

# GOODHEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 6 • SPRING 2013

## NATIONAL NUTRITION MONTH

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### HEALTHY MEALS

From Executive Chef  
Jamie West

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### GET THE FACTS ABOUT STROKE

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### 5 GOOD REASONS ACTIVATE MYCHART

Your Electronic Health Record

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### ART HEALS

Cancer Center of  
Santa Barbara

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### YOUR APPOINTMENT

How to Make the Most of  
Your Doctors' Appointment



## Message from the CEO



Sansum Clinic has been providing high quality, innovative healthcare to residents of our community and beyond for more than 90 years. We care deeply about giving our patients the information they need to improve their overall health, and we hope all readers, including patients and non-patients, will find information that is relevant to your health and your life in this issue.

On March 6, we are hosting a lecture by Abraham Verghese, MD, author of *Cutting for Stone*, through our partnership with the UCSB Arts & Lectures "Speaking of Health" series. Dr. Verghese will be speaking on *The Search for Meaning in a Medical Life* (see page 11) at Campbell Hall.

Also in March, our second Visiting Professor of Surgery, Hiram C. Polk, Jr., MD, from the University of Louisville, School of Medicine, will lead Surgical Academic Week March 11–15. During the week Dr. Polk will interact with, teach and mentor practicing community surgeons and will be directly involved with teaching the general surgical residents at Santa Barbara Cottage Hospital. He'll also present two lectures for donors to the education program. The lectures are open to the public (see page 11).

As a physician, I consider direct communication with my patients to be vital to keeping them in good health. Sansum Clinic now makes it easy and secure for patients to email your physicians and get a direct response on important matters concerning your health through our secure online personal health record system, which we call MyChart. To find out how you can become more connected to your own healthcare, please read more about MyChart on page 1.

It is gratifying to know that so many of you look to Sansum Clinic to keep you in good health.

Sincerely,

Kurt N. Ransohoff, MD  
CEO and Chief Medical Officer

## About Sansum Clinic

- The Clinic's 180 physicians provide the full spectrum of services ranging from primary care to more than 30 specialties to 150,000 unique patients (600,000 visits) each year.
- Sansum Clinic hires only residency- or fellowship-trained physicians, many of whom are board certified in two or more specialties.
- The quality of the Clinic's healthcare delivery and patient satisfaction is enhanced by coordination of services across all departments.
- Sansum Clinic is rated among the best healthcare providers in the state and serves more than half the Santa Barbara community. 🌟

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ISSUE 6 • SPRING 2013

A free quarterly publication from  
**Sansum Clinic**  
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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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MyChart allows you to view your health information such as lab results, appointment information, medications, immunization records and details about your doctor visits.

Sansum Clinic currently has over 25,000 patients actively using MyChart to review their medical information and to communicate directly with their Sansum Clinic doctor through our secure online patient portal.

## Sign up for MyChart

86 year-old Renee Carey shares a few of her favorite things about using MyChart.

We asked 86 year-old Sansum Clinic patient Renee Carey to share her favorite things about using MyChart.

1. I can logon easily and securely and access all the information I need about my healthcare in one single place online.
2. It is great for keeping track of all my appointments.
3. I love how easy it is to renew prescriptions; all my medications are listed, I just click on it and it's done.
4. I can review my test results and keep track of them over time.
5. The best part is being able to send email to my doctor directly and get a personal response from him or one of his staff.



## 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](http://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. ☀

## 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.

## Visiting from Out of Town?

Mention Sansum Clinic to receive special pricing at Bacara Resort & Spa, Best Western Plus Encina Lodge and Suites, Best Western Plus Pepper Tree Inn, Brisas del Mar, Cabrillo Inn at the Beach, Canary Hotel, Casa Del Mar, Days Inn, Fess Parker's DoubleTree Resort, Four Seasons Biltmore Resort, Franciscan Inn, Hyatt Santa Barbara, Inn by the Harbor, Lavender Inn by the Sea, Motel 6, Quality Inn, Ramada Limited, West Beach Inn. ☀



Scan QR Code with a mobile reader to visit website for more details on hotels and special pricing.

Hyatt Santa Barbara



## Clinic Operator

# 1 (800) 4 SANSUM

## 1 (800) 472-6786



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

# Innovative Recycling and Composting Program is Working

Mayor Helene Schneider, City Councilmember Frank Hotchkiss, Eric Lohela from City of Santa Barbara's Environmental Services Program, and representatives from Sansum Clinic's Executive Team, Service Core Group, Facilities and Housekeeping Staff recently joined together in celebration of Sansum Clinic's innovative recycling and composting program.

In June 2011 the Service Core Group at Sansum Clinic's multi-specialty clinic at 215 Pesetas Lane embarked on a project to improve recycling and reduce landfill waste. This is the first outpatient medical facility in Santa Barbara that is composting exam table paper and hand towels, displaying truly cutting-edge environmental stewardship.

The new yellow dumpster customized for Sansum Clinic by MarBorg is in place, staff has been trained, and the program is underway.

### Program Highlights:

- January 2011 Sansum Clinic sent 80% of our trash to the landfill and 20% to recycling.
- Starting in February 2012 with more recycling efforts in place, the Clinic sent 60% to landfill and 40% to recycling.
- As of December 2012 the Clinic is sending 40% to compost, 40% to recycle and only 20% to landfill. ☀



Left to Right: Chris McNamara, SVP of Operations; Cathy Ellis, MA, Rheumatology; Alberto Ortega, All Ways Clean; Jill Searchinger, Lead RN, Allergy; Juan Vera, All Ways Clean; Neive Tierney, City of SB, Environmental Services; Frank Hotchkiss, SB City Councilmember; Erica Morris, MA, Family Medicine; John Stampe, Environmental Services Manager; Helene Schneider, Mayor of SB; Kathleen Rodriguez, Patient Services Manager, Pesetas; Nelia Abuyen, Director, Pesetas; Vince Jensen, President and COO; Eric Lohela, City of SB, Environmental Services; and Kurt Ransohoff, MD, CEO and Chief Medical Officer.

# Meet One of America's Top Doctors – Alex Koper II, MD



It is no surprise that Sansum Clinic Urologist, Dr. Alex Koper was selected by *U.S. News and World Report* as one of America's Top Doctors in 2012 (see back cover). What is surprising, perhaps, is how down to earth, earnest and focused he is with each patient as he provides

a broad range of care to a large and diverse population. In addition he gives his time to a number of organizations and serves on boards and committees that help to shape healthcare for our entire community.

Since joining Sansum Clinic in 1981, Dr. Koper has cared for generations of Central Coast residents. He is certified by the American Board of Urology and cares for adult and pediatric urology patients. He has a remarkably calming bedside manner and is often said to easily reduce tension and anxiety in his patients, an especially important trait in this area of medicine. As the only pediatric urology provider at the Clinic, he relates well with his younger patients and their parents. Yet, he has the sharp discipline and dedication required of a surgeon. Along with his Clinic associate, Dr. Daniel Curhan, Dr. Koper is one of only three area urologists trained to use the DaVinci® robotic surgical system.

The DaVinci system combines less-invasive robot-assisted laparoscopic surgical techniques with his skill as a surgeon to offer our patients the most advanced surgical procedures. As a child, Dr. Koper watched his father, a prominent Los Angeles dentist, and developed a great interest in healthcare as well as a respect for the connection his father made with each and every one of his patients. This ideal stayed with him through his training at UCLA Medical School and Stanford University Medical Center. In addition to building comfortable and meaningful relationships with those in his care, Dr. Koper feels strongly that as a physician, he has a greater responsibility to provide medical assistance to those outside the conventional healthcare system.

Dr. Koper is the only urologist who currently works for the Santa Barbara County Public Health Clinic, a center that

provides medical care to more than 135,000 patients, many of whom are our community's most underserved. He spends significant time outside of his Clinic practice treating patients who otherwise would have no access to his specialized care. When Dr. Koper describes the difficulty one of his patients is having with his chemotherapy treatments because the patient is homeless and has no bathroom facilities, you can feel the compassion he has for the work he does.

His co-workers remark that Dr. Koper is often the first physician to arrive at the Clinic each morning and also usually the last to leave. He is a dedicated and compassionate physician who is very well liked by his patients and their families as well as all of those who work with him. Dr. Koper says, "I just really like my job and I feel fortunate to have the opportunity to help so many people." He is a Past President of the Santa Barbara County Medical Society and is currently serving as Secretary of the Cottage Health System Board of Directors. He also participates on Cottage's Charitable Care Committee, along with Sansum Clinic physicians, Drs. Carin Craig and Jay Winner, which allocates free medical care to those who need it most.

As he reflects on his 30-plus year career here at Sansum Clinic, he is amazed at the growth that has taken place, as he has seen the Clinic expand from a group of about 30 doctors to the present coordinated team of more than 180 physicians and specialists with whom he now collaborates on a regular basis.

When asked to describe the things that contribute to his personal success, he humbly replies, "I have had the great fortune to work alongside two great urologists, Dr. Donald Rhodes and Dr. Daniel Curhan. Together, we have built a legacy of excellent patient care. In addition, we have great leadership here at Sansum Clinic. This allows me to focus on my patients and their needs above all else. Over the years, I have watched the Clinic and all of us here continue to do whatever is necessary to meet our commitment of delivering the highest quality medical care not only in Santa Barbara but miles beyond. I am very proud to work here." 🌻

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***Alex Koper II, MD, is board-certified in both adult and pediatric urology by the American Board of Internal Medicine. Dr. Koper practices at 215 Pesetas Lane in Santa Barbara. You can contact our Urology Department by calling (805) 681-7564.***

# Chef Jamie West Believes in Great Food

## ...and lost 90 pounds on the Doctors' Weight Management Program



Before: Chef Jamie West with Co-Chair Julie Nadel at Sansum Clinic's 90th Anniversary "Eat Well & Stay Well" celebration in October 2011. After: Chef Jamie West today.

For a renowned chef whose website states "Great food is the key ingredient in creating a memorable event," Chef Jamie West made a bold decision that may seem on the surface to be at odds with his skills and passion for creating sumptuous meals.

Award-winning Chef Jamie West has over 30 years of experience in four and five diamond resorts and restaurants and was formerly Executive Chef at the San Ysidro Ranch. His focus is on the use of quality, seasonal local ingredients and creative presentation to utilize the local bounty from our distinctive region of Santa Barbara with influences from around the globe.

Last summer, West came to Sansum Clinic for his annual physical and was surprised to find that his weight was as high as it was. For a chef who is trained to always "taste your food" he knew that tasting every dish and just being in the presence of so much culinary temptation had made it difficult to maintain his weight. He had been steadily gaining 5 or 10 pounds every year. Finally, when he turned 50, he thought, "Ok, I am 50, I want to lose 50 pounds." His primary care physician, Dr. Richard Ponce, recommended the Doctors' Weight Management Program as a medically-supervised, safe way to lose weight successfully. West knew he needed a good start and a way to keep motivated so he attended one the program's free orientation classes.

West chose the Decision Free Program because he wanted to lose weight as fast and as safely possible. The program includes 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 long-term success of the program relies on the education and support participants receive as they learn how to make healthier choices about food. West explains, "The only decision you have to make is to choose to stay on the diet. With the results, support and educational process, it has been easier than I anticipated. I am not saying it is easy, but it is a choice, and once you make the choice to go on the program then it is just the decision to stick to the program and see how well it works."

Today, West has surpassed his initial goal and has lost more than 90 pounds. He is now in Phase II of the program where he combines fruits, vegetables, lean proteins and whole grains with the HMR meal replacements and entrees. He attends weekly meetings for support while learning additional simple strategies for successful long-term weight management.

As a personal chef, private caterer and consultant, West is still in the kitchen creating, and tasting, delicious dishes, but freely admits that he approaches food differently these days. "The biggest change I have noticed is that I consider the vegetable to be the primary part of many meals. I often find myself looking for the right protein to compliment my vegetable rather than the other way around."

After speaking with him we were inspired to try a new take on the phrase on his website, "Good health is a key ingredient for creating great food." 🌻

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*Chef Jamie West is a personal chef for catering and for consulting. Read our entire interview with Chef Jamie West on our website at [www.sansumclinic.org/weight-loss-programs](http://www.sansumclinic.org/weight-loss-programs).*



## Chef Jamie West Offers 5 Tips for Eating Healthier

1. Have a plan and incorporate more vegetables and fruit into your meals.
2. Focus first on vegetables, then fruit, then protein and grain.
3. “You eat with your eyes first.” If you put a little extra effort into making your food and your plate more presentable, you will feel more satisfied and like you are not depriving or limiting yourself.
4. Use a variety of vegetables and fruits in your cooking. This helps to keep things interesting, plus you get all of the health benefits and nutrients from the different vegetables and fruits.
5. Keep it simple! Don’t make your meal too complicated. Keep it easy for the prep, cooking and cleanup, and have fun with your food.

## Healthy & Flavorful

### Moroccan Spiced Chicken Kabobs

Spinach, Farro, Orange, Red Pepper and Garbanzo Bean Salad  
*Serves 4*

#### For the Moroccan Spice Mix

1 Teaspoon	Cumin, ground
1 Teaspoon	Coriander, ground
1 Teaspoon	5 Spice Powder
2 Teaspoons	Chile Powder
1 Teaspoon	Paprika
1 Teaspoon	Cinnamon, ground
2 Tablespoons	Curry Powder
1 Teaspoon	Kosher Salt (or salt substitute)

Mix all of the ingredients together and set aside until ready to use. Makes enough for more than one recipe, or use on vegetables before roasting them in the oven.

#### For the Chicken Kabobs

4 skewers	6-inch wooden skewers, soaked in water for 20 minutes
1 medium	Onion, chopped
1/2 bunch	Cilantro, chopped
1/2 bunch	Parsley, chopped
2 cloves	Garlic, minced
1 teaspoon	Ginger, fresh, peeled and grated
1 each	Lemon juice, fresh squeezed
8 oz	Nonfat plain yogurt
1 pound	Chicken breast, skinless, boneless, cut into 2”x2” pieces
To taste	Moroccan Spice Mix (about half of the above recipe)
To taste	Salt (or salt substitute)
To taste	Black pepper

#### Procedure

1. Make the marinade. In a bowl, combine the yogurt, onions, garlic, ginger, lemon juice and Moroccan spice, and mix well.
2. Cut the chicken into 2”x2” pieces and mix them into the marinade, cover and refrigerate for 30 to 60 minutes.
3. Remove the chicken and thread onto the skewers, putting equal amounts on each skewer, 3 or 4 pieces per skewer.
4. When ready, spray a hot grill with cooking spray and cook the skewers about 3-4 minutes on each side until done. While the chicken is cooking, prepare the salad.

#### For the Salad

1 cup	Farro, cooked according to package instructions, cool, set aside
4 cups	Baby Spinach, washed, stems removed and dried
2 each	Oranges, cut into segments, seeds removed
2 each	Roasted Red Peppers, seeds removed, cut into 1” pieces
8 oz can	Garbanzo beans, drained
1 each	Lemon, juiced
2 tablespoons	Olive Oil
To taste	Salt and Pepper

#### When Ready to Serve

1. In a large bowl mix all of the ingredients together and season to taste.
2. Divide the salad evenly on four serving plates in an attractive presentation. Place a warm Chicken Kabob on top of each salad and serve. 🌻

# Be Smart About Snacking

BY GERRI FRENCH, RD, CDE



## WHEN IS A SNACK HELPFUL?

If you eat snacks, ask yourself if it is helping you to:

- Prevent over-eating at the next meal
- Regulate your mood
- Maintain your energy
- Keep a healthy weight

If so, then perhaps for you, eating between meals is beneficial. Keep portion control in mind, and consider eating from single serving packages. Take time to sit and eat slowly. Pause, take a deep breath and enjoy!

If you are snacking due to boredom, frustration, procrastination, or stress, try to identify other ways to overcome this urge. A walk outside for 10 minutes has been found to be one of the best mood elevators. Writing in a journal, talking with a friend or simple deep breathing can also be helpful.

## WHAT IS A BALANCED MEAL OR SNACK?

Some foods digest quickly while others satisfy for longer. Carbohydrates act like kindling in the fire. Proteins or fats are more like the long lasting logs. So eating combinations of foods with carbohydrates, protein and fat is ideal at mealtime.

### Foods with significant carbohydrates

Fruit (fresh, frozen, dried, canned)  
Bread (whole grain or white flour)  
Tortillas (corn and flour)  
Crackers, pretzels, rice cakes  
Vegetables (fresh, frozen)

### Foods with significant protein

Meat (beef, pork, chicken)  
Cheese, cottage cheese  
Eggs  
Almond or peanut butter, nuts, seeds  
Tofu, tempeh, vegetable burgers

## FOR A SNACK, IS IT OKAY TO EAT A CARBOHYDRATE WITHOUT A PROTEIN?

It is perfectly okay to enjoy a piece of fruit by itself. Notice if it satisfies your reason for eating it. If a person with Type 2 Diabetes or Pre-diabetes eats large portions of carbohydrate alone, glucose levels may rise to an unacceptable level. Temporarily, testing your glucose level after snacks and meals may provide feedback for you. Talk to your diabetes educator to learn more.

Americans love snack foods such as chips, packaged cookies, sweetened yogurt and bars. Many of us dietitians prefer people to eat 'real food' between meals, when necessary. According to Michael Pollan, author of the *The Omnivore's Dilemma* and *Food Rules – an Eaters Manual*, "Eat food that your great grandmother would recognize as food". 🌻

**P**eople in the United States are always eating, often snacking on foods that have been created for their enjoyment by the snack food industry. They may grab food on the run when they don't have time to eat. Very often snacking is done mindlessly and is responsible for many extra calories. Eating this way is not satisfying so when we have time to eat, we do it again.

## IS IT BETTER OR NECESSARY TO EAT 5 OR 6 TIMES A DAY?

It may be beneficial for some, but usually is not necessary for most people. However, it may depend on how long your day is. If you wake up at 6 am you may feel the need to eat at 8 or 9 AM. The time between lunch and dinner may be lengthy so a mid-afternoon "mini meal" seems appropriate. What you eat at meals will determine your level of hunger in between meals. When a balanced meal is eaten with focus, we should be able to wait at least three or four hours until the next meal. It is okay to have an appetite or be hungry before eating.



## What Do the Registered Dietitians at Sansum Clinic Suggest for Snacks?

### Gerri French, RD, CDE



Gerri does not usually eat a snack in the morning but mid-afternoon, she will eat:

- Raw vegetables and humus
- Soup – roasted pepper or butternut squash
- Corn tortilla with cheese and salsa
- Couple of dried figs or dates and almonds or pistachios
- Hard boiled egg with tangerine

### Laura Klein, RD



Laura has a number of favorite go-to-snacks, including:

- Roasted almonds or walnuts (buy plain and roast yourself; store in individual portions) – add smoked paprika, cinnamon and Splenda or tiny bit of sea-salt
- Frozen fruits: blueberries, banana, grapes and pineapple are favorites
- One Baby-bel Lite cheese or string cheese with an apple or pear
- Individual portion of peanut butter with whole wheat or Spelt pretzels. You can also freeze a one ounce portion of peanut butter for an ounce to go!

### Sarah Washburn, MS, RD, CSO



Snack suggestions from Sarah:

- Pear and 2T pumpkin seeds
- ½ cup blueberries and handful of nuts
- 1 cup soup, like black bean or lentil with lots of kale or cabbage
- Hard boiled egg and an apple

### Yvonne Stephens, RD, CDE



Yvonne's favorite snacks include:

- String cheese with a serving of fruit
- Light yogurt or Greek yogurt (higher protein content)
- Peanut butter – ½ tablespoon on 4 squares of graham
- ½ English muffin with 1 tablespoon peanut butter
- A protein bar with at least 7 grams of protein 🌸

## Sansum Clinic Encourages You to Eat Healthy to Stay Healthy

We have a number of departments and programs that address proper nutrition as part of maintaining your overall good health. Our Nutrition Department has branches at several clinic locations and maintains a staff of registered dietitians and certified health educators and other specialists that work with patients on an individual basis to help manage their diet as a part of treating conditions including chronic obesity, diabetes, high blood pressure, heart and pulmonary conditions, and for those fighting cancer.

Good nutrition is important to everyone's good health. Our Health Education Department offers a number of classes and programs that teach you about good nutrition and can help you to make better choices regarding your diet. Many of these classes are free of charge and open to the entire community.

If you have concerns about your diet or have specialized nutritional needs, speak to your doctor about the steps you can take toward a healthier lifestyle. 🌸

## Healthy Recipes on Our Website

Visit our website for dozens of healthy recipes developed by our registered dietitians. You'll find suggestions for delicious breakfasts, main dishes, side dishes and desserts to help you maintain a healthy diet. 🌸





Last September, Sansum Clinic officially partnered with the Cancer Center, bringing together expert knowledge, cutting-edge technology, and a healing environment for the benefit of all of our patients, their families, and the entire community. Today, the Cancer Center of Santa Barbara with Sansum Clinic is closely integrated with an on-site **Clinical Research** team that reviews the medical history of all new cancer patients in Santa Barbara in order to match the latest treatments to patients who need them most.

### Advancing Care through Clinical Research

At Sansum Clinic our physicians are committed to advancing the frontiers of medicine, and they are dedicated to participating in clinical research that impacts all areas of healthcare. Through partnerships with industry leaders like UCLA, Amgen, and Genentech, the Cancer Center provides patients access to more than 20 national and global cancer research trials. Now with a larger, more specialized team of physicians, the Cancer Center of Santa Barbara with Sansum Clinic is an even stronger partner for research sponsors seeking to open clinical trials on the local level.

This expanded research keeps us on par with major academic and medical facilities. It means patients have access to the newest treatments available without leaving town; that our



Cancer Center of Santa Barbara with Sansum Clinic Clinical Research team



Lisa Miller with her daughter and son

*Participating in a clinical trial has been the most wonderful and rewarding experience. Every staff member is like family, and the care they provide is incredible.*

*Knowing that I am doing something that can help make a better world for my daughter and increasing the chances that she won't ever have to go through this is very fulfilling.*

*Lisa Miller*

— Lisa Miller,  
Cancer Survivor & Clinical Trial Participant

community's physicians gain experience and knowledge about the newest therapies and ideas; and that patients in Santa Barbara have the opportunity to lend their experience to the greater pool of knowledge that will lead to better options for the next generation of patients.

Many factors make this exciting research possible: the courage and hope of patients who participate in clinical trials, the generosity of our community, and the dedication of our physicians to ongoing clinical research. Without our physicians' devotion to making advancements in medicine, none of this would be possible. We are excited for the possibilities this partnership brings for research in oncology and other fields in our community, and we look forward to the positive impact it will have on patients in Santa Barbara and worldwide. 🌻

# Walk Benefits Research

You have the chance to become involved in this exciting research! On Saturday, March 16, our physicians, staff, patients, and community members will participate in the *Barbara Ireland Walk for Breast Cancer Research* along Santa Barbara's beautiful waterfront. The Ireland Family has generously hosted this event for over 10 years, and this year's walk will be a celebration of our newly expanded oncology research team. One-hundred percent of the proceeds benefit breast cancer research at the Cancer Center of Santa Barbara with Sansum Clinic, and the event features three course options (5K, 10K, or 15K), a complimentary post-walk spa zone, and a free 6-week training program. Those who raise \$100 or more will enjoy *free event registration* and a long-sleeve breast cancer awareness thermal shirt. The event will be a great opportunity to learn more about the exciting oncology research happening at the Cancer Center of Santa Barbara with Sansum Clinic. 🌻

To learn more, visit [www.ccsb.org/irelandwalk2013](http://www.ccsb.org/irelandwalk2013).

BARBARA IRELAND WALK FOR BREAST CANCER RESEARCH

New Courses!  
5K • 10K • 15K

Saturday, March 16  
Chase Palm Park, 323 Cabrillo Blvd.

Cancer Center  
OF SANTA BARBARA with SANSUM CLINIC

[www.ccsb.org](http://www.ccsb.org) • (805) 898-2116

100% of the proceeds benefit local breast cancer research at the Cancer Center of Santa Barbara with Sansum Clinic.

## Colon Cancer Awareness

VINCENT DEROSA, MD, GASTROENTEROLOGIST

### No ifs, ands, or butts about it: If You're 50 or Older You Should Be Screened For Colon Cancer

If you're 50 or older, now is the time to be screened for colon cancer. We can all find excuses to put off tasks that are not particularly exciting, but procrastinating on your colonoscopy could have serious consequences. Colonoscopies – the best form of colon cancer screening – give gastroenterology physicians like me a detailed look at the inner lining of your large intestine using a thin, flexible tubal camera called a colonoscope.

During the procedure, I'm on the lookout for abnormal areas of inflammation or bleeding and growths called polyps. Over time, these polyps can turn into cancerous growths that are harmful to your colon, and your entire body. If and when I spot a polyp, the colonoscope can "snip" it from the intestinal lining – thus ridding your body of a potential cancerous growth. And if I happen to detect a growth that has already become cancerous, treatment can begin in the early stages, when it is most effective.

### March is Colon Cancer Awareness Month

Please, stop making excuses, call your primary care physician today to schedule your screening. It could save your life.



Vincent DeRosa, MD, is a board-certified gastroenterologist at 317 W. Pueblo Street in Santa Barbara and has been with Sansum Clinic since 2008. He is a frequent lecturer on topics including endoscopic treatment of gastroesophageal reflux disease (GERD), treatment of peptic ulcer disease (PUD), inflammatory bowel disease (IBD), colorectal cancer screening, and hereditary colorectal cancer. Dr. DeRosa's research has appeared in *Gastroenterology* and *the American Journal of Gastroenterology*. 🌻

## Educational Opportunities

We are committed to raising awareness about cancer prevention to reduce cancer risk. To learn more about educational opportunities happening in our community during Colon Cancer Awareness Month in March, visit our website:

[www.ccsb.org/ColonCancerAwareness](http://www.ccsb.org/ColonCancerAwareness)

Take-home colon cancer screening kits will be available for those who are uninsured, and Dr. DeRosa, joined by other community physicians, will be on-hand to answer your questions. 🌻



Dr. Donald Rhodes and Alita

## Falling in Love Again

Like many a physician, Donald Rhodes has fond memories of medical school. Oh yes, graduation was a highlight, for sure, but nothing compares to meeting an attractive young school teacher! So it was that Don and Alita met in 1963 only to be married later that year!

Dr. Rhodes says he wanted to become a physician since age five, when he had his tonsils out. This desire was furthered when he had his appendix out at age nine and the doctor let him watch the operation by mirror. “He seemed like a real hero to me.”

After graduating from the University of Washington in 1966, there was the usual post-graduate training, then two years of service as a general surgeon (Major) in the Medical Corps of the U.S. Army. Much of that time was with a MASH unit in The Republic of Viet Nam. When his tour of duty ended in 1970 he completed a residency in Urology at UCLA.

By 1974 Don had fallen in love again! This time it was with the Santa Barbara Medical Foundation Clinic, now known simply as Sansum Clinic. Don enjoyed a thriving practice in general Urology for 38 years before retiring in 2012. However, a love relationship is not easily broken, so he has agreed to re-join the staff and resume his practice one day a week.

His remarkable career has been anything but mundane. He has always enjoyed the challenge of developing new state-of-

the-art techniques and providing his patients with the best possible treatment. In addition to inventing medical devices, he has made many important contributions to his field through research and development projects. “I find it challenging to improvise and invent things that will make everyday procedures more accurate and beneficial for our patients.”

Meanwhile Alita continues an extremely successful career in music. She remains very active as a cellist with the Santa Barbara Symphony and continues teaching cello as well. Don and Alita are blessed to have all of their three children and grandchildren close by.



Dr. Rhodes with grandchildren Aiden, Claire and Henry

The Rhodes consider Sansum Clinic as part of their “extended family” and for that reason they have included Sansum Clinic as a beneficiary in their estate plans. Don, not surprisingly, says, “We bleed Sansum blue. We have been challenged and blessed to be part of this family. The future of healthcare is of paramount importance to us, consequently we want to share a legacy that will provide healthcare benefits for future generations.” 🌻

## Making a Difference

Our mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve. We have a rich history of healthcare excellence and innovation. We provide the full spectrum of services ranging from primary care to more than 30 specialties at our 23 patient care locations throughout Santa Barbara County. One of the many benefits of receiving care at Sansum Clinic is the coordination of medical services across all departments.

In order to provide this value to the community today and in the future, we seek philanthropic support from individuals, corporations and foundations so that we may continue to:

- Recruit the best and the brightest physicians
- Invest in infrastructure improvements and new facilities
- Invest in new information and medical technology
- Invest in community services to improve the overall health and wellbeing of our community members
- Invest in research that advances healthcare

Sansum Clinic could not have achieved the success it has enjoyed without your partnership. Continuing to provide excellence in comprehensive healthcare will be particularly

challenging in the years ahead. With the future in mind, we encourage you to consider a gift in your estate enabling us to sustain affordable healthcare. By doing so you would be joining with other friends who have made a similar commitment.

This loyal family of friends comprises the Sansum Clinic Legacy Society. We would be honored to include you. If you have already provided a future gift for Sansum Clinic, let us know so we can say thank you and include you in future events as Legacy Society members. Most people simply arrange a gift in their will or living trust, however there are a number of other very attractive options to choose from. Some provide you with a lifetime of income before bringing benefits to the Clinic. We hope you will consider establishing a legacy by which you will be remembered. Working together we can make a difference. 🌻

### Leave a Legacy

You can leave a legacy by including Sansum Clinic in your estate plans. For more information contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or [dhartley@sansumclinic.org](mailto:dhartley@sansumclinic.org). You can also return the enclosed envelope with a request to be contacted. 🌻

# Visiting Professor of Surgery



Sansum Clinic's Visiting Professor of Surgery, Hiram C. Polk, Jr., MD, Ben A. Reid, Sr. Professor of Surgery, *Emeritus*, University of Louisville, School of Medicine, will lead Surgical Academic Week March 11 – 15. During the week Dr. Polk will interact, teach and mentor practicing community surgeons and will be directly involved with teaching the general surgical residents at Santa Barbara Cottage Hospital.

In addition to the events scheduled for residents and attending surgeons, Dr. Polk will present two lectures for donors to the education program that are open to the public. Both lectures will be held at Burtness Auditorium at Santa Barbara Cottage Hospital.

## Thursday, March 14 at 5:30 PM

### ROMANCE TO REALITY: THOROUGHBRED BREEDING AND RACING IN THE 21ST CENTURY.

Dr. Polk's avocation for thoroughbred horses started early in life as he worked at Suffolk Downs as well as contributed writings to *The Thoroughbred Record* during medical school. In this fascinating lecture Dr. Polk, as an owner and breeder, will cover horse racing's national and international history, its relationship to legalized gambling, the challenge to the superior Kentucky blood lines by overseas breeding, and the abusive treatment plus questionable medicinal usages in present day horse racing.

## Friday, March 15 at 2:30 PM

### SOS: SHORTAGE OF SURGEONS: WILL THERE BE A QUALIFIED/TRAINED SURGEON WHEN I NEED ONE?

Presently, in the United States, there is a shortage of trained qualified general surgeons. With the many technological advancements, the competitive demand and desire for super-specialization, the mandated, but questionably beneficial changes in work hours for surgical training, and the unknown consequences of the Accountable Care legislation, there exists a serious concern that there may not be an expert trained surgeon available to manage a patient's unique surgical problem. Dr. Polk has been and is involved with these manpower issues and will address them in detail. 🌟

*Reservations are required for the lectures. Please RSVP to Amanda Jones at Sansum Clinic at (805) 681-7762 or [amjones@sansumclinic.org](mailto:amjones@sansumclinic.org).*



*The Four Seasons Biltmore Resort will be the home of our Visiting Professor during Surgical Academic Week. Throughout the year, all patients and friends of Sansum Clinic are eligible for special pricing at this world-class resort — just mention Sansum Clinic when you make your reservation.*

## SPEAKING of HEALTH Lecture Series

Acclaimed Author of *Cutting for Stone*  
Abraham Verghese, MD  
The Search for Meaning in a Medical Life

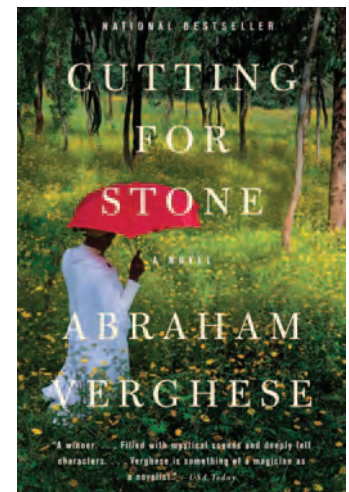
Wednesday, March 6  
8:00 PM Campbell Hall  
\$15 / General Public  
\$10 / UCSB Students  
(805) 893-3535

Event Sponsors: Sansum Clinic and  
Mary & Gary Becker

“Art and medicine may seem disparate worlds, but Dr. Verghese insists that for him they are one. Doctors and writers are both collectors of stories.” — *The New York Times*

Where does meaning reside in our lives?

Abraham Verghese has a unique perspective on the age-old question. After a career as a distinguished physician, Stanford University professor and memoirist, Verghese became a best-selling novelist with the release of his wildly popular *Cutting for Stone*. A sleuth of the human heart, he has written



poignant books weaving issues of identity, personal reflection and medicine. In an intimate and compelling talk, Verghese will share his experiences of taking care of patients with HIV in the mid-1980s in rural Tennessee and the significant life lessons imparted by them.

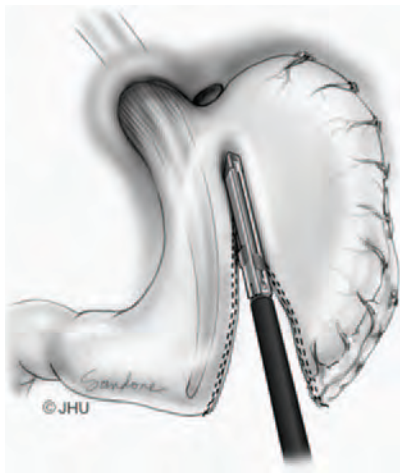
Books will be available for purchase and signing. 🌟

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

**arts & lectures**  
educate • entertain • inspire

# Weighing Weight-loss Options: The Sleeve Gastrectomy

MARC ZEREY, MD, BARIATRIC SURGEON



**I**n the past few years, we've witnessed many changes in Bariatric Surgery. Ten years ago, the Lap-Band was on its way to becoming a household name and common sight on California freeway advertisements. The Lap-Band's safety profile and ability to perform laparoscopically made it very popular.

The number of people

undergoing gastric bypass also increased during that time as more surgeons became comfortable performing this procedure laparoscopically and insurance companies offered coverage. More recently, the vertical sleeve gastrectomy has been touted as the next "big thing" and is quickly replacing the Lap Band as the alternative to the gastric bypass.

The vertical sleeve gastrectomy is performed laparoscopically and reduces food intake by removing approximately 75% of the stomach and shaping it in a cylindrical "sleeve". This produces not only a smaller reservoir but it effectively restricts the flow of food to the intestines leading to earlier and longer-lasting satiety. As a result, the patient will eat smaller portions and lose weight. Patients undergoing this procedure can reverse metabolic disorders such as Type 2 Diabetes, high blood pressure, and high cholesterol. There is no appliance or adjustments as with the Lap-Band and the gastrointestinal pathway is preserved so this avoids dumping syndrome and the absorption of vitamins, minerals, and nutrients are preserved. Drug metabolism remains unchanged which can be a concern with the gastric bypass. Finally, because the portion of the stomach that secretes hormones that stimulate appetite is removed, this may also curb a patient's hunger.

Although this procedure is gaining popularity and medium-term data are encouraging, the long-term results are not yet known. There is concern that in a purely restrictive operation

## Healthy Lifestyle Options

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. 🌟

with no adjustability a patient can "stretch" their sleeve, gaining their weight back. Due to the lack of malabsorption, weight regain may also be easier with the sleeve than with the gastric bypass. There is also a probable higher leak rate and higher rate of bleeding than with the gastric bypass given the longer staple line. Finally, the sleeve gastrectomy is not reversible since part of the stomach is removed and not excluded as in the gastric bypass.

There is no single perfect surgical procedure for weight-loss. They all have their individual pros and cons but in the informed and motivated patient, these procedures are excellent tools for helping you lose weight and achieve a healthier life. If you are considering weight-loss surgery, I invite you to attend an upcoming seminar discussing obesity and weight-loss surgery.

## Patient Education Seminars – New Innovations in Weight-Loss Surgery

If you are 80 pounds or more overweight and have been unsuccessful with other weight-loss alternatives, you owe it to yourself to find out about innovative new treatments. Meet Dr. Marc Zerey at an informative seminar on weight-loss surgery.

March 11, 6:00 PM, 317 W. Pueblo St., Santa Barbara

March 13, 6:00 PM, 1225 N. H St., Lompoc

April 8, 6:00 PM, 317 W. Pueblo St., Santa Barbara

April 10, 6:00 PM, 1225 N. H St., Lompoc

May 13, 6:00 PM, 317 W. Pueblo St., Santa Barbara

May 15, 6:00 PM, 1225 N. H St., Lompoc

Patient Education Seminars are open to the community and free of charge. Space is limited. For more information visit [www.SansumClinic.org/Classes](http://www.SansumClinic.org/Classes) or call Jessica at (805) 898-3472 for reservations.



*Marc Zerey, MD, is a board-certified physician specializing in bariatric weight loss and advanced laparoscopic 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. 🌟*

## Make the Most of Your Doctor Visit

**MARGARET WEISS, MPH,  
DIRECTOR OF HEALTH EDUCATION**

Do you ever feel rushed during a visit with your doctor? Have you hesitated to bring up a sensitive subject or forgotten to ask an important question? Being able to communicate openly with your doctor is a key to making good health decisions. Some people, especially older adults, shy away from this approach. In the past doctors typically took the lead in the conversation. Today a good patient-doctor relationship is a partnership with both sides taking responsibility for effective communication.

### HERE ARE SOME TIPS TO TRY:

- Make a list of your symptoms and bring it with you to the doctor. Be specific about what the symptom is, when it happens, how long it lasts, what makes it better or worse and anything it stops you from doing. Symptoms also include how you are feeling, such as sad, tired or confused.
- List your medications including prescriptions, over-the-counter drugs, vitamins, herbal remedies and supplements. Include how much you take and how often.
- Be prepared to talk about your everyday life including how you are eating, sleeping, activities you enjoy, your sex life, smoking and alcohol use. Briefly tell the doctor about life changes, like a death in the family or moving. When you are open and honest it helps your doctor to better understand your medical conditions.
- Ask questions. Write down questions before your visit and bring them with you. Good questions to ask are:
  - What is my main problem?
  - What do I need to do?
  - Why is it important for me to do this?
- Take notes during your visit. You can ask for a brochure about your condition or written instructions.
- Bring a friend or family member to listen with you.

*After your visit you may still have questions. The Sansum Clinic Health Resource Center can answer your health questions with trusted information. Visit them at 215 Pesetas Lane on the first floor, call (800) 281-4425 x7672, or contact them through "Ask the Librarian" at [www.sansumclinic.org/ask-a-librarian](http://www.sansumclinic.org/ask-a-librarian).* 🌻

## Health Resource Center

- Reliable answers to your health questions
- A private, comfortable place with trained staff
- Internet, books, newsletters & 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!

215 Pesetas Lane, Santa Barbara, (800) 281-4425 x7672. 🌻

## Health Education Programs

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

### Programs include:

- Advance Directives
- Back Wellness
- Balance & Mobility Training
- Bariatric Surgery Orientation
- Coumadin Management
- Diabetes Basics (in English & Spanish)
- Diabetes Blood Sugar Control
- Fibromyalgia Support Group
- Healthy Family Home
- Heart Health
- Hip or Knee Replacement Seminar
- HIV Support Group
- Insulin Users Peer Group
- Lymphedema Education
- Medicare
- Neck & Posture Wellness
- Nutrition Navigator
- Pre-Diabetes
- Stress Management
- Walk & Train with a Physical Therapist
- Weight Management Strategies
- WomenHeart Support Group

For more information or to register 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 register online

## Cancer Center Oncology Patient Support Programs

- A bridge between standard cancer care and the nonmedical aspects of healing.
- Programs include support, nutrition, yoga and more.
- Resource Library provides answers to your questions about cancer.
- Open to all cancer patients in the community and their family members and caregivers.

For more information visit [www.ccsb.org](http://www.ccsb.org) or call (805) 682-7300. 🌻

# Seeing Positive Outcomes



Dr. Elizabeth Palkovacs sees a broad range of patients at the Sansum Clinic Eye Care Center at 29 W. Anapamu Street in downtown Santa Barbara. As a trained ophthalmic surgeon, she also performs a wide variety of eye, eyelid, orbital and lacrimal surgery with special interest in blepharoplasty and ptosis surgery of the eyelid. With her advanced knowledge

of the anatomy of the eyes and facial muscles, she also specializes in treatments using Botox® and facial fillers.

Dr. Palkovacs chose ophthalmology, mostly she says, “Because it is a field where there are a lot of positive outcomes and patient satisfaction.” Indeed, the field of ophthalmology continues to develop new technologies and therapeutic options that restore the sight of many, and new diagnostic tools and technologies allow for early treatment to arrest or reverse many chronic eye conditions. “I am fortunate to have participated in the care of so many happy patients. As an eye surgeon at Sansum Clinic, I have a real empathy for what many of my patients are experiencing. So, I am uplifted when they have a good result.”

Patients often express a similar gratitude. One patient story submitted to our website states, “I have only praise for the quality of Dr. Palkovacs’ care. My experience has been very commendable. Dr. Palkovacs corrected a problem that I had been plagued with for the past several months and I intend to tell all my friends about her.”

When asked about the contrast in her practice from the intensity of surgically reconstructing an athlete’s eye socket damaged by a traumatic accident to administering Botox® or other treatments to help patients address cosmetic concerns, Dr. Palkovacs remarks, “The ophthalmic administration of Botox® was developed by ophthalmologists for very specific functional and cosmetic uses. In our office, all products are administered by a doctor with training in both aesthetics of the eye, and extensive knowledge of the eye and face that others don’t have.”



## As for protecting our eyes, Dr. Palkovacs offers three things to remember:

1. Protect your eyes from sun damage and cancer with UV sunglasses and hats.
2. A healthy lifestyle and diet are important to maintain your eye health.
3. Get a regular vision exam and contact your doctor or visit an eye specialist if you have any concerns about your vision.

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*Elizabeth M. Palkovacs, MD is a board-certified ophthalmologist with subspecialty training in both Neuro-Ophthalmology and Ophthalmic Plastic and Reconstructive Surgery. Dr. Palkovacs is a diplomat of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology, the North American Neuro-Ophthalmology Society, the Canadian Oculoplastics Society, the Pan-American Association of Ophthalmology, and the Santa Barbara Ophthalmology Society. She has presented clinical research at both the North American Neuro-Ophthalmology Society, as well as the World Ophthalmology Congress in Berlin. You can contact the Sansum Clinic Eye Care Center by calling (805) 681-8950. 🌻*



# The Facts About Stroke

LINDA S. CHEN, MD, NEUROLOGY

## STROKE – WHAT IS IT?

Quite literally, a brain attack! Strokes occur when blood flow to the brain is disrupted causing brain cells, known as neurons, to die. Strokes result in the sudden onset of central nervous dysfunction that can become permanent. Strokes usually affect the brain, but can also affect the spinal cord and the optic nerves that allow us to see.

## STROKE – HOW DO I RECOGNIZE ONE?

- Sudden facial weakness – A “droopy” face with garbled speech
- Sudden weakness and/or numbness – usually affecting one side of the body, causing falls, difficulty walking and imbalance
- Sudden language problems – inability to speak or understand
- Sudden visual changes – loss of vision, partial or complete
- Sudden confusion or loss of consciousness
- Sudden headache with no known cause – may herald a hemorrhagic stroke

## WHAT DO I DO IF I SUSPECT A LOVED ONE IS HAVING A STROKE?

Call 9-1-1, immediately! Clot-busting therapy is available to those who present early from the time of stroke onset.

## TYPES OF STROKE

There are varied causes of stroke. The majority of strokes are ischemic, caused by a blood clot that blocks blood to the brain. Ischemic stroke accounts for about 87% of all strokes, and within this class there are several subtypes. Hemorrhagic stroke, or a bleed inside the brain accounts for 10% of all strokes and is associated with uncontrolled blood pressure. Subarachnoid hemorrhage, usually caused by a rupture of an abnormally dilated blood vessel known as an aneurysm, accounts for 3% of all strokes.

## HOW DO I PREVENT ONE?

Older age, gender, race and ethnicity, and genetic make-up can influence our risk for stroke. While we can’t change these factors, the good news is that there are many things we can do to reduce our risk of stroke.

According to the INTERSTROKE study, a case-control study of ischemic and hemorrhagic stroke in 22 countries\*, nearly 90% of strokes can be explained by 10 major risk factors:

- |                      |                           |
|----------------------|---------------------------|
| 1. Hypertension      | 6. Abdominal obesity      |
| 2. Diabetes          | 7. Elevated cholesterol   |
| 3. Cardiac causes    | 8. Physical inactivity    |
| 4. Cigarette smoking | 9. Alcohol consumption    |
| 5. Diet              | 10. Stress and depression |

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*References: O’Donnell MJ, Xavier D, Liu L, et al. Risk factors for ischaemic and intracerebral haemorrhagic stroke in 22 countries (the INTERSTROKE study): a case-control study. Lancet 2010;376(9735):112-123.*

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*Linda S. Chen, MD is a board-certified neurologist at 317 W. Pueblo Street in Santa Barbara. Dr. Chen earned her medical degree from the University of Maryland Medical School and completed a VSA Clinical Neurophysiology Fellowship at Greater LA VA Healthcare System in Los Angeles before joining Sansum*

*Clinic in 2011. You can contact our Neurology Department by calling (805) 898-3240. 🌻*

## Primary Care Month

Our primary care offices include the departments of Pediatrics, Family Medicine, Internal Medicine and Obstetrics/Gynecology. Primary care physicians (PCPs) serve as the frontline of preventative healthcare.

**Preventative Healthcare:** Primary care physicians consider the whole person in preventative and diagnostic healthcare, rather than individual systems or organs. Our primary care physicians provide coordinated care between our highly trained specialists, allowing for consistent access to comprehensive care.

Our integrated model is built upon a team approach that brings together physicians, nurse practitioners, medical assistants, nurses and other clinical staff to deliver coordinated care that includes:

- Preventative healthcare
- Management of existing medical conditions
- Healthcare plans for chronic conditions
- Coordination between PCPs and specialists
- Access to and education about self care between appointments

*Sansum Clinic has Primary Care offices in Carpinteria, Santa Barbara, Goleta, Lompoc and Solvang.*

*To schedule an appointment with a primary care physician, please contact our Clinic operator at 1 800 4 SANSUM and you will be matched with a physician in your vicinity. ☀*

# Skin Cancer Prevention

## MARK LOGAN, MD, DERMATOLOGY

With a few minor lifestyle changes, you can easily reduce your skin cancer risk to a minimum, without sacrificing time outdoors.

### Here's how:

- Seek shade between 10 AM and 4 PM, when the sun is most intense. Try to plan outdoor activities for the early morning or late afternoon.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum sunscreen with an SPF of 15 or higher. Reapply after swimming or excess sweating.
- Do not burn. Sunburns, especially blistering ones, increase your risk of developing melanoma.
- Avoid UV tanning booths. They have been shown to increase the risk of developing skin cancer.
- Examine your skin head-to-toe every month. Studies show that patients find the majority of skin cancers. Almost all potentially deadly skin cancers are curable if detected early. Unfortunately, among patients diagnosed with advanced disease, just 15% survive longer than five years.
- See your physician each year for a professional skin exam, especially if you have fair skin or many moles. ☀



*Mark Logan, MD, is a board-certified dermatologist at Sansum Clinic at 215 Pesetas Lane in Santa Barbara and also at Dermatology Associates of Sansum Clinic at 1414 S. Miller Street in Santa Maria. Our Dermatology Department can be reached by calling (805) 681-7535 in Santa Barbara or (805) 349-7576 in Santa Maria. Visit [www.ccsb.org](http://www.ccsb.org) or [www.sansumclinic.org](http://www.sansumclinic.org) for more information about skin cancer prevention.*

# Computers for Families

**W**e are always looking for ways to work with other area nonprofit organizations and agencies to share resources and to provide goods or services that can benefit the people in our community.

Our recent transformation to fully electronic health records meant replacing many of our flat screen computer monitors with more specialized display terminals. Sansum Clinic's technology team, led by the efforts of network administrator Bill Strauss, reached out to the Santa Barbara County Education Office to make sure that the unused equipment made it into the homes of local residents.

*I recently received word that Bill Strauss of your staff has contacted our Computers for Families project to coordinate another large donation of flat screen monitors and associated hardware and cables. This donation follows a donation of 125 monitors just weeks ago and many other donations from Sansum Clinic throughout the years.*

*Thank you so much on behalf Santa Barbara County Education Office for supporting our Computers for Families Program. Your generosity makes a very real difference in the lives of our young people.*

*Sincerely,  
William J. Cirone, Superintendent  
Santa Barbara County Education Office*

## Walk to End Alzheimer's

Congratulations Team Sansum Clinic for their support of the Walk to End Alzheimer's at the Santa Barbara Zoo on Saturday, Nov 3, 2012. Our team, the Sansum Clinic Forget Me Nots, led by Deanna Power, RN, was one of the top fundraisers and our neurologists, Drs. Willis, DaSilva, Gertler and Young were on hand to answer questions at our Ask the Doctor booth during the event. 🌟



# Looking Good, Feeling Great

HEATHER GRIECO, RN

Heather Grieco, RN, one month after surgery



For the past five years, I have had the privilege of working with Dr. David F. LaPatka. I have always admired his surgical expertise as well as his kindness and compassion towards his patients. On December 20, 2012, I became one of Dr. LaPatka's patients. I was very confident in his skills and expertise as a facial plastic surgeon. I was originally scheduled to do a simple nasal surgery but since I was going under general anesthesia, I decided to address my other concerns as well. During my consultation with Dr. LaPatka, I told him that due to my genetics I have never had a defined neckline and at age 41, I was beginning to show signs of facial aging. I have learned from working in this industry that the aging process begins in our thirties. I decided to address all my concerns at the same time.

Dr. LaPatka and I discussed the different options that would help address my concerns. After reviewing my photographs, we decided that the best procedure for me would be the cheek and neck lift procedure as well as a chin implant. I was not nervous before my surgery because I had complete confidence in Dr. LaPatka and his entire surgical team. I am thrilled with my results! I now have the defined neckline that I always wanted. I am so grateful for Dr. LaPatka and the outpatient surgical team at Sansum Clinic.

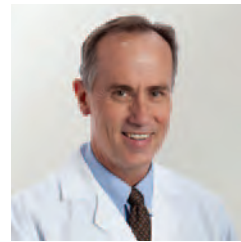
Heather Grieco, RN is a plastic surgery and aesthetic nurse specialist. Her experience includes an extensive surgical background and Advanced Certification in Lasers. Heather brings the proficiency that is required to perform our laser treatments in a safe medical spa surrounding under the direction of David F. LaPatka, MD, FACS.



Before

After

**A natural cheek and neck lift** procedure combined with a chin implant is a cosmetic procedure 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 often combines this procedure with other facial procedures. In my case, Dr. LaPatka combined the cheek and neck lift with a chin implant. He always customizes the facial implants to fit your facial structure perfectly. He also specializes in advanced surgical techniques used to tighten the underlying tissues and remove the excess facial skin – giving you a more youthful natural look!



David F. LaPatka, MD, FACS, 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. 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. You can reach the Facial Plastic Surgery and Aesthetics Department at (805) 681-7844.

*For a natural look... at any age.*

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

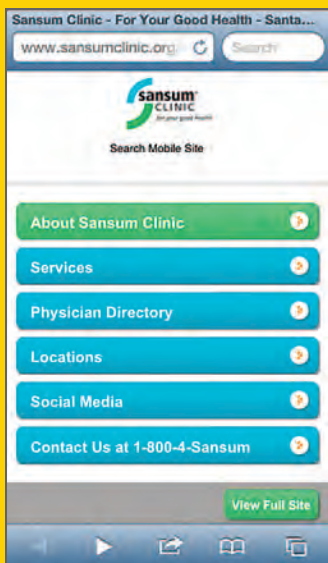


Recover in luxury at Bacara Resort & Spa. Patients and friends of Sansum Clinic are invited to enjoy special pricing at this resort throughout the year – just mention Sansum Clinic when making your reservations. Restrictions may apply.

## Visit Our New Mobile Site

[www.SansumClinic.org/mobile](http://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

## Sansum Clinic Video On-Demand

View the Sansum Clinic Channel 2636 on Cox Digital Communications to see your choice of inspirational stories and health information on demand or visit our YouTube Channel at [www.YouTube.com/SansumClinic](http://www.YouTube.com/SansumClinic). 🌟



Scan QR Code with a mobile reader to visit our YouTube Channel

## Good Health Monthly

Our new Good Health eNewsletter brings links to important health information, compelling articles and useful tips to your inbox each month. Scan this code or visit our homepage and click the link eNewsletter Sign-up to subscribe to Good Health monthly. 🌟



Scan QR Code with a mobile reader to register online



Suzanna Larsen, with Fred Kass, MD (Medical Director of Research & Wellness), Rick Stich (local artist and class instructor), and Kurt Ransohoff, MD (CEO and Chief Medical Officer of Sansum Clinic) at a recent unveiling of patient artwork.

## For Those Experiencing Cancer, Art Heals

Next time you're in one of the Cancer Center's facilities, take note of the beautiful artwork on the walls. You'll notice a variety of watercolors: some of different local scenery, others of flowers and other still-life, and some that are simply a beautiful arrangement of color. So what is the common thread that ties these various works together? Cancer.

The display, entitled *Art Heals* is a revolving collection of masterpieces by mostly first-time painters who, through participation in the Cancer Center's creative art classes, discovered art as a means of expression or peace of mind during their cancer journey. 🌟

*For more information about other programs and services offered for oncology patients and their loved ones, please visit [www.ccsb.org](http://www.ccsb.org).*

## Remembering Dr. Jake Bliss

Sansum Clinic orthopedist, Dr. Jake Bliss, died November 10, 2012 of complications from Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease). During his career he garnered the respect and admiration of all who had the privilege to know him. Following is an excerpt from "Lunch with Dr. Bliss," an article written by Jason Prystowsky and published on the website [www.santabarbarastreetmedicine.org](http://www.santabarbarastreetmedicine.org) in October 2012.

"Finding something that you see yourself growing old doing and trying to picture what you would like to be doing for 30 years. For me it was obvious. I really enjoyed the work that I did. And I could enjoy it for my whole life. I got a tremendous amount of satisfaction from doing what I did. And it was worth all the sacrifices. I am very grateful for the one year I had to practice. I feel like



Shane Cotter, MD, PhD  
Radiation Oncology



Lauren Gonzales, OD  
Optometry



Colin Shafer, MD, FACC  
Cardiology

### SHANE COTTER, MD, PHD

Radiation Oncology, Cancer Center of Santa Barbara with Sansum Clinic  
300 W. Pueblo Street, Santa Barbara

Dr. Cotter earned his degree from Washington University in Saint Louis and completed his internship at Santa Barbara Cottage Hospital. He completed his residency at Harvard University Medical School and is certified by the American Board of Radiology.

### LAUREN GONZALES, OD

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

Dr. Gonzales earned her degree from Southern California College of Optometry and completed her internship at Tucson VA Northwest Clinic in Tucson, AZ. She is a member of the California Optometric Association (COA), the American Optometric Association (AOA) and the Tri-County Optometric Association.

### COLIN SHAFER, MD, FACC

Cardiology, 317 W. Pueblo Street, Santa Barbara

Dr. Schafer earned his medical degree from Emory University School of Medicine in Atlanta, GA and completed a clinical fellowship in Cardiovascular Medicine at Tufts-New England Medical Center at Tufts University Medical School in Boston, MA. 🌻

I did help a lot of people. And I feel good about that. I really have no regrets in my life and that is a wonderful thing. But it really is a commitment. You've got to go all in. Push yourself harder than you ever have before. For me it was worthwhile thing and it all worked out. Don't let obstacles stop you. I certainly could have let them, but I am glad I did not."

— Dr. Jake Bliss

*Dr. Bliss will be dearly missed.* 🌻



## Honorary Medical Staff



Donald B Rhodes, MD

Donald B. Rhodes, MD was one of five former Sansum Clinic physicians that were recently honored by Cottage Health System as 2012 Honorary Medical Staff. Other honorees included

Everett J. Hunt, MD, Edward J. McGinn, MD, Elliot D. Prager, MD and Thomas H. Weisenburger, MD of the Cancer Center. 🌻

## Physicians of the Year



C. Eric Schroeder, MD

C. Eric Schroeder, MD of our Pulmonary/ Critical Care Medicine Department was recently named 2012 Physician of the Year at Santa Barbara Cottage Hospital.



Kiran Mariwalla, MD

Kiran Mariwalla, MD, who practices Family Medicine at Sansum Country Clinic in Solvang, was recently named 2012 Physician of the Year at Santa Ynez Valley Cottage Hospital. 🌻

# America's Top Doctors

Sansum Clinic is proud to honor these fine physicians who were recognized in *U.S. News & World Report* among the nation's top doctors in 2012. They exemplify the medical excellence of our coordinated team of more than 180 physicians that care for you and your family throughout all stages of life.



Left to Right:

Gregory C. Greaney, MD, *Colon & Rectal Surgery*

Heather I. Terbell, MD, *Obstetrics & Gynecology*

Rabindra A. Braganza, MD, *ENT/Otolaryngology*

Mark L. Silverberg, MD, *Ophthalmology*

David A. Raphael, MD, *Obstetrics & Gynecology*

Alex Koper II, MD, *Urology*

James V. Egan, MD, *Gastroenterology*



470 South Patterson Ave.  
Santa Barbara, CA 93111