

corona

REGIONAL MEDICAL CENTER

IS *back pain* CRAMPING YOUR STYLE?

The Spine Program's comprehensive approach can help

UPDATES ON CORONA
REGIONAL'S GROWTH
AND EXPANSION

Countdown to the new ER opening

UC IRVINE CARDIOLOGY
CLINIC OPENS

Complete cardiac care,
right here at home

Compliments of



**CORONA
REGIONAL**
MEDICAL CENTER



As we wrap up another busy year at Corona Regional Medical Center, construction continues to move forward on the new Emergency Department. It's exciting to see the hustle and bustle of crews working on the interior to bring our new addition to life. This is a great time for the community, and we look forward to providing quality care and improved service in our new facility. You can read more about the addition and the grand opening of the new ER on the facing page.

IN THIS ISSUE

4 BACK PAIN IS NO JOKE

The Spine Program specialists have you covered

6 ASK THE DOCTOR

Specialized treatment for chronic wounds

7 UC IRVINE CARDIOLOGY CLINIC

Diagnostic and preventive care now onsite

Our affiliation with UC Irvine is stronger than ever, and we are working to expand our services with them. We recently opened the UC Irvine Cardiology Clinic at the hospital, where UC Irvine-trained interventional cardiologist, Ihab Alomari, MD, provides diagnostic and preventive cardiac services.

In this issue, we showcase the surgeons at the Spine Program at Corona Regional. They offer comprehensive care and specialize in treating all types of degenerative disorders and deformities of the spine, peripheral nerve disease, minimally invasive spine surgery and other conditions.

Also featured is information about wound care and specialized hyperbaric treatment options, along with community events and classes. We pride ourselves on giving our community as many choices as possible for taking care of their health. Thank you for continuing to trust us with your care and for referring your family and friends to our hospital.

The Corona Regional family wishes you and yours a wonderful holiday season and a happy, healthy New Year!

Sincerely,

Mark Uffer
Chief Executive Officer



New valet parking provides SAFETY AND CONVENIENCE

We are always looking for ways to better serve our community. To enhance our patient and visitor experience, optimize parking space and ensure a safe environment for all, complementary valet parking service is now available Monday through Friday, from 8 a.m. – 5 p.m. at the Emergency Room entrance.

Growing with the community and raising the level of care

UPDATES ON THE ER EXPANSION AND MORE

Corona Regional Medical Center continuously focuses on being the healthcare provider of choice for the people we serve, and ensure that our patients receive care in the best environment possible. Our affiliation with the University of California Irvine has allowed us to raise the level of care by offering academic, evidence-based medicine to go along with our community physicians. And with the community growing by leaps and bounds, we've been expanding with it.

The new Emergency Room construction at Corona Regional Medical Center is on target for completion in March 2017, with an opening date of no later than June 1, 2017. The facility will grow from 5,400 square feet to 42,657 square feet, part of which will be a patient unit in the future. There will be 25 exam rooms, one trauma room, three rapid assessment rooms, two resuscitation rooms, two treatment rooms, a diagnostic waiting

area with eight beds, and two entry points that optimize outpatient and inpatient needs. The expansion also includes an imaging center within the emergency room to expedite diagnostic testing and patient evaluations. New imaging equipment will include an MRI and a CT scanner that will reduce turnaround times, enhance quality images, and reduce radiation exposure.

Another improvement is the addition of a rapid medical evaluation unit. Rooms will be available for patient intake, and full comprehensive evaluations can be completed to optimally streamline patients into the right level of care. This will improve the overall patient flow and experience from beginning to end.

We also plan to expand specialty coverage with UC Irvine in the areas of Neurology and Oncology in the near future to ensure the best medical care is available for residents of the Inland Empire. ■

To view the live webcam and a time-lapse video of the construction, visit www.coronaregional.com and click on the "Watch our ER grow" box.





IS *back or neck pain* INTERFERING WITH YOUR DAILY LIFE?

Mention back or neck pain, and chances are, someone you know suffers from it.

Causes can range from age-related wear and tear, to ruptured or slipped discs from falls or accidents. Arthritis, fibromyalgia, spinal stenosis and degenerative disc disease can also be sources of pain, as can lifting, stretching the wrong way or being sedentary and overweight.

TYPES OF PAIN AND FINDING THE CAUSE

Acute pain comes on suddenly, can last up to six weeks, and may be caused by falls, trauma, sports or improper lifting. Pain is considered chronic when it lasts for more than three months. It can be more difficult to pinpoint because the pain can vary from a dull ache to tingling and burning, and is often not preceded by an abrupt event. ►

Dennis E. Cramer, DO, Board-Certified Neurosurgeon with the Spine Program at Corona Regional Medical Center, explains normal aging, wear and tear, also referred to as degenerative disc damage, can be a source of both acute and chronic pain. "Sometimes the pain doesn't appear unless an injury occurs, and we can't tell if the degenerative damage was there before the trauma. Occasionally, the injury makes it worse," he says.

Orthopedic Spine Surgeon Richard Lin, DO, starts with X-rays to look for the source of pain. "Shooting pain down the leg often relates to an issue in the lower back. If we find something in the X-ray, we know where to start," he says. "I also learn how long the patient has had the pain."

In addition to X-rays, MRIs, CT scans or nerve conduction tests may be required. "Ninety-five percent of the time, only an X-ray and MRI are needed. But if there is nerve pain, a nerve conduction study tells us if the nerve is damaged," says Dr. Cramer.

WILL I NEED SURGERY?

Depending on the type and cause of pain, we recommend that patients start with conservative and non-invasive treatment, such as anti-inflammatories, chiropractic care, massage or physical therapy.

Neurosurgeon Sean Armin, MD, says surgery is not something that should be rushed. "That decision is made on an individual basis and depends on test results and patient history. It should only be considered if all conservative measures have been exhausted," he says.

Orthopedic Spine Surgeon Babak Khamsi, MD, agrees and says the majority of people never need surgery. "It is usually recommended for herniated discs, degenerative disc disease, spinal stenosis or weakness."

"We talk to our patients about all treatment options – is there a clear-cut indication for surgery, or are there a lot of variables? We educate them so they can make an informed decision and know what the expectations are," says Dr. Cramer.

Doctors at the Spine Program each have different specialty backgrounds, states Dr. Cramer. "This provides a broader range of knowledge and experience that can lead to better patient outcomes," he says. ■

SPINE PROGRAM SURGEONS



Sean S. Armin, MD
Board-Eligible Neurosurgeon
Specialty: Minimally Invasive and Advanced Spinal Surgery



Dennis E. Cramer, DO
Board-Certified Neurosurgeon
Specialty: Adult and Pediatric Deformity



Babak R. Khamsi, MD
Board-Eligible Orthopedic Spine Surgeon
Specialty: Spine



Richard Y. Lin, DO
Board-Eligible Orthopedic Spine Surgeon
Specialty: Complex Disorders of the Spine

The Spine Program at Corona Regional Medical Center offers surgical and non-surgical treatment options for peripheral nerve diseases, spinal degenerative disorders or deformities and other spinal conditions.

If you are experiencing severe back, neck or leg pain, or numbness, tingling or weakness, call 800-882-4362 for a free referral to a spinal surgeon.

Wound care and hyperbaric treatment



According to the National Institutes of Health, chronic wounds affect

more than 6.5 million patients each year at a cost of more than \$25 billion. **Xinke Chen, MD**, says these numbers are expected to increase due to the rise in diabetes, obesity and an aging population. He shares his thoughts on treatment options.

Q: What types of wounds are considered chronic?

If a wound doesn't heal by 50 percent in four weeks, you need to seek medical treatment. Certain wounds can be difficult to heal, such as pressure ulcers, as well as arterial, venous and post-op wounds. People with diabetes can have wound complications if their sugars are not controlled, and sometimes poor circulation can impede healing.

Q: How does having diabetes complicate wound healing?

In the normal healing process, inflammation at the wound site acts as a signal to the cells to heal the injury. But with diabetes, uncontrolled sugar levels in the blood interfere with cell communication and prevents the healing process from starting. Therefore, the injury remains in a state of constant inflammation and is unable to heal.

Q: How can a wound care specialist help me?

Many people think that if a wound becomes infected, antibiotics will take care of it, but not all wounds can be treated that way. If the patient has diabetes and the wound becomes infected, a procedure known as debridement removes dead tissue. Special dressings applied directly to the area allow healing to start. Weekly follow up is required until the wound is fully healed.

Q: What happens if the wound doesn't heal after initial treatment?

When healing doesn't occur after four weeks, hyperbaric oxygen therapy (HBOT) may be required. It involves breathing pure oxygen in a pressurized chamber. HBOT helps build blood vessels and causes stem cells to rush to the injured site to encourage healing. The number of sessions and amount of time for each session is based on the type of wound, but a typical course of HBOT lasts up to six weeks. ■



To learn more about wound care services at Corona Regional Medical Center, call 951-737-4343 or visit www.coronaregional.com/woundcare.

UC Irvine Cardiology Clinic now open at Corona Regional



Complete cardiac care, conveniently located

Through Corona Regional Medical Center's affiliation with UC Irvine Health, diagnostic and preventive cardiac services are now available at the community hospital. Since July, the clinic has been offering patients a variety of tests designed to detect cardiac issues.



Ihab Alomari, MD
Assistant Professor,
Division of Cardiology,
Department of
Medicine, UC Irvine
School of Medicine

Ihab Alomari, MD, is a board-certified interventional cardiologist and says the clinic offers diagnostic and preventive care. "We focus on the prevention and management of coronary artery disease and offer smoking cessation, blood pressure and cholesterol management, education on healthy lifestyle and exercise," says Dr. Alomari.

Some of the diagnostic tests include stress testing (echo, treadmill and nuclear testing) and cardiac

catheterization. A calcium coronary score identifies how much calcium is in the arteries. "If the results show a higher level of calcium, then a stress test will be performed if indicated," says Dr. Alomari. "If the test is positive, we may need to do a cardiac catheterization to prevent a more serious problem," he says.

Dr. Alomari has seen increased numbers of patients coming to the clinic since it opened. "It's a great location because it's right in the hospital. We see a lot of patients with coronary artery disease; high blood pressure; arrhythmias, such as AFib and A-flutter; and valvular heart disease," says Dr. Alomari. "The good thing is we can manage these with guideline-directed therapy, preventive measures or minimally invasive procedures, and get people back on the path to good health." ■

What is interventional cardiology?

Interventional cardiology is the diagnosis and treatment of cardiac disease without surgery. It is minimally invasive and uses catheters inserted into the femoral (groin) or radial (wrist) artery under X-ray guidance that are moved to the problem spot in the heart or surrounding arteries. An example is primary angioplasty, which is a common procedure that treats blocked arteries and inserts stents or balloons to support blood flow. Among the advantages of catheterization procedures using a radial approach are less pain, shorter hospital stays and faster recovery.

For more information about the cardiology clinic or to make an appointment, call 951-736-6394.



UC Irvine Health

Your **NEW** Doctor is Just a Phone Call Away

Direct Doctors Plus®
is our free physician referral line
that you can call to:

- Find a physician or specialist
- Learn about a doctor's background and location

EASY, CONVENIENT & FREE

Direct Doctors Plus® offers live, personal help in English and Spanish, **Monday through Friday from 5 a.m. to 5 p.m.**

CALL TODAY: 800-882-4362

CALENDAR OF EVENTS

Tours

Maternity Tours

Time: Wednesdays 6 – 7 p.m.

January 4, January 18

Maternity tours in Spanish are available.

Call 951-808-6721 to make an appointment.

Sibling Class (Big Brother/Big Sister)

Time: First Wednesday of each month, 4 – 5 p.m.

January 4, February 1

Classes

Childbirth Bootcamp - Accelerated (one day)

Time: Saturdays 9 a.m. – 2 p.m.

January 7, January 21

Baby Basics

Time: Wednesdays 6 – 8 p.m.

December 14, January 11, February 8

Best Fed Class (Breastfeeding Preparation)

Time: Wednesdays 6:30 – 8:30 p.m.

January 18, February 15

Breastfeeding Support Group

Time: Every Wednesday 1 – 3 p.m.

For reservations, visit our website at

www.coronaregional.com/classes.

For more information, call 951-808-6721.

CRMC Community Blood Drives

(American Red Cross)

Monday, February 6, 2017, 1:30 – 7:30 p.m.

Monday, April 3, 2017, 1:30 – 7:30 p.m.

HEALTH NEWS FROM
CORONA REGIONAL MEDICAL CENTER

Mark Uffer
Chief Executive Officer

Linda Pearson
Director of Marketing

Douglas Crouse
Chairman, Governing Board

Alaa Afifi, MD
Chief of Staff

www.coronaregional.com | 951-737-4343 |  Find us on Facebook 

Information in *Health News* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of Corona Regional Medical Center or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Corona Regional Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. ©2016. All rights reserved. Printed in the U.S.A.