

San Joaquin Community Hospital

Adventist Health

Fall 2011

health matters



**VALET
PARKING**

At your service

SJCH has added new amenities to make your stay more comfortable

Feeding your heart

A TRIP to the grocery store is more than a mission to stock your kitchen. Each march up and down the aisles is an opportunity to help keep your heart healthy.

Study after study has shown that “diet really does play a strong role in heart disease,” said Lona Sandon, a registered dietitian and spokeswoman for the American Dietetic Association.

A heart-healthy diet starts with limiting saturated and trans fats and eating lots of fruits, vegetables and whole grains.

Saturated fat is found mostly in animal foods; trans fat can be found in processed baked or snack goods. Both types raise blood cholesterol, which can clog arteries. Fruits, vegetables and whole grains, on the other hand, can help lower LDL cholesterol (the bad kind) and provide nutrients that help protect against heart disease.

To shop with heart health in mind, try these tips from Sandon and other experts:

Pick plenty of produce. Varying your choices is a good way to get plenty of nutrients; heart-friendly fiber; and potassium, which can help with blood pressure control. (High blood pressure is a risk factor for heart disease.)

Think lean protein. When choosing beef, buy cuts marked choice or select. For poultry, pick chicken or turkey breasts. Salmon and other fatty fish have heart-friendly omega-3 fatty acids.

For a meatless protein, beans are a good, high-fiber option. So are nuts and seeds, which contain heart-friendly unsaturated fats. But they’re also high in calories.

Choose nonfat or low-fat dairy. Pick fat-free or low-fat milk, cheese or yogurt. Full-fat versions are high in saturated fat. Ice cream is OK to enjoy occasionally. But for a healthier sweet treat, try frozen fruit bars.

Home in on whole grains. Go for fiber-rich, whole-grain breads, pastas, rice and cereals, such as oatmeal.

Focus on fats carefully. Choose unsaturated fats, such as olive or canola oil, instead of saturated fats, such as butter. Look for soft margarines that have no trans fat. Remember that baked goods, such as doughnuts and cookies, often have a lot of trans fat.

Learn more about healthy meal planning at The Wellness Center at SJCH. Call 661-869-6580 for info.

Once you’ve stocked up on heart-healthy foods, prepare them in heart-friendly ways. Try these cooking tips from Sandon and the American Heart Association:

- Bake, broil or grill your meats on a rack, so the fat drips away.
- Use lemon juice or spices, instead of fat-filled sauces, to add flavor to fish and other meats.
- Saute or stir-fry with a tiny amount of canola or peanut oil.
- Add flavor with herbs and spices, not salt.
- Remove visible fat from meats and the skin from poultry before cooking or eating.

Food labels a must-read

Your grocery list is long, and you’re eager to fill your cart and head home. But as you check items off your list, are you checking labels too? If not, consider changing your shopping habits—for your heart’s sake.

The “Nutrition Facts” on food labels has information you can use to make heart-friendly choices. So start at the top of the label and find the following:

1 Serving size, number of servings in the package and how many calories each serving has. If you typically eat two servings instead of one, you’ll consume twice the calories, fat and all the other nutrients in the product.

2 Amount of total fat, saturated fat, trans fat, cholesterol and sodium in each serving. Choose foods with the lowest amounts.

3 Dietary fiber, vitamins and minerals each serving contains. Look for foods with high amounts of these healthy nutrients.

For a quick way to tell if a food has a little or a lot of a particular nutrient, such as saturated fat or fiber, use the Daily Value column. In general, a Daily Value of 20 percent or more is high; 5 percent or less is low.

American Heart Association; U.S. Food and Drug Administration





A SWINGING SUCCESS This year's Lights & Sirens Invitational Golf Tournament was held on Monday, Sept. 26, at Seven Oaks Country Club. This annual event, hosted by a group of dedicated public safety and EMS community members, raises funds for the Grossman Burn Center Intensive Care Unit at San Joaquin Community Hospital.

Golfers were treated to a great barbecue lunch and enjoyed 18 holes on one of Bakersfield's most prestigious golf courses, followed by a fun evening at BJ's Restaurant & Brewhouse.

Thanks to this year's Leader Board. The Lights & Sirens 2011 committee includes:

- ✓ Bakersfield Firefighters Burn Foundation
- ✓ Bakersfield Fire Department
- ✓ Bakersfield Police Department
- ✓ Kern County Fire Department
- ✓ Hall Ambulance Service, Inc.

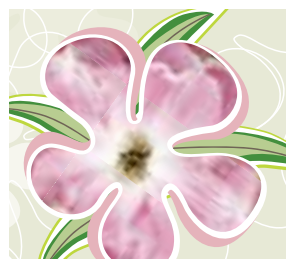
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FALL 2011 health matters

Information in HEALTH MATTERS 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 health care provider. Models may be used in photos and illustrations.


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Make a difference one step at a time

Join us at the first annual American Cancer Society Making Strides Against Breast Cancer Walk on Saturday, Oct. 29.

 Go to www.cancer.org/stridesonline.



Think pink



Join us for the Making Strides Against Breast Cancer Walk Oct. 29

JOIN THE FIGHT against breast cancer on Oct. 29 by participating in the American Cancer Society (ACS) Making Strides Against Breast Cancer Walk, a noncompetitive 5K walk. Registration and the event will start and end at Quest Imaging on Stockdale Highway, just west of Cal State Bakersfield. The walk's route goes along the bike path to The Park at RiverWalk and back to Quest.

Funds raised through this event will support ACS efforts to fund groundbreaking breast cancer research, provide up-to-date prevention and early detection information, advocate for all women to have access to mammograms and treatment, and offer free programs and services to improve the quality of life for cancer patients and their loved ones.

Support survival

The chance of a woman developing invasive breast cancer at some time in her life is about 1 in 8, or 12 percent. In 2011, more than 200,000 women will be diagnosed with breast cancer, and more than 40,000 will die from the disease.

But the list of breast cancer survivors is also growing, thanks in great part to the continued support of organizations like the ACS, which help fund research for cancer.

LaNell Howell of Bakersfield is one of those survivors. At 56, she was diagnosed with stage I breast cancer.

That was five years ago, but the memories



• This marks the first year for the Bakersfield Making Strides Walk. Shown here are walkers from the successful Fresno event.

are like yesterday.

Fortunately, it's the positives—the support from friends and loved ones as well as the ACS—she recalls the most.

“My husband was my greatest supporter. He was with me through every surgery and chemotherapy treatment—his support meant everything,” said

Howell, who is the co-chair for Bakersfield's Making Strides inaugural event.

She also relied on two of her closest friends, both breast cancer survivors. She advises that other women facing a cancer diagnosis seek out the ACS program called “Look Good, Feel Better.” The ACS offers this support and more to cancer patients, even more reason to participate in ACS events such as the upcoming Making Strides Walk; plus, October is Breast Cancer Awareness Month.

“I first got involved with Relay for Life in Bakersfield when a friend's 3-year-old daughter was diagnosed with leukemia about 10 years ago,” Howell said. “We formed a team that year, and I've been on a team in Bakersfield every year since. I also volunteered at the Baron's Ball (now called the Gala) for two years.”

Although this is the first year for the Making Strides Walk in Bakersfield, Howell attended the Fresno event two years ago—calling it “amazing”—and is confident this community will embrace it as well.

“When I found out Bakersfield was having this walk, I definitely wanted to be involved,” Howell said. “I never forget how lucky I am that my breast cancer was found at an early stage...I don't want another woman to hear those words ‘You have cancer,’ and I know that there will be a cure and that it will be, in part, because of what we do with Making Strides.”

• Dr. James Cusator of Quest Imaging at SJCH was the featured speaker at the Making Strides Against Breast Cancer kick-off breakfast.



• Walkers in Fresno await the official start.

Register for the walk

For more information and to register a team,

Visit www.cancer.org/stridesonline or call 661-327-7827.





More accolades for SJCH's Chest Pain & Stroke centers

San Joaquin Community Hospital (SJCH) has received the American

College of Cardiology Foundation's National Cardiovascular Data Registry ACTION Registry-Get With The Guidelines (GWTG) Silver Performance Achievement Award for 2011. It's one of only 94 hospitals in the U.S. to do so.

The award recognizes SJCH's commitment and success in implementing a higher standard of care for heart attack patients. It also signifies that the Chest Pain Center at SJCH has reached an aggressive goal of treating these patients to standard levels

of care as outlined by the American College of Cardiology/American Heart Association (ACC/AHA) clinical guidelines and recommendations.

To receive the ACTION Registry-GWTG Silver Performance Achievement Award, SJCH's Chest Pain Center consistently followed the treatment guidelines in ACTION Registry-GWTG for four consecutive quarters and met a performance standard of 85 percent for specific performance measures. Following these treatment guidelines improves adherence to ACC/AHA clinical guideline recommendations, monitors drug safety and the overall quality of care provided to STEMI and non-STEMI patients.

"SJCH is dedicated to making our cardiac unit among the best in the country, and this Silver Performance Achievement Award confirms that we continue to excel and to improve the outcomes of our cardiac patients," said Stella Williams, SJCH's chest pain coordinator, who recently earned the status of certified chest pain coordinator, the only one in Kern County thus far.

The Stroke Center at SJCH is also in the spotlight.

Because of the Stroke Center's 2011 Stroke Gold Plus Award, SJCH was recently listed in the American Heart Association's advertisement in this year's "Best Hospitals" issue of *U.S. News & World Report*.

Community shows continued support for SJCH Burn Center

The Grossman Burn Center Intensive Care Unit at SJCH opened in 2009, meeting a critical need for burn care in Kern County. Prior to this, burn injuries were often treated either in the Fresno or Los Angeles area.

With the need for possible hospitalization and/or a series of follow-up care appointments, burn survivors were forced to travel substantial distances just for treatment. But, thanks to the support SJCH has received from individuals, groups, companies and other organizations, The Burn Center continues to make a true difference for burn patients and their families.

Pictured here are our most recent benefactors. SJCH thanks them for their commitment.

1 Dan and Sally Panero, representing the Panero family.

2 Bart and Tracey Tipton of Majestic Properties, in honor of the Zaninovich family.

3 Representatives from The Law Offices of Young Wooldridge LLC.



Thank you to all our SJCH supporters!

5...4...3...2...1...

The **countdown** has begun!

The Cancer Center at San Joaquin Community Hospital is expected to open its doors in the fall of 2012.

WITH THE POMP and circumstance of the special groundbreaking on May 17 now over, it's time for the real work to begin on Kern County's first and only comprehensive, hospital-based cancer center.

The four-story, 60,000-square-foot facility is one more example of San Joaquin Community Hospital's (SJCH) commitment to "be the hospital of choice for our community by being the best place to receive care, practice medicine and work," as stated in the organization's vision statement. It's also another first for SJCH, which is a not-for-profit community hospital.

The Cancer Center at SJCH, located at 27th Street and Chester Avenue, just across from the hospital, is set for completion in the fall of 2012.

Cancer care in our community

Just as clearly as SJCH saw the need for a local burn treatment center (Grossman Burn Center Intensive Care Unit at SJCH), an award-winning chest pain center and a stroke center under one roof, SJCH also saw the need for complete cancer care in a place where people can receive the very

best medical treatment without having to leave their home base.

"Two years ago, we started looking at the statistics about cancer care here in Kern County and discovered a disturbing statistic," said Jarrod McNaughton, SJCH vice president of marketing and development. "One in five local cancer patients leaves the community to seek cancer treatment. We knew that had to change."

So the journey to bring a premier cancer center to our community began. The \$36.2 million project will incorporate a patient- and family-centered approach as well as a physician-practice model that will allow The Cancer Center doctors to spend more one-on-one time with patients.

In keeping with the efforts to offer a cancer treatment program that addresses all aspects of a cancer diagnosis, there will be other amenities available, such as a healing garden, yoga, acupuncture, massage, and a special boutique stocked with wigs, prosthetics and other items. In many ways, this is a seamless continuation of SJCH's philosophy to heal mind, body and spirit.



The Cancer Center at San Joaquin Community Hospital

**Adventist
Health**

In order to address the full spectrum of a cancer diagnosis, The Cancer Center at SJCH will have a healing garden, yoga, acupuncture, massage and a boutique that will have wigs, prosthetics and other items patients may need.



A peaceful setting

From the moment someone enters the center's front doors, they will be met with a tranquil, peaceful environment with a soothing color palette, elements of nature and an overall openness that creates a welcoming experience, much like a spa setting.

"We truly want to make the patient's treatment as easy as possible during one of the most trying and traumatic times of their life," McNaughton said. "Our facility will have an all-encompassing approach and top-level caregivers."

In fact, SJCH has entered into a consulting relationship with MD Anderson Cancer Center, based at the University of Texas in Houston and ranked No. 1 in the world for cancer care, according to *U.S. News & World Report's* "America's Best Hospitals" survey.

MD Anderson will provide advice to The Cancer Center at SJCH as the program is developed. As an example, this new facility will have two True Beam Linear Accelerators by Varian Medical

Systems, a leader in cancer equipment technology.

"MD Anderson will be reviewing everything from our blueprints to our policies, procedures and program," McNaughton said. "We want to bring that wisdom and design experience to our center. We will also use the experience gained from our accreditation journey for our award-winning chest pain and stroke centers."

Our ultimate goal

Foundation representatives point out that, while Kern County is fortunate to experience a growing population, this is also a place with an increase in the number of cancer cases. Studies show that Kern County has some of the highest rates of cancer in California.

"It's great to see our community thrive—now it's time to expand cancer care here," said Kevin Burton, SJCH Foundation President and Executive Director. "SJCH is proud to do that."

If you would like to support The Cancer Center at SJCH by making a donation, please call the SJCH Foundation at 661-869-6570 or email burtonKL@ah.org or sjchfoundation@ah.org

Get involved!

With construction under way and staff recruitment in full swing, the time has come for the community to become a part of supporting The Cancer Center. The San Joaquin Community Hospital (SJCH) Foundation is tasked with this portion of the project. Representatives of the Foundation will be working with individuals and businesses who can become a part of The Cancer Center through a charitable donation.

The Foundation launched its Cancer Center Capital Campaign in September. And by Sept. 13, they made a significant announcement that is hoped to set the tone for the yearlong fundraising effort: Donald Cornforth, MD, and his wife, Edna, have made a \$1 million commitment to the project. The Cancer Center lobby will be named Cornforth Family Pavilion.

"The Cornforth family is yet another example of the generosity you'll find here," said Kevin Burton, the Foundation's president and executive director. "The people of Kern County give of their hearts through their support of efforts like The Cancer Center at SJCH. We couldn't be more proud of our community, our hospital and the newest facility that will bring so much to the local health care landscape, now and for many years to come."

Foundation Board

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Contact us!

 Call 661-869-6570,
or visit www.sjchgiving.org.



Free valet parking is the first of many amenities that patients and their guests will experience when they arrive at San Joaquin Community Hospital.



In addition to top-tier health care services for patients, San Joaquin Community Hospital provides all who come to the hospital with an array of hotel-like services.



How may we SERVE YOU?



IMAGINE THIS: You see a bustling valet service stationed under a large canopy leading to a modern building's revolving front door. As you enter a beautiful, light-filled lobby, a friendly face seated at a front desk greets you warmly, much as a concierge would at a fine hotel. Then there are the spacious private rooms at this establishment, which include flat-screen TVs, professional cleaning services and a meal delivery process akin to room service.

So, where are you?

The whole scene may appear to be the normal, everyday workings at a popular travel resort. But no, it's not a five-star hotel. It's San Joaquin Community Hospital (SJCH), known for its excellence in medical care—and now also known for its vast array of hotel-like amenities.

Welcome to Hotel SJCH

The hospital's valet service is just the latest in a string of extras that have been added to the SJCH visitor experience for patients and their guests. In fact, hotel amenities abound at SJCH. And why shouldn't they? Although providing the best medical care remains the No. 1 priority at SJCH, the staff is mindful of the need to treat patients and visitors with respect and compassion while pampering them with the little extras.

"It's becoming the way to stand apart," said Jarrod McNaughton, SJCH vice president of marketing and development. "Our number one priority is to provide the best medical care for our patients. In addition to the top-level health care at SJCH, the hospital now also offers an impressive list of hotel-like services."

Included among these amenities are:

- Spacious, hotel-inspired lobby area and front desk
- Private rooms with flat-screen TVs and soothing décor
- Maternity Care Center suites with elegant furniture that can convert to extra sleeping quarters for family
- "At Your Service" in-room patient meal service and a menu from which to choose
- Free Wi-Fi for patients and their guests
- Professional cleaning service notifications
- Boutique-style gift shop

And, as always, the patient's positive and pleasant experience at SJCH is at the center of everything we do.

"No one wants to end up in the hospital, but if you are here, we're going to make sure you get the best medical care, you're treated with the highest level of customer service and you

—continued on page 10

At Your Service is a program that offers patients the option to eat what they want when they want, unless there are physician-ordered dietary restrictions.



How may we serve you? —Continued from previous page

are made comfortable during your stay,” McNaughton said.

Above and beyond

By all accounts, SJCH’s attention to comfort is working. For example, SJCH was named Bakersfield’s Most Preferred Hospital by National Research Corporation for 2010–2011.

Reviews from the community continue to sing SJCH’s praises. One comment card raves about the free valet service.

“These gentlemen have gone above and beyond the service I expected,” wrote the commenter. “They are courteous, professional, friendly—I had to use them a lot, and every experience was the same. I commend the hospital on a job well done!”

It’s that kind of positive patient contact with a hospital that can take health care to another level, as industry experts are discovering.

Tom Schleff, principal and senior vice president of Professional Research Consultants in Omaha, Neb., said the trend for hospitals to be more hotel-like follows the trend of offering patient perks in addition to high-quality clinical care.

“Hospitals are striving to do a better job in meeting patients’ needs, so they try to make the environment as comfortable as possible,” Schleff told *Healthcare Marketing Report* in a recent article about hospitals taking customer service inspiration from hotels. “Many times hospitals are trying to lower that level of anxiety and take a little bit out of that institutional feel.”

The same goes for the At Your Service (AYS) program, which gives patients the option of when to eat and what to eat (provided there are no physician-ordered dietary restrictions).

Sharply dressed in crisp white shirts, burgundy vests and black ties, AYS hosts are available throughout the day to meet the continuing culinary wants and needs of patients and to communicate nonfood requests to other members of their care team.

“We also have qualified chefs and cooks who prepare tasty foods and make, change and improve menus based on feedback from our customers and other professional resources,” said James Lumsden, director of Nutrition Services at SJCH. “Patient feedback is vitally important to our quality control process; we want them to be happy and to be well.”

From the heart

Ensuring that patient-friendly services match the outstanding clinical achievements at SJCH is quite a feat.

As a faith-based, not-for-profit facility, the additional services just naturally follow along the lines of SJCH’s vision statement: “Be the hospital of choice for our community by being the best place to receive care, practice medicine and work.”

Hospital officials also say Sacred Work, the method in which all SJCH employees carry out their duties,



At our core

Read more about how we share God’s love through physical, mental and spiritual healing.

Visit www.SJCH.us and click on “About Us” and then on “Sacred Work.”



The modern, light-filled lobby of San Joaquin Community Hospital provides a welcoming, comfortable atmosphere for patients and visitors.

is yet another element that influences a positive patient experience.

It's not just a program or something new to try; Sacred Work is at the core of all services performed at SJCH. As stated in the hospital's Sacred Work handbook:

"It is everyone recognizing that no matter what we do, whether waxing the floor, drawing blood, making executive decisions, giving medicines or changing a bed, our work is sacred because our life and the lives of those we serve are sacred, priceless. It is renewing and filling ourselves so that our life overflows as a blessing. It is compassion and competence. It is about experiencing a deeper sense of meaning and purpose in our work. It is working from our hearts."

Beyond the words, however, are the actions, say hospital officials. Sacred Work must be put into action each and every day for each and every shift. Or else, all the hotel-like amenities are for naught.

"We want our patients to leave our hospital feeling good physically and feeling good about the extra miles our staff went for them," said Patrick Pianezza, manager of Service Excellence, who identifies ways to further improve the hospital's customer service functions. "Establishing amenities—like the valet parking, patient menus and inviting patient rooms—are one thing, but without the entire staff at SJCH working from the heart and making those personal connections, we will miss the opportunity to make a difference."



Providing amenities similar to those at fine hotels may help lower the anxiety of people coming to San Joaquin Community Hospital.



The in-room meal program for patients at SJCH, called At Your Service, begins with a menu from which they can choose their food.



The boutique-style gift shop at SJCH allows visitors to select from an array of special items.

Patients at San Joaquin Community Hospital will get the best medical care, will be made comfortable and will receive the highest level of customer service.

MAMMOGRAMS

No more excuses

SOME EXCUSES hold up. Alarm clocks do occasionally fail, and tires do go flat.

But when it comes to taking care of your breast health, no excuse will do.

That's especially true when the excuse is based on misinformation. Here are four reasons women often give for not getting mammograms—along with the facts.

- 1** "I don't have time." The truth is, a mammogram takes only about 20 minutes. You can usually make an appointment for a time that is convenient for you.
- 2** "It will hurt too much." There may be some discomfort, since your breasts need to be flattened slightly to get the best x-ray picture—but that's only for a few seconds. If you're still menstruating, time your mammogram for right after your period, when your breasts are likely to be less tender. Also, the technician can make adjustments if it truly hurts too much.
- 3** "I don't have any symptoms or a family history of breast cancer." Not having these risks may lower your chances for getting breast cancer, but they don't rule it out. Most women who get breast cancer do not have a family history of the disease. And early breast tumors—which mammograms can detect—may be too small to feel and may cause no symptoms.
- 4** "It costs too much." Most insurance plans cover mammograms. So do Medicare and Medicaid. If you don't have insurance, call the National Breast and Cervical Cancer Early Detection Program at 800-CDC-INFO (800-232-4636) and ask about a free or low-cost mammogram.

Because regular screening with mammograms saves lives, the American Cancer Society and other experts recommend that women have yearly mammograms starting at age 40.

A few breast cancer facts you may not know

Breast cancer is second only to lung cancer as the most common cancer killer in U.S. women. Here are some other facts:

- ✓ Men get breast cancer too, though not very often—less than 1 percent of breast cancer cases are in men.
- ✓ Being physically active decreases the risk of getting breast cancer.
- ✓ Since 2000, the rate at which people in the U.S. are being diagnosed with breast cancer has decreased and the rate at which

they are dying from the disease has dropped too.

- ✓ Researchers are studying the genetic differences between women who get breast cancer and those who don't, which may lead to better treatment options.
- ✓ With early-stage breast cancer, life expectancy is the same for all women, whether they have breast-sparing surgery—also known as a lumpectomy—or a mastectomy.

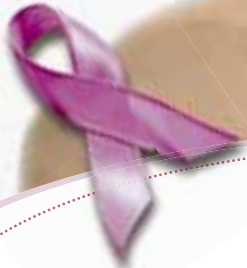
Centers for Disease Control and Prevention; National Cancer Institute

**October is
National Breast
Cancer Awareness
Month.**

**For the month of October,
Quest Imaging at SJCH
is offering mammograms
for \$120 (cash only).
Call 661-633-5001.**

Because regular screening with mammograms saves lives, the American Cancer Society and other experts recommend that women have yearly mammograms starting at age 40.

The MRI advantage



OF ALL THE TESTS that help spot breast cancer in its early stages, magnetic resonance imaging (MRI) is the most sensitive. It can detect malignancies that sometimes don't show up on mammograms or ultrasound.

This is why the American Cancer Society (ACS) advises women at high risk of breast cancer to schedule a yearly MRI scan along with a mammogram.

But MRI is more than a remarkably powerful screening test. Doctors can also use MRI while performing minimally invasive biopsies that leave women with little or no scarring.

MRI scans use radio waves, strong magnets and a computer to create highly detailed images of tissue inside the breast.

These biopsies can be performed at the same time as an MRI screening, should the results reveal something suspicious.

Finding hidden tumors

MRI scans are radiation-free. They use radio waves, strong magnets and a computer—rather than x-rays—to create highly detailed

images of tissue inside the breast.

Doctors use the images to guide them during biopsies so that they can pinpoint the position of abnormal breast tissue and remove some of it for examination under a microscope.

Very often, doctors can remove that tissue without actual surgery. With MRI, they can precisely place a special biopsy needle in the suspicious area.

This MRI-guided biopsy can be performed in three ways, each of which allows for a speedy recovery:

- Fine-needle aspiration. Here, doctors use a very small needle to extract fluid or cells from an abnormal area in the breast.

- Core needle biopsy. In this biopsy, doctors use a large hollow needle to remove one sample of breast tissue every time the needle is inserted.

- Vacuum-assisted device. This vacuum-powered instrument collects multiple tissue samples during one needle insertion.

What to expect

Most breast biopsies are done on an outpatient basis. You'll be awake during your biopsy and should have little or no discomfort.

To learn more about breast biopsies, visit www.sjch.us/treatment/breast-biopsy.

American College of Radiology; Radiological Society of North America

Not all lumps are cancerous

You've just discovered what no woman wants to find: a breast lump. Understandably, you're frightened.

Still, while it's important to take action and see your provider as soon as possible, try not to be too alarmed. As many as 4 out of 5 lumps and other breast changes turn out not to be cancer when they're biopsied, reports the American Cancer Society.

In short, noncancerous breast conditions are very common, and they are never life-threatening. There are two main types:

Fibrocystic changes. About half of all women will have these changes at some point. They typically show up as harmless cysts (fluid-filled sacs) or areas of lumpiness, thickness or tenderness. Often, fibrocystic changes happen just before a woman starts her menstrual period. Doctors can treat a cyst that is painful by draining the fluid out of it with a thin, hollow needle.

Benign (noncancerous) breast tumors. Unlike cysts, these tumors are solid. One kind of benign tumor is a fibroadenoma; often, it feels like a marble in the breast. Another kind is a wartlike growth called a papilloma. This growth may cause a clear or bloody nipple discharge. The only way to know whether a tumor is cancerous is to remove part of it and examine it under a microscope.



The more you know about diabetes, the more you will be able to help your child live well with the disease.

Di

It doesn't have

HERE'S A TRUTH to hold on to if you recently learned your child has diabetes: While this disease will certainly affect your child, it doesn't need to limit him or her.

Many highly accomplished people share this diagnosis, from Olympic athletes to members of congress. Your child's future is still a bright one.

Even so, diabetes is a serious disease. It has the potential—in time—to harm your child's heart, kidneys, eyes and nerves. But good blood sugar control can help prevent or delay the disease's complications.

The more you know about diabetes, the more you will be able to help your child live well with the disease. Your child's doctor is the first person to go to for guidance. What you're about to read can also boost your knowledge.

Some essentials to know

Your child's diagnosis means that his or her blood sugar is at a dangerously high level.

If your child has type 1 diabetes, his or her body makes little or no insulin,

Active kids, healthy kids

Diabetes doesn't need to sideline your child.

Children and teens with diabetes can—and should—be active on playing fields, playgrounds and at home.

Everyone needs regular exercise to stay healthy, and kids with diabetes are no exception. For that matter, children with diabetes

Diabetes

to limit your child

the hormone that regulates blood sugar. As a result, your child must take insulin daily to live. Insulin shots are the traditional way to deliver this hormone. But there's an alternative: an insulin pump. This beeper-size device provides a steady supply of insulin through a tube under the skin.

If your child has type 2 diabetes, his or her body either doesn't make enough insulin or has trouble using it. A proper diet and exercise may be enough to manage your child's diabetes. But if lifestyle changes aren't effective, your child may need diabetes pills or insulin.

With either type of diabetes, your child's blood sugar needs to be kept in a healthy range. To do this, your child will need to:

→ Take diabetes medicine exactly as prescribed.

→ Check his or her blood sugar regularly. Especially if your child takes insulin, blood sugar needs frequent testing to see if it's in a safe range.

→ Stick to a healthy meal plan. A dietitian can create a meal plan for your child. Like any healthy diet, it will focus on whole grains, fruits, vegetables and low-fat foods. But if your child takes insulin, the timing of meals and snacks—along with what and how much your child eats—must be matched with the amount of insulin he or she takes and his or her level of physical activity.

→ Move more. Ideally, your child needs 60 minutes of exercise every day. Being active lowers blood sugar and boosts the body's ability to use insulin.

Kids in control

Keep in mind that even young children can help manage their disease. A toddler, for instance, can choose which finger to stick for a blood sugar test. And the more children participate in their care, the more in control they are likely to feel.

American Academy of Pediatrics; American Diabetes Association; National Diabetes Education Program

may benefit even more from being active than children without the disease. That's because exercise helps to lower blood sugar and keep this lifelong disease controlled.

Even so, because blood sugar levels can drop during or after physical activity, it's essential to remember these exercise safeguards from the American Diabetes Association:

Spread the word. Be sure coaches or other adults know that your child has diabetes, can spot the signs of low blood sugar (such as shakiness, sweating and irritability), and know how to respond.

Keep snack foods nearby. Depending on how hard and how long your child works out, he or she may need to eat extra snacks. Your child

Helping your child stay safe at school

Diabetes isn't something your child can leave behind when he or she heads off for school.

That's why it's important to work closely with teachers and staff members so that your child's diabetes is managed just as well at school as it is at home.

One way to see that this happens is to provide the school with a diabetes health care plan. This is a written plan for managing your child's diabetes at school, developed with guidance from your child's doctor. Here's some of the information it should include:

- ✓ Your child's target range for blood sugar.
- ✓ When and how your child's blood sugar should be tested.
- ✓ When and how your child should take insulin or diabetes pills.
- ✓ Your child's requirements for meals, snacks and exercise.
- ✓ How to spot the signs of low and high blood sugar.
- ✓ When and how to contact your child's doctor.
- ✓ When and how to reach you if a problem develops.
- ✓ When to call for emergency help.

This plan needs to be updated each school year—and whenever there's a change in the way your child's diabetes is controlled. When you've prepared the plan, consider scheduling a meeting with your child's teachers, coaches and other key staff members to discuss it.

American Diabetes Association

should also carry—or have access to—glucose tablets.

Check and check again. Your child's doctor may advise checking your child's blood sugar before and after exercise and every half hour during it. Also be aware that exercise, especially if it's strenuous, may affect blood sugar for up to 24 hours after your child was active.

Numbers to Know

Patient Information/
Main Hospital.....661-395-3000
Bariatric Solutions—Surgery.....661-869-6750
Bariatric Solutions—
Meal Replacement.....661-869-6760
Children's Mobile
Immunization Program.....661-869-6740
Foundation.....661-869-6570
Home Care Services.....661-869-6700
Human Resources.....661-869-6600
Job Hotline.....866-744-9313
Patient Billing Office.....661-869-6800
The Wellness Center.....661-869-6580
TTY for the Hearing Impaired..661-323-7629

San Joaquin Community Hospital

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Bakersfield, CA 93301

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 www.sjch.us

A SOURCE YOU CAN TRUST

San Joaquin Community Hospital's new website provides a wealth of reliable health information. Visit www.sjch.us and click on "Health Library" to explore a variety of topics.

WEBSITE HAPPENINGS

The all-new San Joaquin Community Hospital (SJCH) website continues to add new features designed to offer our patients, their families, visitors and members of the community a convenient, educational and interesting way of learning about SJCH's programs and health care in general. We've also launched the Health Library, located on the homepage next to "News Room."

Also, look for Physician Profiles, a series of personable mini-movies starring local doctors who give insight into what they do and why they do it. Learn what motivated these caregivers' decisions to go into medicine. It's also a great way to get to know your caregiver!

We invite you to visit www.sjch.us and check it out!

 Find us on Facebook

 Go to www.facebook.com/SJCHBakersfield.

Find reliable health info online

IT'S ONE THING to shop for a shirt online. If it doesn't fit, no big deal—you can send it back. But it's another thing to look for health information online. If the information you get is from unreliable sources, your health could be at stake. And that, of course, is a big deal.

So the next time you go online for health information, put websites to the test with these questions from the National Cancer Institute and the U.S. Food and Drug Administration.

Who runs the site? You should be able to easily find out who is responsible for the site and its information. Look for an "About Us" section.

What is the purpose of the site? Is it to inform? To sell something? To raise money? Be cautious about sites trying to sell a product or service.

Where does the information come from? If it wasn't written by the person or organization in charge of the site, it should be attributed to the original source.

Medical facts and figures should have references (to articles in medical journals, for instance). And opinions or advice



should be clearly set apart from information that is based on research.

Does the information sound too good to be true? If so, it probably is. Beware of sites that promise quick, dramatic or miraculous results.

Who reviews the material, and how current is it? Health-related websites should list the medical credentials of the people who prepare or review the information. It's especially important that health information be current.