward to continuing to expand our skills and technique in this rapidly evolving and exciting new area of rheumatology. 🌟



Dr. Christian Powell practices rheumatology at 215 Pesetas Lane. Dr. Powell is certified by the American Board of Internal Medicine and has been with Sansum Clinic since 2011. He received his medical degree from University College Dublin School of Medicine and completed a fellowship in rheumatology at

University of California Davis. Dr. Powell is a member of the American Medical Association and the American College of Rheumatology. You can contact our Rheumatology Department directly by calling (805) 681-7850.

Visiting Professor Announced for 2013 Surgical Academic Week



Hiram C. Polk, MD

Sansum Clinic will bring to Santa Barbara our second Visiting Professor of Surgery, Dr. Hiram C. Polk, Jr., for Surgical Academic Week, March 11-15.

Dr. Polk will bring his expertise, experience and excitement to practicing surgeons in Santa Barbara and to surgical residents in training at Santa Barbara Cottage Hospital.

Few leaders in academic medicine have made a greater impact on the practice of surgery than Dr. Polk. During his 34-year tenure as Chairman of the Department of Surgery at the University of Louisville,

he has trained more than 250 general surgeons and more than 200 other surgical specialists. His wide interest in surgical diseases and their treatment has produced the publication of more than 400 papers and journal articles, 152 textbook chapters and 11 books.

One of Dr. Polk's most significant contributions to medicine is his landmark research in the use of perioperative antibiotics. He helped develop many protocols for the treatment of malignant melanoma that are currently in worldwide use.

The Visiting Professor of Surgery Endowment Fund, established in December 2010, uses funds generated from its investments to underwrite expenses to host outstanding national and international surgical icons for one week each year. The selection committee is comprised of the general surgeons at Sansum Clinic and the two full-time directors of surgical education at Cottage Hospital.

The endowment has been funded with gifts from grateful patients, medical groups, individual community surgeons and physicians, and corporate donors. As in 2012, Cottage Health System has agreed to be our major sponsor for 2013.

Dr. Polk will present two lay lectures for donors and the medical community during his week in residence. Both lectures are open to the public and will be held at Cottage Hospital's Burtness Auditorium. The first lecture on March 14 at 5:30 is called "Romance to Reality: Thoroughbred Horse Breeding and Racing in the 21st Century" and the second lecture on March 15 at 2:30 is called "Will There be a Well and Broadly Trained Surgeon When I Need One?" For more information please contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org. ☀

ExxonMobil Supports the Flu Shot Program

ExxonMobil's Bill Alston kicked off the Flu Shot Program by getting the first shot and presenting Sansum Clinic with a gift of \$7,000.

ExxonMobil has been a proud sponsor of the program for the last three years.

Accepting the gift are Dr. David Wyatt (Occupational Medicine) and Dr. Kurt Ransohoff (CEO and Chief Medical Officer). ☀



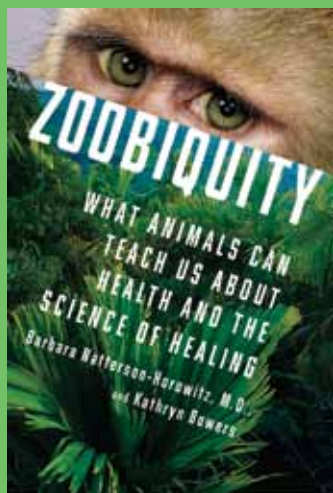
Photo by Heather Childress



UCSB Arts & Lectures

“Speaking of Health” and Sansum Clinic present Barbara Natterson-Horowitz, MD and Kathryn Bowers

Zoobiquity: How Jaguar Breast Cancer, Dolphin Diabetes, and Flamingo Heart Attacks Will Transform Human Medicine



Did you know golden retrievers can get breast cancer? Koalas catch chlamydia? And some dinosaurs even suffered from arthritis? Zoobiquity is a simple but revelatory idea: animals and humans get the same diseases. In their new book,

UCLA cardiologist Barbara Natterson-Horowitz and science writer Kathryn Bowers introduce a groundbreaking approach to medicine. Drawing on the latest in medical and veterinary science, they look across species at topics from heart problems to addiction to explain what animals can teach us about the human body and mind.

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

arts & lectures
educate • entertain • inspire

This lecture was presented as part of the seven-lecture series entitled “Speaking of Health”. Sansum Clinic is also the event sponsor for Abraham Verghese, MD, *The Search for Meaning in a Medical Life* on Wednesday, March 6, 2013. 🌟

Letter from a Grateful Patient *Sansum, A Treasure In Our Town*

What do you consider the most important thing in your life? A seemingly simple question. In college we discussed that question for several sessions. It turns out, by a 95 percent margin, to be one’s health. So I am writing this love letter to my people (doctors, nurses, front desk, lab and radiologist) at Carpinteria Sansum Clinic just to let them all know that my whole family and I love and appreciate them wholeheartedly. Without going into detail about my health, I can tell you that the whole crew at the clinic swung into action and showed genuine concern when I needed it. My observation is that they deliver first class care to everyone receiving their services. Staff members at the clinic are caring professionals who are extremely good at what they do.

Because I can, I enjoy giving money to the deserving of this world. It won’t be a really large donation, but I can assure you that we will give something to Sansum Clinic out of the joy of our heart. If everyone who uses the clinic regularly were to pitch in a small amount, our donations would help assure that we continue to receive the best care available right here in Carpinteria and throughout Santa Barbara. God bless one and all at Sansum Clinic. Tony Perez, Jr. 🌟

— *Tony Perez, Jr.*
Carpinteria resident



The Perez Family – Tyler, Linda, Tony (Jr.), Tony (III), front row Isabel and Jordan.

How You Can Help Sansum Clinic

Looking ahead, we see a strong future based on our continued delivery of innovative and caring healthcare solutions. In order to continue to provide this value to the community, we need to invest more than \$20 million in new technology, a new surgery center, facilities upgrades, research, recruitment of the best physicians from around the US, and funding for our outreach programs to improve the overall health and well being of our community members.

We are here for you! Please support our efforts by making a gift today using the enclosed remit envelope. Working together, Sansum Clinic can continue to make a difference. Thank you for your consideration and here’s to your good health! 🌟

Partnership Provides Success

The Doctors' Weight Management Program helps three Sansum Clinic trustees maintain the healthy lifestyles they need to achieve their goals for personal success.



JANET GARUFIS, SANSUM CLINIC TRUSTEE AND PRESIDENT AND CEO OF MONTECITO BANK & TRUST

Despite her “super-busy” schedule, Janet is an active runner, participating in half-marathons and she is currently in training with her son to run her first full marathon. She used the DWMP At Home option to lose more than 30 pounds before she started her training. After several failed attempts to follow other diets, she calls the program the “easiest approach to weight loss ever by completely changing the way you think about food”.

VICKI HAZARD, CHAIR OF THE SANSUM CLINIC BOARD OF TRUSTEES

Vicki has been a longtime supporter of quality healthcare in Santa Barbara and has been the chair of our organization since 2009. Vicki's husband Bob Hazard, lost more than 30 pounds on the DWMP and she has been his program companion, combining the HMR meal replacements at home with healthy options when shopping and eating out. In her support of her husband's search for a healthier lifestyle, she lost 15 pounds herself.

JULIE MCGOVERN, SANSUM CLINIC TRUSTEE AND EXECUTIVE DIRECTOR OF THE AMERICAN RED CROSS SANTA BARBARA COUNTY OPERATIONS

Together with her doctor, her family and friends and the DWMP, Julie lost more than 100 pounds and is in the best physical shape she has been in since she was in her 20s. Best of all, she is now able to keep up with her young grandsons, which was one of the motivating factors in her decision to change her lifestyle. Julie's story is featured in My Journey to Health on the Sansum Clinic channel 2636 on Cox digital service and can be seen on our YouTube Channel (www.youtube.com/SansumClinic).

To learn more about the Doctors' Weight Management Program, attend one of our free orientation classes or call (805) 563-6190 for more information. ☀

Sansum Clinic offers several options and programs for achieving a healthy lifestyle no matter what your weight loss goals. Speak to your doctor about the steps you can take toward achieving healthy weight loss — from our group classes or individualized health educators and nutritionists to our Doctors' Weight Management Program or bariatric surgery.

Our cover this month features three members of the Sansum Clinic Board of Trustees. All three of these highly successful women have achieved their personal weight-loss goals through our Doctors' Weight Management Program (DWMP). The DWMP is a medically supervised behavioral weight management program that addresses obesity, high blood pressure, diabetes (and pre-diabetes), metabolic syndrome, joint pain and other illnesses and conditions associated with weight management and obesity. The program uses Health Management Resources (HMR) meal replacements and entrees. HMR is the leading provider of medically-based weight management programs in clinics, hospitals and major medical centers throughout the country.

The program offers several options tailored to your individual needs and our goal is to help you lose weight while teaching you the skills you need to manage your weight successfully long-term. It is much more than just food, the program is robust and well rounded with ongoing classes taught by experts, health coach support, physical activity and of course, physician supervision. One of the most important factors of the program is the camaraderie between the participants. As part of their weight maintenance programs, Julie and Vicki meet at dawn for a very brisk walk seven days a week, chalking up more than 30 miles of healthy exercise each week.

Get Ready for the New Year

The New Face of 50



“I seriously considered surgery when I turned 50 because I noticed some droopy skin under my neck and I became self-conscious about it. During my consultation, Dr. LaPatka was very nice, personable and professional and I specifically felt comfortable knowing his specialty was facial cosmetic surgery. After my surgery, I’ve experienced total happiness! I don’t just look refreshed once a week, but every time I look in the mirror. I love my new profile and my neck looks many years younger!”
 —Lynn Pieterse-O’Burke, Age 50, Huntington Beach

A natural cheek and neck lift is a type of cosmetic surgery that is performed to give a more youthful appearance to the face. As we age, our skin loses its elasticity and begins to sag. This process can leave your face looking tired and worn, with deep wrinkles, hollow cheeks, jowls and loose skin in the lower face and neck. Dr. LaPatka specializes in advanced surgical techniques used to tighten the underlying tissues and remove the excess facial skin—giving you a more youthful, natural look!

For a natural look... at any age. ✨

**Laser Hair Removal • Dermal Fillers • Wrinkle Relaxers
 Skincare Products • Laser Skin Resurfacing**



Dr. David F. LaPatka is a board certified facial plastic surgeon. He has performed thousands of surgical and non-surgical corrections of the skin, forehead, brow, eyelids, nose, cheeks, chin, and neck. In addition to facial plastic surgery, Dr. David LaPatka is a highly qualified reconstructive head and

neck surgeon. He holds board certifications from both the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology, and is a member of the American Society of Plastic Surgeons. Contact our Facial Plastic Surgery and Aesthetics Department at (805) 681-7844.



Before

After

White Coats, Purple Feet

PAUL WILLIS, MD, NEUROLOGIST



In 1990, Bruce McGuire, my winemaker friend from Santa Barbara Winery bemoaned the fact that his chemist had just left shortly before harvest. Having been through organic chemistry as preparation for medical school, I told him I could titrate and learn quickly, and so I volunteered. Thus, for that harvest I became the chemist – I went out to the vineyards measuring sugar content, followed the fermentation process measuring sugars in the clusters, acid, sulfite levels, alcohol concentrations throughout the process. The 1990 Chardonnay won awards, by the way. The buzz and activity in the winery was an exciting change from neurology. Enticing also was the flow of home winemakers who would bring in their samples for Bruce's advice, which he gave freely. After the harvest and subsequent bottling, and extensive reading – "From Grapes to Bottle" – my wife Judy (a neurologist, also) and I decided to give it a try.



We bottled a Zinfandel in 1993 and have made wine at home ever since. Carefully cultivated friendships have led to sources of grapes locally in Santa Ynez Valley and also to vineyards north and south. Varietals have included Zinfandel, Syrahs (our favorites), Cabernet, Mourvedre, Spectacular Pinot Noirs and a stab at whites – Chardonnay, Vioginer and Sauvignon Blanc.

Our winery is our dining room and back porch. In order to get our grapes for the year we usually go to the vineyard or winery where the grapes are delivered into white 20-gallon plastic cans, and we load up about 800-1,000 pounds of grapes.

At home, we de-stem by hand, then step on them (like Lucy)

to crush them in the containers with the purple feet of our daughters or ourselves. From our eight feet comes our wine, which we call Chateau Huit Feet.

We add yeast, and then over the next 10 days the fragrance of the fermentation process permeates the house. Finally when near fully fermented we move the juice and grapes to an Italian basket-press and squeeze the grapes, transferring the juice to oak barrels where it will remain for a year. We have two 30 gallon barrels and make about eight cases. When the next harvest comes we move the wine to 5-gallon carboys, let it settle and bottle it up once the sediment has fallen.

The initial crush, the pressing and bottling are all party opportunities to share the fun with friends and family. If all goes well, the results are a pleasure. There are many skilled home wine makers in the community and at times we gather together and share our stories and wines. In the past we entered wines in the county fair and have a collection of ribbons and even a Best of Show for a Pinot Noir – 1996. We've had no interest going beyond this small production that we make to share with friends and family.

The other key issue is how we feel about wine and health. Of course as a neurologist one confronts the adverse aspects – alcoholism, neuropathy, withdrawal seizures, migraines triggered by red wine and most tragic, the trauma produced by drunk drivers.

On the other hand there have been studies – starting with "The French Paradox" - suggesting cardiovascular benefits from modest amounts of red wine. Perhaps there may be a heart protective effect to resveratrol in red wine for blood pressure and lipids. There have even been suggestions of protection against dementia. Nothing is absolute regarding these observations.

The key of course is moderation, self-control and a healthy lifestyle – exercise, reasonable diet and no smoking. A modest wine enjoyed in the evening with good companionship seems to be a healthy approach to me. Cheers! 🌻

Dr. Paul Willis practices neurology at 317 W. Pueblo Street. He has been with Sansum Clinic since 1992 and is certified in neurology by the American Board of Psychiatry and Neurology. Dr. Willis received his medical degree from the University of California, Los Angeles and is a member of the Santa Barbara County Medical Association. Our Neurology Department can be reached directly by calling (805) 898-3240.

Tips for Improving Your Sleep

HSIEN YOUNG, MD, NEUROLOGY AND SLEEP MEDICINE

Sleep is one of the great mysteries of neuroscience. Like the origin of the universe is for the astrophysicist, sleep has puzzled brilliant minds since antiquity. Ancient Greece prayed to the sleep god Hypnos to restore their bodies and minds. Hypnos is where we get the word hypnosis. The Romans had their own sleep god, Somnus, from which we get the word somnolence (sleepiness). We no longer pray to sleep gods, but we remain zealots in our desire for the restorative powers of sleep.



Despite many scientific discoveries in sleep medicine, there still remains much debate regarding even the fundamental question of why we sleep. What we do know is the harm that can occur when there is lack of sleep. Sleep deprivation, often self-induced, is so pervasive these days that most people may not even realize that they suffer from it. Sleep medicine research has shown that chronic sleep deprivation can have far reaching negative effects on your health.

For example, being awake for 24 hours continuously has been shown in research studies to mimic deficits in judgment similar to that of a legally drunk person. Sleep deprivation has been linked to increased rates of cancer, dementia, heart attack, stroke, high blood pressure, and diabetes. The stress from poor sleep can increase the severity of stress related disorders including heart disease, depression, and chronic pain.

Sleep deprivation can also lead to premature aging by decreasing growth hormone production and its normal release during sleep. Growth hormone is released by the pituitary gland during deep sleep. Normal levels of growth hormone help you look and feel younger.

Whether you have difficulty falling asleep, staying asleep, or are experiencing poor quality of sleep, you can improve your sleep with the helpful tips below without using medications:

1. Exercise regularly at least three times per week while maintaining a healthy diet and weight. Do not exercise for at least three hours before bed. Exercise in the morning whenever possible.
2. Work with your doctor to treat any medical conditions and remove any medications that can negatively affect sleep.
3. Keep a regular sleep and wake time schedule. Keep this schedule even on the weekends and holidays. Allow at least 7 hours for sleep.
4. Do not eat any food or drink fluids, including alcohol, for at least two hours before bed, and avoid caffeinated beverages after noon. Having a small protein snack three hours before sleep may increase tryptophan/melatonin production, which can improve sleep.
5. Do not watch television or use computer devices in the bedroom. Turn all devices off for at least one hour before bed.
6. Have a simple bedtime relaxing routine away from the bedroom. Meditation, prayer, journaling, and quiet reading help you transition to sleep mode.
7. Hot shower, bath, or sauna before bed can improve sleep quality by increasing core body temperature.
8. Go to the bathroom right before bed. This will avoid awakenings due to bladder distention.
9. Optimize your sleep environment:
 - a. Sleep in complete darkness. Use an eye mask if needed.
 - b. Keep temperature in your bedroom at 70 degrees if possible. The most optimal temperature for sleep is believed to be 68-72 degrees.
 - c. Isolate your sleep area from unwanted noise. Use a gentle alarm chime and keep the alarm clock away from view. The stress of being awakened by a harsh alarm can affect your sleep the next day.
 - d. Reserve your bedroom for sleep only.



- e. Sleep in separate bedrooms if your bed partner is disruptive.
- f. Turn off your Wi-Fi and cell phones, which emit electromagnetic fields (EMF). EMF may negatively affect the function of the pineal gland, which helps the body secrete growth hormone and melatonin.

Hopefully these recommendations will improve your sleep without need for sleep medications, which are now so widely used in our society. These medications work briefly only to lose their effects after building tolerance. Addiction to sleep medications is a silent epidemic. Significant harm and even death can occur with sleep medication addiction.

Remember that sleep is a natural process with its own biorhythm. Like hunger and thirst, the need for sleep is satisfied only when we provide what the body needs. Just as you

would not treat your hunger or thirst with a pill, we should not expect medications to be the key to a night of restful sleep. ☀



Dr. Hsien Young is board certified in both neurology and sleep medicine and has been with Sansum Clinic since 2006. He graduated from University of Washington Medical School and received fellowship training in neurophysiology and sleep medicine at the University of California Keck School of Medicine.

Dr. Young is fluent in English, Mandarin Chinese and Shandong Chinese as well as medical Spanish and is a member of the American Academy of Neurology and the Los Angeles Neurological Society. The Neurology Department can be reached at (805) 898-3240.

In Your Community



John G. Elder, MD

only specialist in Santa Barbara to hold this designation. Currently fewer than 1,500 physicians in the nation are certified as Hypertension Specialists.

Dr. John G. Elder, a nephrologist at our Pesetas Lane clinic, has earned the American Society of Hypertension (ASH) designation as a Specialist in Clinical Hypertension.

He is currently the



Michael Shenoda, MD

Cardiologist Dr. Michael Shenoda spoke in Santa Barbara about heart health to the World Presidents' Organization at Alchemy Arts Center.



Mary-Louise Scully, MD

of the Magical Medical Tour in cooperation with YogaHubTV. The program can be viewed online at <http://www.sansumclinic.org/travel-resources>.

Dr. Mary-Louise Scully, Infectious Disease Specialist and Director of the Sansum Clinic Travel Medicine Center at 317 West Pueblo St. recently appeared in a live webcast with Dr. Glenn Wollman, host of



Mark Silverberg, MD

Ophthalmologist Dr. Mark Silverberg recently gave a lecture on "Parkinson's Disease and the Eyes" to the local Parkinson's Association. ●



The physicians rocking out on page 3 are Dr. Michael Bernstein, Dr. Mukul Gupta and Dr. William Golgert.

Things To Do for Autumn

- ✓ Get out warm sweaters
- ✓ Sweep leaves
- ✓ Do open enrollment for medicare

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7, 2012.

During this time Medicare members and Medicare Advantage plan members should examine your health and drug coverage and make changes if needed to be sure your choices are the best ones to meet your health needs. Many people do this themselves using the Plan Finder at www.Medicare.gov. You may want to check your own plan or help your parents to check theirs.

DO YOU KNOW MEDICARE INCLUDES PREVENTIVE CARE?

In your first year on Medicare* you are eligible for a "Welcome to Medicare" physical exam. Yearly thereafter, you are eligible for a "Wellness" exam. At these appointments your doctor will:

- Record and evaluate your medical and family history, current health conditions, and prescriptions.
- Check your blood pressure, vision, weight, and height to get a baseline for your care.
- Make sure you're up to date with preventive screenings and services, such as cancer screenings and shots.
- Order further tests, depending on your general health and medical history.
- Sansum Clinic accepts Medicare assignment, so the "Welcome" and "Wellness" exams are free to you. Many health tests intended to find disease early, and certain shots to prevent illness, are also free to you. Note that the exams are for preventive health. If you need treatment for current health problems it will be separate from the "Welcome" and "Wellness" exams. As always, contact our Health Resource Center with any Medicare question.

*Medicare Advantage plan members also have preventive care but it is not called a "Welcome" or "Wellness" exam.

For more information contact the Sansum Clinic Health Resource Center (HRC). The HRC staff and volunteers are trained to assist you with open enrollment and answer your questions about Medicare. We also offer classes about Medicare presented by HICAP, Health Insurance Counseling and Advocacy Program. These services are free of charge and open to the community. You may call the HRC at (805) 681-7672 or stop by at Sansum Clinic, 215 Pesetas Lane, Santa Barbara. You will find the HRC on the 1st floor near the lab. ●

ADAM CAVALLERO, MD

**Internal Medicine, Lompoc Multi-Specialty Clinic,
1225 North H St., Lompoc**

Dr. Adam Cavallero has joined Sansum Clinic's Primary Care Department at our Lompoc Branch. Dr. Cavallero received his medical degree from New York Medical College and recently completed his internal medicine residency at UCSF-Fresno Medical Education Program.

JINNY CHANG, MD

**Allergy, Pesetas Multi-Specialty Clinic,
215 Pesetas Lane, Santa Barbara**

Dr. Jinny Chang has joined Sansum Clinic's Allergy and Immunology Department at Pesetas Lane. Dr. Chang completed her medical school training at Washington University School of Medicine in St. Louis where she also completed her internal medicine residency.

SALMAN HAQ, MD

**Endocrinology, Pesetas Multi-Specialty Clinic,
215 Pesetas Lane, Santa Barbara**

Dr. Salman Haq has joined Sansum Clinic's Endocrinology Department at Pesetas Lane. Dr. Haq received his medical degree from the Nishtar Medical College in Pakistan. He completed his internal medicine internship and residency at Cottage Hospital where he was also Chief Resident.

ROBERT HUGHES, MD

**Urgent Care, 51 Hitchcock Way, Santa Barbara &
1225 North H St., Lompoc**

Dr. Robert Hughes, board certified in Family Practice, has joined the Urgent Care Department. Dr. Hughes earned his medical degree from Loma Linda University School of Medicine and completed his internship and residency at the Kaiser Permanente Fontana Family Medicine Program. Dr. Hughes then went on to complete a sports medicine fellowship at the same program. Dr. Hughes will be working at both our Hitchcock and Lompoc Urgent Care facilities.

MATTI JANSEN, MD

**Internal Medicine, Pesetas Multi-Specialty Clinic,
215 Pesetas Lane, Santa Barbara**

Dr. Matti Jansen will initially be working part time in the Pesetas Family Practice Department and will then transition to a part time internal medicine practice within the Internal Medicine Department. Dr. Jansen received her medical degree from Ben Gurion University of the Negev in Israel and recently completed her internal medicine residency at Cottage Hospital.

W. KIERNAN O'CALLAHAN, MD

**Urgent Care, Hitchcock Urgent Care & Pediatrics,
51 Hitchcock Way, Santa Barbara**

Dr. W. Kiernan O'Callahan, board certified internal medicine physician, has joined our Urgent Care Department. Dr. O'Callahan earned his medical degree from Georgetown University School of Medicine and completed his internship and residency at Good Samaritan Hospital in Los Angeles.

WILLIAM DUNBAR, MD

**Orthopedics, Pesetas Multi-Specialty Clinic,
215 Pesetas Lane, Santa Barbara**

Dr. William Dunbar has joined our Orthopedics Department. Dr. Dunbar earned his medical degree from St. Georges University School of Medicine in Great River, New York and completed his internship and residency at University Wisconsin Hospital. He is certified by the American Board of Orthopedic Surgery.

BRETT SIMON, OD

**Optometry, Ophthalmology & Optical Shop,
29 W. Anapamu St., Santa Barbara**

Dr. Brett Simon has joined our Ophthalmology Department. Dr. Simon got his degree from Southern California College of Optometry in Fullerton, CA and is certified by the State of California Board of Optometry.

LINDA JALABA, PT

**Physical Therapist, Hitchcock Physical Therapy,
41 Hitchcock Way, Santa Barbara**

Linda Jalaba has joined our Physical Therapy team at 41 Hitchcock Way. Linda earned her B.S. in physical therapy from the State University of New York at Buffalo. She has taught Physical Therapy Modalities at DeAnza College in Cupertino, CA and is a member of the American Physical Therapy Association. 🌻



Adam Cavallero, MD
Internal Medicine



Jinny Chang, MD
Allergy



Salman Haq, MD
Endocrinology



Robert Hughes, MD
Urgent Care



Matti Jansen, MD
Internal Medicine



W. K. O'Callahan, MD
Urgent Care



William Dunbar, MD
Orthopedics



Brett Simon, OD
Optometry



Linda Jalaba, PT
Physical Therapy



A new partnership...

...for cancer care.

Cancer Center of Santa Barbara and Sansum Clinic have officially joined forces to create a new partnership for oncology care in our community.

Working together, we will enrich our patients' experience and care through enhanced coordination of our doctors, nurses, and our entire patient care team. This partnership brings together expert knowledge, cutting-edge technology, and a healing environment for the benefit of all our patients, their families, and the entire community.

Through focused recruitment and education of our medical staff, we have the opportunity for greater specialization and increased participation in clinical research, providing more life-saving options closer to home. **Cancer Center of Santa Barbara with Sansum Clinic** will deliver the best possible comprehensive cancer care for our community.

We provide the full spectrum of services ranging from primary care to more than 30 specialties. One of the many benefits of receiving care at Sansum Clinic is the coordination of medical services across all departments.

Learn more at www.SansumClinic.org

Sansum Clinic is a 501 (c) (3) California Nonprofit Public Benefit Corporation and is accredited by The Institute for Medical Quality.



24 Hour Clinic Operator:
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