

HEALTH NEWS *from*

WINTER 2019

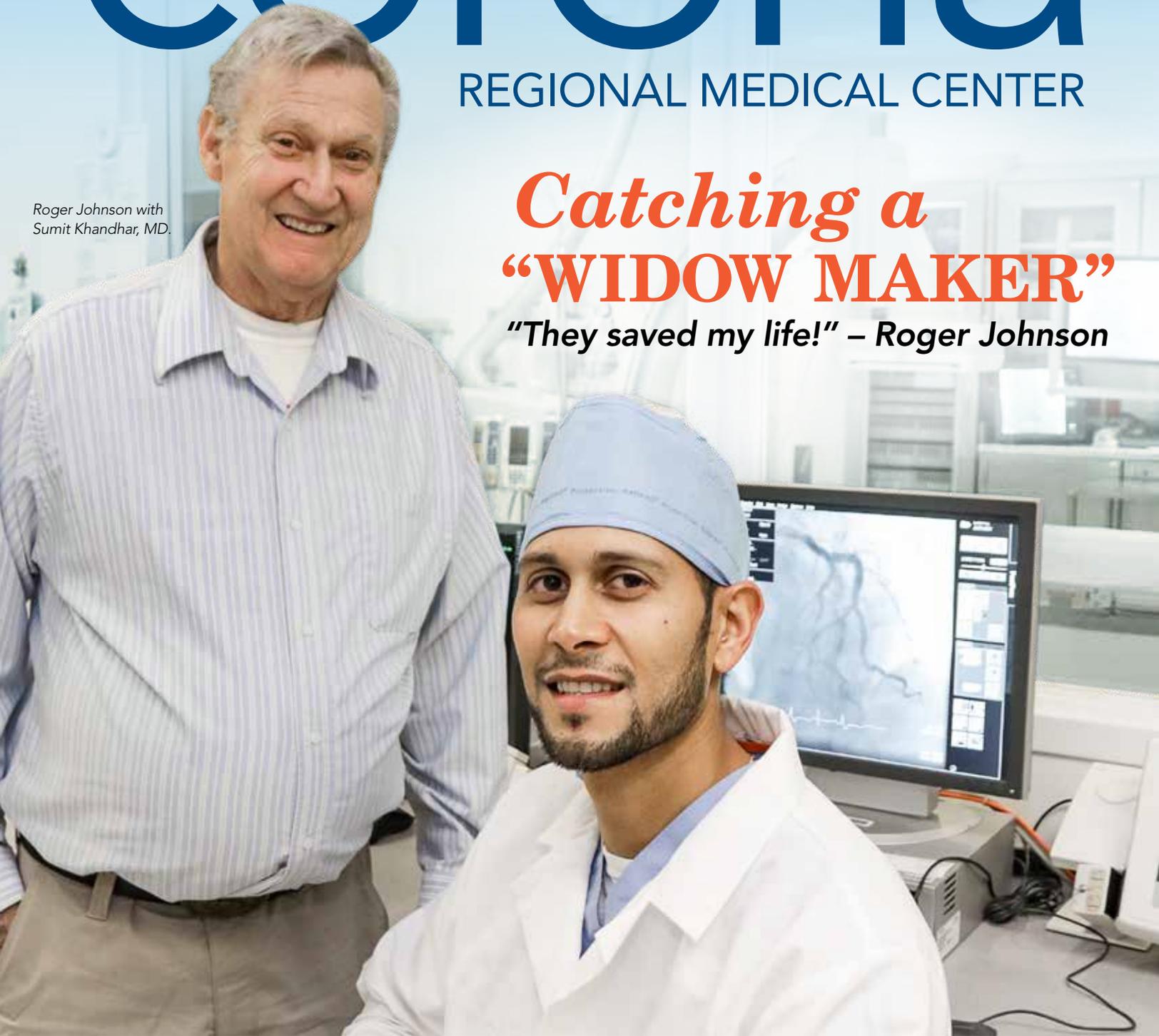
corona

REGIONAL MEDICAL CENTER

Roger Johnson with
Sumit Khandhar, MD.

Catching a **“WIDOW MAKER”**

“They saved my life!” – Roger Johnson



**Have you had
your mammogram?**

3D technology means
more detailed images

**Could you have
depression?**

What you need to know



Compliments of
**CORONA
REGIONAL**
MEDICAL CENTER



Our vision is to make a difference and for people to see Corona Regional as the hospital of choice. Our recent licensure by the California Department of Public Health allows us to both diagnose and repair narrowed and blocked arteries with cardiac catheterization, so patients can now be treated right here at Corona Regional. It will serve the community well as we move forward to expand our cardiac services, continue with a track record of quality and performance, and become accredited for additional procedures.

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Diagnostic and emergency treatment now available

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The benefits of advanced screening

We are enhancing patient satisfaction by providing a better patient experience. People have come to appreciate our private rooms in the ER, engagement with more physicians in the community and increased healthcare services. As a result, we have seen a significant rise in elective orthopedic and spinal surgeries.

Our ER has seen an amazing transformation. Prior to the opening of the new ER, there were about 44,000 visits annually. For the year 2018, we had 52,711 patient visits. By quadrupling the size of the ER, we were able to install a dedicated CT scan and MRI, along with other advanced technology designed to streamline patient flow and result in shorter wait times.

We are grateful for the ability to care for more people as the communities surrounding us continue to grow. We have accomplished much in a short amount of time and we're looking forward to continuing our journey to enhance our patients' experiences.

Let me know how we can better help those in the region. Please feel free to send me an email by visiting coronaregional.com/askceo.

Sincerely,

Mark Uffer
Chief Executive Officer

Here's to your **GOOD HEALTH!**

There are many components that play a part in getting and staying healthy. The new "Living My Health" page on our website features tips on eating well, getting fit and feeling good, along with healthy recipes you can incorporate into your daily living. Information is updated monthly, so bookmark this page and visit it again for the latest healthy news.

To learn more, visit coronaregional.com/lmh.





Treatment options for **HEART ARRHYTHMIAS**



Truong Duong,
MD.

WHAT IS ARRHYTHMIA?

It is an irregular heartbeat, which means the heart is not following its normal rhythm of electrical impulses. They become more common as people age.

HOW IS IT TREATED?

Doctors at Corona Regional can test and treat your heart in the Electrophysiology Lab with a cardiac catheterization procedure. Once the catheter is positioned, your doctor can test the strength and health of your heart.

WHAT IS AN ELECTROPHYSIOLOGY (EP) STUDY?

An EP study records the heart's electrical activity using an electrode catheter. In addition, doctors are able to implant pacemakers, implantable loop recorders and implantable cardioverter defibrillator devices at the cath lab. Ablation is another treatment option where doctors use radiofrequency energy to target the heart tissue causing the irregularity.

WHAT ARE PATIENTS SAYING?

When Don Garling was experiencing an arrhythmia, Electrophysiologist Truong Duong, MD, discovered the cause of Garling's problem. He placed an implantable cardioverter defibrillator in Garling's chest, just under the skin. The device sends out electrical pulses to help regulate the heart. "I felt very comfortable with Dr. Duong. He was very detailed and explained the issue and what he was going to do to fix it," says Garling. "I am grateful for the excellent care I received at Corona Regional, and because of that, I am able to enjoy quality time with my family." ■

Meet our **new executives**

Chief Operating Officer



We are pleased to introduce Alistair Machoka as the new Chief Operating Officer. Machoka brings

a dynamic leadership style with compassion. He previously served in administration at Southwest Healthcare System in Murrieta.

Machoka holds a BS degree from Texas Southern University, and an MBA and MHA from the University of Houston-Clearlake.

Chief Nursing Officer



We also warmly welcome Phyllis Snyder, MSN, RN, as Chief Nursing Officer. Snyder's clinical experience

includes medical-surgical, emergency, ICU and flight nursing. She has worked for 16 years as a Chief Nursing Officer, and teaches as an adjunct faculty member at CSU Fullerton.

Snyder's nursing foundation includes a strong focus on innovation, accountability and mentoring, and she is skilled in both new graduate programs as well as nursing development concepts. She holds a BSN from CSU Long Beach, and an MSN from CSU Fullerton.

Minutes matter

when it comes to specialized cardiac care



Corona Regional is now a licensed percutaneous coronary intervention (PCI) facility



Sumit Khandhar,
DO

The American Heart Association states that cardiovascular disease was the underlying cause of death in more than 835,000 people in 2018, and that 2,300 Americans die of cardiovascular disease each day. When minutes matter, interventional cardiologists at Corona Regional are using a special, nonsurgical procedure known as percutaneous coronary intervention (PCI). With minimally invasive PCI, doctors can quickly open blood vessels to restore blood flow in the case of plaque buildup or a clot by performing balloon angioplasty and placing a stent.

Saving lives

Sumit Khandhar, DO, Interventional Cardiologist and Medical Director of the PCI Program, says the procedure saves lives and is done either electively or in an emergency situation. "Sometimes patients are referred for a diagnostic angiogram by their cardiologist due to symptoms or a positive stress test. Other times, patients come to the hospital experiencing a heart attack. In both cases, we perform an angiogram and get to the heart arteries either from the wrist or the groin. We then inject dye so we can see the arteries feeding the heart," says Dr. Khandhar. "If we find a narrowing or blockage, we can address it right then with angioplasty and stenting."

An angioplasty involves inflating a tiny balloon at the site of the narrowed artery and pushing aside the plaque. A stent is then placed to help keep the artery open. If a clot is found, it can be suctioned, followed by use of the balloon and stent. The same procedures are done whether a patient comes in through the emergency room or as an outpatient.

Dr. Khandhar says that with the recent PCI facility licensure from the California Department of Public Health, patients no longer need to travel out of the area or be transferred to another hospital to receive this specialized care. "Everything they need can be done right here right away, and we can help more people in our community." ■

Learn more about cardiac care: coronaregional.com/cardiac

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor to find out if minimally invasive surgery is right for you.

Possible heart attack symptoms vary between men and women*

Common heart attack symptoms in men



- Chest pain or discomfort
- Discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Cold sweat, nausea or light-headedness

Common heart attack symptoms in women



- Unusually heavy pressure on the chest
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Severe shortness of breath with or without chest discomfort
- Unusual or unexplained fatigue
- Unfamiliar dizziness or light-headedness
- Unexplained nausea or vomiting

If you are experiencing any of these symptoms, call 9-1-1 immediately.

*American Heart Association

Lifesaving treatment in the nick of time

Roger Johnson wasn't sure he was having a heart attack, and went to the ER. He's glad he did.

Last September, when Roger Johnson began having some discomfort in his chest, he did not associate it with a heart attack. He had experienced one before, and the symptoms he was having were not the same. He was tired from a 12-hour drive, so he rested and the symptoms went away. But the next morning, the symptoms returned and he called his heart doctor, who told him to go to the ER.

99 percent blockage

Doctors in the ER immediately ran tests and determined that Johnson had indeed suffered a mild heart attack. After further testing, he was told one of his arteries had a 99 percent blockage and that he would need surgery right away. "I was taken to the cath lab and prepped for an angioplasty. Before I knew it, the doctor took his mask off and told me he was done," says Johnson.

Interventional Cardiologist Sumit Khandhar, DO, explains more about the procedure he performed on Mr. Johnson. "It is considered percutaneous coronary intervention, also known as PCI, and Corona Regional was recently licensed by the California Department of Public Health to do these," he says. "We were able to push the blockage to the side and place a stent, which is like a metal scaffold to keep the artery open."

Lifesaving care

Johnson rates his hospital stay as a five-star experience. "They have a great team of doctors there, and because I have other health issues, they were able to get other specialists involved to prioritize my treatment and explain everything to me in a way I could understand it," he says. "The nurses were excellent, both in the ER and following my procedure. The care I received changed my life – I am still alive!"

Following his discharge, Johnson states he feels stronger and no longer is dizzy when he stands up. "I am able to get back to my gardening and building things in my garage. It's amazing," he says. He also cautions others to listen to their body. "If you sense something is wrong, deal with it right away. Do not be afraid to call 9-1-1. The longer you wait, the more damage you risk. I was fortunate enough to receive my care at Corona Regional, and I'm glad I came here." ■

To find a doctor:
coronaregional.com/findadoc



Roger Johnson (L) is grateful to Sumit Khandhar, MD, (R) for saving his life.

Coping with depression



According to the National Alliance on Mental Illness, approximately 16 million U.S.

adults had at least one major depressive episode in the last year. Although depression affects people from all walks of life, it can be effectively treated if professional help is sought. Behavioral Health Medical Director **Purshotam Kataria, MD**, offers insight on symptoms, diagnosis and treatment.

Q: Is there a particular cause of depression?

Although there is no specific cause of depression, it can happen out of the blue, or have a contributing factor. One factor is genetics - depression or mood disorders can run in families. Another contributor is trauma, which can change the way the brain reacts to stress, especially when the trauma happens in childhood. Life situations, such as divorce or death in the family, can also bring on depression, as can a chronic illness or pain.

Q: What are the symptoms?

Depression involves more than just feeling blue for a day or two. Symptoms can include fatigue, crying spells, mood swings, trouble concentrating, physical aches and pains, low self-esteem, hopelessness, irritability, cravings for carbohydrates, decreased activity, increased drug or alcohol use, sleeping more or less than usual and weight gain. If someone is experiencing any of these symptoms for longer than two weeks, and they start to interfere with everyday life, the person may be depressed.

Q: How is depression diagnosed?

Mental health professionals use many different tools to diagnose someone. Initially, screening questionnaires help determine the severity of depression or suicidal ideation. Blood tests or other diagnostic tests including brain scans based on the person's medical history may be ordered as well. Another guideline is if the patient has experienced a major depressive episode lasting longer than two weeks.

Q: What treatments are available for depression?

Treatment usually involves a plan tailored to the patient and can include antidepressants, antipsychotic or mood-stabilizing medication; cognitive behavioral therapy, individual or family therapy sessions; light therapy; brain stimulation therapies; exercise, as well as alternate therapies like meditation, acupuncture and mind/body/spirit techniques. As always, if someone is threatening to harm themselves or others, call 9-1-1 immediately. ■



Learn more: coronaregional.com/bh

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

A clear difference

in mammography screening

More detailed imaging
and quicker results



Michael Brand,
MD, Radiologist

3-D mammography is an advanced diagnostic tool used in breast cancer screening that can drastically improve results. The Breast Imaging Center offers 3D mammography, which can mean better imaging.

Breast Imaging Center Coordinator Amy Weese, RT(M), says all mammograms here are done with 3-D imaging.

"Our patient volume has gradually increased, and some patients come here because they know we offer it," she states. "With this technology, we're able to get faster results, and can see much more detail, while the patient is there. That results in fewer callbacks for additional imaging, and more peace of mind for the patient," she says.

Radiologist Michael Brand, MD, states this type of mammography is especially helpful in evaluating women with denser breast tissue, which is more difficult to evaluate on standard mammograms. Therefore, it can detect breast cancers at an earlier stage, as well as decrease the need for additional imaging.

If further testing is needed, the center is able to provide the needed services. "We use ultrasound to determine if breast nodules are solid or fluid-filled, as well as to perform breast biopsies," says Dr. Brand. "Breast biopsies are also done using mammographic, stereotactic guidance. Our compassionate, professional staff helps guide patients through the process, so they should not hesitate to ask any questions." ■

Learn more and make an appointment:
coronaregional.com/mammo, or call 951-736-6270.

THE BREAST IMAGING CENTER is fully accredited by the ACR in mammography, stereotactic breast biopsy, breast ultrasound and ultrasound-guided breast biopsy.



Recommendations for screening mammograms

The Breast Imaging Center follows the American College of Radiology recommendations for screening mammograms. Consult your doctor to determine the best screening procedures for you.

Screening Mammography

- For women of average risk, annual screening mammography should start at age 40

Screening mammography should start younger than age 40 if:

- You have immediate family members (mother/sisters) with pre-menopausal breast cancer
- You have been advised to be genetically tested for the BRCA1 or BRCA2 gene and are a carrier
- You received radiation for Hodgkin's lymphoma between the ages of 10 and 30
- You have a prior history of breast or ovarian cancer

Your **NEW** doctor is just a phone call or click away

NEED A DOCTOR?

Our physician referral line and online physician directory are available to help you find a primary care provider or specialist.

EASY AND CONVENIENT

Call **800-882-4362** for personal help in English and Spanish, **Monday through Friday from 8 a.m. to 5 p.m. PST**, except for holidays.

After hours, visit coronaregional.com/find-a-doctor where you can search our physician directory and request an appointment.

HEALTH NEWS FROM
CORONA REGIONAL MEDICAL CENTER

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CALENDAR OF EVENTS

Register: coronaregional.com/pcb or 951-808-6721.

Tours

Maternity Tours

Time: Wednesdays 6 – 7 p.m.
March 20; April 3, 17; May 1, 15
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.
April 3; May 1

Classes

Childbirth Bootcamp - Accelerated (one day)

Time: Saturdays 9 a.m. – 2 p.m.
March 16; April 6, 20; May 4, 18

Cesarean Section Preparation

Time: Fourth Wednesday of each month, 6 – 7 p.m.
March 27; April 24; May 22

Baby Basics

Time: Second Wednesday of each month, 6 – 8 p.m.
March 13; April 10; May 8

Best Fed Class (Breastfeeding Preparation)

Time: Third Wednesday of each month, 6:30 – 8:30 p.m.
March 20; April 17; May 15

Breastfeeding Support Group

Time: Every Wednesday 1 – 3 p.m.

Bereavement Workshops

Groups meet at the CRMC Rehabilitation Hospital, Hospice Volunteer Auxiliary Office, 730 Magnolia, Corona, CA

Evening Session 1

Time: Tuesdays 7 – 8:30 p.m., March 5 through April 16

Morning Session 2

Time: Tuesdays 9:30 – 11 a.m., April 30 through June 18
Call 951-736-7286 to register.