

San Joaquin Community Hospital

Adventist Health

Summer 2011

# the health matters



The secret's  
**OUT!**

SJCH reveals a big surprise: A \$36.2 million cancer center and outpatient surgery center

# Eat fresh this summer



● Kira Wiggins, director of The Wellness Center at San Joaquin Community Hospital

**THE SUMMER SEASON IS** bursting with good foods that are also good for you. Take the time to incorporate some of the best choices into your diet—your body will thank you!

*Health Matters*

asked Kira Wiggins, director of The Wellness Center at San Joaquin

## Carrot and cabbage slaw

with rice vinegar dressing and dry roasted peanuts

### INGREDIENTS

- 2 tablespoons rice wine vinegar
- 1 teaspoon canola oil
- 1 teaspoon honey
- 1 teaspoon soy sauce
- 1 cup coarsely shredded carrots
- 2 cups coarsely shredded cabbage
- 1/3 cup chopped dry roasted peanuts, preferably unsalted

### INSTRUCTIONS

In large bowl, whisk together vinegar, oil, honey and soy sauce. Add carrots and cabbage. Toss to blend. Sprinkle peanuts on top and serve.

### NUTRITION INFORMATION

Makes 6 servings. Per serving:  
92 calories, 6g total fat,  
<1g saturated fat, 8g carbohydrates, 2g protein,  
2g dietary fiber, 45mg sodium

Source: American Institute for Cancer Research

Community Hospital (SJCH), to share some tips on how to turn summertime into nutritious-time.

**HM** Even though we should eat healthy at all times of the year, does summer offer some extra opportunities for smart consumption?

**KW** Yes! Summer offers a unique opportunity to eat some of the freshest and best tasting fruits and vegetables. We are fortunate to live in an agricultural haven, so we have access to produce that is literally fresh off the vine.

**HM** What do you recommend for a nutritious, sizzlin' summertime BBQ?

**KW** There are so many options! Among my favorites are grilled salmon, which contains healthy omega-3s, served with kiwi or mango salsa, which contains a lot of vitamin C. You can serve that with steamed baby red potatoes with rosemary butter made with Smart Balance margarine, which also contains omega-3s, and a spinach salad, which contains iron, topped with balsamic citrus dressing. For dessert, finishing with a cool berry and vanilla yogurt parfait with fresh mint leaves provides calcium, fiber and vitamin C.

**HM** What about fresh vegetables—is summer the best time to grow some of your

own healthy food? Where should one start?

**KW** Absolutely! We live in a great climate for growing a variety of foods. Start with tomatoes because they can be grown just about anywhere. If you don't have a lot of space, grow a tomato plant in a pot. They grow great in our hot weather, and if you have never eaten a tomato fresh off the vine, you are in for a real treat!

Peppers also grow well in our area. Grow red, yellow, green and orange sweet peppers, and you will have a decorative yet functional garden. Herbs like rosemary, mint, oregano and lavender all grow well in this area. Put them in pots or in the ground, and you can almost forget about them—until dinner, that is!

**HM** True or false: There is such a thing as a summer picnic meal that isn't heavy on fats and sweets.

**KW** True! There are so many options for fresh salads, but my favorite is a cucumber and fresh tomato salad tossed with olive oil, balsamic vinegar and fresh, low-fat mozzarella. Pair this with tuna salad lettuce wraps and fresh peaches for dessert, and you will have a happy crowd! If you must have a traditional potato salad, stir some nutrition in it by using plain Greek yogurt and fresh dill instead of mayonnaise and salt.



**GET HEALTHY** The Wellness Center at SJCH is a comprehensive headquarter for healthy living. In addition to being the only nationally certified hospital-based diabetes education program in Kern County, The Wellness Center also offers one-on-one nutrition counseling, healthy lifestyle management classes, and cardiac and pulmonary rehab. For more information, call 661-869-6580.

## BRINGING HOME THE GOLD

San Joaquin Community Hospital (SJCH) has won six awards in the 28th Annual Healthcare Advertising Awards competition, including two golds!

SJCH received the following recognitions:

**Gold:** Special Event, Satterfield Consulting, Inc., "A Grand Affair of the Heart"

**Gold:** Total PR Program, Willis Design Studio, "Living Our Values"

**Bronze:** Publication External, Coffey Communications, *Health Matters*

**Merit:** Brochure, Shepherd Design, "Pocket Pal"

**Merit:** Other, Willis Design Studio, "Baby Love"

**Merit:** Poster, Willis Design Studio, "Project LOV"

SJCH was also a winner in the Aster Awards, an elite competition recognizing the nation's most talented health care marketing professionals for excellence in advertising.

Winning entries, judged by a diverse panel of experts, are published in *Marketing Healthcare Today* magazine. SJCH won:

**Silver:** *Health Matters*, Fall 2010

**Group:** Hospital, 150 to 299 beds.

**Category:** Magazine publication.

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San Joaquin Community Hospital's newest neighbor, Kaiser Permanente, is here to help you with specialty care services.

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recently broke ground on the new \$36.2 million Cancer Center and outpatient surgery center. Read about the plans SJCH has to bring high-quality cancer care to Kern County.

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#### Sacred Work.

At San Joaquin Community Hospital, we believe in treating our patients, guests and co-workers as we would treat our own family.



## SUMMER 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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### When you need to find a doctor

You can search by specialty or by the doctor's last name at San Joaquin's website.

 Go to [www.sjch.us](http://www.sjch.us) and click on "Find a Doctor."

### Keeping informed

**Your online health partner.** San Joaquin Community Hospital's website, [www.sjch.us](http://www.sjch.us), has received a complete makeover. Read about the new features and services available to you. **page 4**

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# It's all new!

## SJCH website makeover complete

**IF YOU'VE RECENTLY** visited San Joaquin Community Hospital's (SJCH) website, [www.sjch.us](http://www.sjch.us), you may have double-checked your browser to make sure you were in the right place. While the URL didn't change, almost everything else on our website did.

As part of Adventist Health's new systemwide strategy, SJCH was chosen as the pilot site to lead the 17-hospital system in a website culture shift, which included a complete overhaul in design, content and functionality. After more than a year of work, SJCH's new website debuted this spring.

"When we were approached about being the pilot site for this tremendous corporate undertaking, it was an honor for our hospital and marketing team," said Jarrod McNaughton, SJCH vice president for marketing and business development. "Over the past year, we've been working diligently to create a website that would not only lead our health system to new heights but would become a true resource for our local community. I'm confident that we've done that and will continue to add useful tools that will benefit all who visit the site."

### What you'll find

Stand-out features on the new site include:

→ "Services & Programs" gives you an overview of the major health care services offered at SJCH. It also includes information on preventing and treating various diseases, dynamic video presentations, and a directions tool that will help you get from where you are to where you need to be.

→ Headed to our hospital campus soon? Check out "For Patients & Visitors," which provides you with everything you need to know about coming to the hospital, whether you're having an operation or visiting a loved one.

→ In our "Quality of Care" section, you'll learn how SJCH is diligently striving to become the industry standard for patient safety and satisfaction.

→ From our children's immunization clinics to our childbirth education courses, we offer a multitude of classes for our community. By clicking on "Events & Classes," you can view a dynamic calendar of all our upcoming events.

→ Need information? Head to the "News Room" where you can read our latest news and publications or watch our latest videos and commercials. If you're a member of the local media, you'll find contact information and news to keep you up to speed.

→ No matter where you are on our website, our call-to-action box goes with you. Whether you'd like to find a doctor, pay your hospital bill or get directions to the hospital, it's always just one click away.

Though the new website has already launched, SJCH will continue to roll out sophisticated features to create a rich web experience. In the coming months, be on the lookout for a full-scale health library, integrated doctor profiles and much more. We hope you enjoy [www.sjch.us](http://www.sjch.us), because it's all new!



[www.sjch.us](http://www.sjch.us)



## Suitcases for CASA

A suitcase to most people means a trip or a vacation. To a neglected or abused child who is going through the foster care system, a suitcase means they are worth something, they own something of value and they, too, have value. SJCH and Court Appointed Special Advocates (CASA) of Kern County teamed up for a successful suitcase drive on April 14. Coincidentally, the suitcase drive took place during National Volunteer Week, so SJCH's volunteers were happily on hand to help take in the donations.

There are 219 local CASA volunteers who work with the Department of Human Services to advocate for the best interests of the children assigned to a CASA. To learn more, visit [www.kerncasa.org](http://www.kerncasa.org) or call **661-631-2272**.

## Our new neighbor: Kaiser Permanente

Kern County's newest facility, known as the Chester Avenue Medical Office Building, opened in December 2010. It is located at 2531 Chester Ave., adjacent to San Joaquin Community Hospital.

The building houses Kaiser's specialty care services—head and neck, ophthalmology, orthopedic surgery, podiatry, pulmonology, urology, radiology, and wound care—as well as a lab and pharmacy. Much of the facility's décor is made up of local artwork. There is also free valet parking for all Kaiser patients and visitors.



• Representatives from Kaiser Permanente, the Downtown Business Association and SJCH were on hand for the official opening of Kaiser's Chester Avenue Medical Office Building.

## Save the date

✓ **SJCH's Sacred Work Sabbath**, a special day of communitywide worship with inspirational speakers and performers, will return to the Rabobank Convention Center on **Saturday, Aug. 20**. It's free and open to all.

✓ **GospelFest** returns for another bonanza of great music from both local and national performers, including everyone's favorite, Brandon Heath, our headlining act. Don't miss this wonderful gathering that is sure to touch your heart! Come out to the Brighthouse Amphitheatre at RiverWalk Park **Sunday, Oct. 2**, from 3 to 10 p.m. Free admission.

✓ **Got Mud?** If you don't mind a little—or a lot—of mud in the way of your running, come out to this year's Volkslauf on **Saturday, Oct. 8**. SJCH is one of the presenting sponsors of this highly popular community event. Race registration is open now through Sept. 20. Early registration through Aug. 31 is \$60 per runner; from Sept. 1 to 26 it's \$70 per runner. Only 2,500 runners can participate. There is no race-day registration, so visit [www.volkslauf.com](http://www.volkslauf.com) today! Proceeds benefit The Chevron Fund at the SJCH Foundation.

## Holy hole-in-one!

Tyson Fieldsted, a staff RN in the Intensive Care Unit at San Joaquin Community Hospital, won a new Toyota when he made a hole-in-one at the second annual JJ's Legacy Golf Tournament on March 7 at Seven Oaks Country Club. It's the first hole-in-one at the course in more than 20 years and the first ever for the charity golf event!

JJ's Legacy is a non-profit organization created by Lori Malkin in honor of her son, Jeffrey Johns, who passed away in 2009 at the age of 27. As an organ donor, he helped save the lives of five people. Another 50 were also helped through his tissue donation.



# THE SECRET'S

# OUT!

San Joaquin  
Community  
Hospital  
announces a  
\$36.2 million

## CANCER CENTER, AND OUT

**THE BIG SURPRISE** announcement at San Joaquin Community Hospital (SJCH) was revealed in front of hundreds of local dignitaries, community members, SJCH Governing and Foundation board members, and hospital staff at a special groundbreaking event on May 17 in downtown Bakersfield.

With recent property purchases and subsequent demolition work directly across the street from SJCH, on the east side of Chester Avenue, near 27th Street, many people in the community have wondered just what's next on the health care horizon for the hospital.

Well, that question now has an answer: It's The Cancer Center at SJCH!

### Comprehensive cancer care

The four-story, 60,000-square-foot facility will house radiation oncology, medical oncology and an outpatient surgery center all under one roof. The estimated cost to build and equip The Cancer Center is \$36.2 million. Hospital officials expect it to be up and running in 12 to 15 months.

The Cancer Center will have only the best technology and the most experienced caregivers: specialists with board certification and fellowship training specifically in oncology. It is also expected to create 100 highly skilled, highly paid professional positions—a welcome boost to our local economy.

### The big announcement

In grand fashion, plans for what will be Kern County's first hospital-based,

comprehensive cancer care facility were unveiled at the event to show architectural renderings of The Cancer Center at SJCH. Once uncovered, the largest rendering, which was 60 feet wide, served as a backdrop to the various speeches.

SJCH President and CEO Robert J. Beehler did the honors with a countdown, culminating with the actual unveiling of the various renderings.

"I present to you The Cancer Center at San Joaquin Community Hospital," said Beehler over a loud round of applause at the sight of the future facility. "Today we celebrate the end of the beginning of this project—we have purchased the land, engaged planners and architects, worked with our friends at the city to close this road (27th Street, between Chester Avenue and K Street). We have worked with Adventist Health to secure approval and funding for a substantial part of this project."

The building will also house physician offices, and its outpatient surgery center will serve general and cancer patients just east of SJCH's 255-bed facility.

### Supporting our Sacred Work

Beehler emphasized how SJCH's Sacred Work mission to heal the whole person—physically, emotionally and spiritually—is a natural fit to how The Cancer Center will operate.

"Nothing cries out for the unique ministry of Sacred Work like cancer patients, and currently 1 in 5 cancer patients leave town to seek care elsewhere," he said. "We

—Continued on page 8

**1** Ta-da! Renderings of The Cancer Center are revealed as Mayor Harvey Hall (left), Debbie Moreno and Supervisor Karen Goh get their first look.

**2** Going for the gold: Only golden shovels would do for this special groundbreaking!



1



2



# PATIENT SURGERY CENTER

*The Cancer Center  
at San Joaquin Community Hospital*



This architectural rendering represents the four-story, 60,000-square-foot Cancer Center and outpatient surgery center—all under one roof—scheduled for completion in the next 12 to 15 months.



## Continually expanding

San Joaquin Community Hospital (SJCH) is no stranger to building projects. During the past few years, the hospital has expanded both in size and services. In 2007, SJCH built a 130,00-square-foot patient tower that doubled the hospital's available space.

SJCH has also become the first hospital between Los Angeles and San Francisco to have both a Nationally

Accredited Chest Pain Center and Nationally Certified Stroke Center under one roof, as well as the only hospital in Kern County with a Grossman Burn Center.

Now, The Cancer Center signals the next phase in the hospital's expansion. It will create a medical corridor spanning Chester Avenue, providing top-notch care to the people of Kern County.

# The new center will provide compr



—Continued from page 6

intend to do something about that by providing cancer care equal to that available in the most respected academic centers; we will demonstrate that with our affiliations and our certifications.”

## The home field advantage

With the growing population of Kern County having some of the highest cancer rates in California, The Cancer Center will help meet current and future health care needs, adding to the local landscape of cancer care.

“We don’t think cancer should be fought as an away game,” Beehler said. “We believe we need the home field advantage with family support nearby.”

Also among the guest speakers was Kaiser-Permanente Chief Financial Officer Dan McReynolds, who said he was thrilled about The Cancer Center. Kaiser and SJCH are contracted caregiving

partners. The Cancer Center will be just steps away from Kaiser’s newest addition: the Chester Avenue Medical Office Building, which opened in December 2010.

“We are very happy,” McReynolds said at the groundbreaking ceremony. “We couldn’t have chosen a better partner than San Joaquin.”

Mayor Harvey Hall was also in attendance. He, too, applauded the project, saying The Cancer Center will be a continuation of SJCH’s ongoing efforts to make our community a healthier place.

## Environmentally conscious

It was also announced that SJCH’s building project is LEED-certified, meaning that The Cancer Center will meet strict environmental regulations, as well as all energy-efficient standards. Even the materials from the continued demolition work are being recycled, and precautions are in place to minimize the level of particulate matter during the teardown.

For more information about  
The Cancer Center, visit [www.sjch.us](http://www.sjch.us)

**3** Demolition is underway on the east side of Chester Avenue.

**4** It was a packed audience at the revealing of SJCH’s latest expansion plans.

**5** We dig this! From left are Kenneth Gibb; Chris Frank; Joe MacIlvaine; John Dovichi; Donald Cornforth, MD; Robert J. Beehler and Mayor Harvey Hall.

**6** A collection of banners offered additional views of The Cancer Center.

**7** Local media turned out in force for SJCH’s big reveal.

**8** Picture-perfect treats: These custom cookies from Smith’s Bakery also shared the vision for The Cancer Center.

**9** Rain, rain, go away! Thankfully, the rash of rare May storms held off long enough for a dry groundbreaking event.

# Comprehensive care—all under one roof.



5

## Close-to-home cancer care

Wendy Wayne, a well-known community leader who spoke at the unveiling of the renderings for The Cancer Center, identifies with local cancer patients who seek treatment outside our city limits.

In fact, as Wayne explained, during her own three-year battle with Stage 4 non-Hodgkin's lymphoma, she traveled a total of 12,500 miles to and from Cedars-Sinai Medical Center in Los Angeles for treatment and follow-up visits.

To put it in perspective, that's a distance equal to halfway around the world, or four times back and forth across the U.S., Wayne told the audience.

"I am the 1 in 5 statistic," she said. "I traveled out of town for treatment...I am here today, cancer-free, and I applaud San Joaquin Community Hospital for bringing a world-class cancer facility to Bakersfield. Now, if I need to accompany a friend or family member for cancer treatment, I'll just have to go across town, not out of town."



6



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9

"We don't think cancer should be fought as an away game. We believe we need the home field advantage with family support nearby."

—SJCH President and CEO Robert J. Beehler

# Sacred Work is put into

The Living Our Values program gives patients a way to thank and honor hospital employees who go above and beyond.

**AFTER EMMETT LONG** returned to San Joaquin Community Hospital (SJCH) for his second knee surgery, he prayed he would have the same physical therapist that he had after his first surgery. That therapist, Paula Badasci, was so loving and caring that he looked forward to the sessions.

“People continually notice how well I walk without a limp so soon after surgery,” Long wrote in a note to Badasci. “I tell them I can hear my physical therapist walking behind me, saying ‘Emmett, now walk normal.’”

Thanks to SJCH’s Living Our Values campaign, patients like Long can recognize hospital employees who left a lasting impression on them. The program offers a formal way for patients to write a note and give a gift in someone’s honor. That honoree will receive a special pin they can attach to their nametag and wear with pride.

“It’s just a phenomenal program,” said Kevin Burton, the Foundation’s president and executive director. “There’s finally an avenue for caregivers to be recognized by the ones they touch.”

### **An avenue for appreciation**

When patients receive exceptional care, they often want to acknowledge their gratitude. But hospital policy prohibits gift giving, and staff must refuse presents such as flowers or chocolates. With the new program, patients have an avenue to

express their appreciation.

“What we’re trying to do is make it as easy as possible for families to recognize a special caregiver, while also supporting our hospital,” Burton said.

The program also lets frontline caregivers know they’re making a difference. And Living Our Values supports the hospital’s mission to treat every interaction as an opportunity to create a lasting impression.

There are various display boxes containing small note cards that ask a simple question: “Were you blessed by one of our employees?” If so, the Foundation invites patients to write a note recognizing that caregiver. If they choose, they can also include a donation to the Foundation in that employee’s honor. Donations can be submitted by mail, phone and, in the future, online.

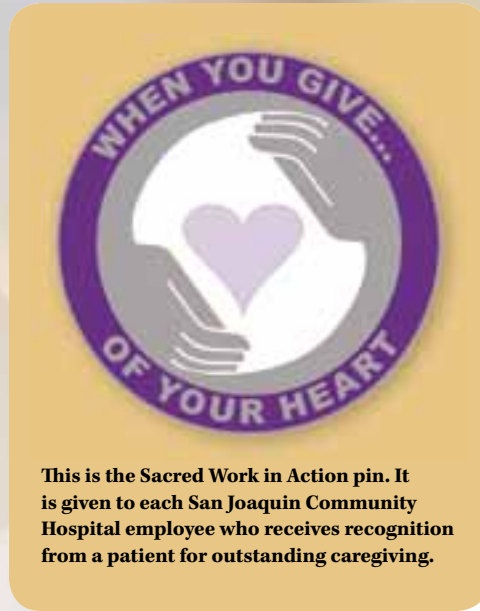
### **Superstars of service**

Recognized employees receive a quarter-sized purple and silver pin with a heart in the center, encircled by an inscription that reads: When you give...of your heart. “We want employees to know that when they give of their hearts, magic happens,” Burton said. “They’re touching the lives of tens of thousands of patients.”

Burton will present the pins at shift meetings or staff meetings, called huddles, in front of the recipient’s colleagues.

He hopes that the public presentation will spark some friendly competition,

## action



**This is the Sacred Work in Action pin. It is given to each San Joaquin Community Hospital employee who receives recognition from a patient for outstanding caregiving.**

inspiring employees to elevate their level of care. The awards will also educate the staff about the Foundation's role and help build a larger culture of philanthropy.

"As I start presenting at the huddles, momentum is going to grow and people are going to start talking about it," Burton said.

The donations will go to the Foundation, which gives everything back to the hospital to improve patient care. The gifts are designated to go to the Greatest Need Fund, which supports items such as burn garments or other hospital needs.

Although the program was just launched this year, the Foundation has already received several donations and letters of thanks.

In one case, someone wanted to thank a dietary staff member for bringing special food. In another case, an emergency room patient wanted to thank a nurse for her thoughtful explanation of his upcoming medical journey. She held his hand and smiled as she spoke. The patient said he felt calmer and less fearful.

Ultimately, those small gestures of kindness are what the program hopes to spotlight, so that when SJCH employees display Sacred Work, it will be acknowledged in a heartwarming way.

"It's the little things that make a big difference," Burton said. "Sometimes, patients just need to hear that extra heartfelt, encouraging voice."



## Foundation Board

**Robert J. Beehler**  
SJCH President and CEO

**Kevin Burton**  
SJCH Foundation President/  
Executive Director

**Janet Clary**  
Community Volunteer

**Donald Cornforth, MD**  
Quest Imaging at SJCH

**Wayne Deats**  
Financial Consultant

**John Dovichi**  
Dovichi Custom Homes

**Chris Frank**  
SJCH Foundation  
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**Monique Rogers**  
ARRC Technology

**Brent Soper**  
SJCH Vice President  
of Finance and CFO

## Contact us!

 **Call** 661-869-6570,  
**or visit** [www.sjchgiving.org](http://www.sjchgiving.org)

# Another first for SJCH!

## Bakersfield man receives innovative MRI-compatible pacemaker



● Abraham Morales

**ADD THIS TO** San Joaquin Community Hospital's (SJCH) growing list of health care firsts: The hospital is the first in Kern County to have successfully implanted an MRI-compatible pacemaker. Developed by Medtronic, the Revo MRI Surescan Pacemaker System is the only pacemaker in the U.S. specifically designed for

use in a magnetic resonance imaging (MRI) environment. Before the Revo MRI Surescan pacing system, MRI procedures were not recommended for patients with implanted pacemakers because these patients might face serious complications, such as interference with pacemaker operation, damage to system components or displacement of the pacemaker.

"Finally, pacemaker technology has caught up with other areas of health care, such as MRI," said Oriento Esposo, MD, the cardiologist who performed the inaugural MRI pacemaker operation at SJCH. "It's going to make a big difference for our patients."

It has been estimated that there is a 50 to 75 percent probability that cardiac device patients will need an MRI during the time they have a pacemaker.

For 83-year-old Bakersfield resident Abraham Morales, Kern County's initial recipient of the Revo MRI Surescan pacing system, and his family, concerns about conflicts between his pacemaker and a potential MRI are no longer on the radar.

"First of all, I'm glad my dad made it through his surgery without any problems and is now able to breathe better," said Rachel Escoto, Morales' daughter. "Plus, we now have peace of mind knowing that he can get an MRI, if needed, without having to worry about complications with his pacemaker."

### The importance of MRI

Each year, nearly 320,000 pacemakers are implanted in patients in the U.S. Additionally, around 40 million MRI scans are performed per year. With the prevalence of, and necessity for, both of these innovative technologies growing, approximately 200,000 people annually have not been able to receive MRI because of potential pacemaker complications. Often, this is a detriment to patients.

"For injuries to important areas such as the brain, spine and joints, other methods of diagnosis can't compare with the sophistication of MRI," said Donald Cornforth, MD, co-founder of SJCH's Quest Imaging. "The key to MRI technology is that it shows cartilage and ligaments, whereas x-rays and CT scans are not able to show that level of detail."

For some patients, this can mean the need for invasive procedures, not only to fix a problem but simply to diagnose the pain or illness, Cornforth added.

"With MRI becoming more and more popular for diagnosis, it's important that we work diligently to provide cutting-edge technology for our patients that won't inhibit their future options," said Mike Pelzer, director of the SJCH Cath Lab. "By having the MRI-compatible pacemaker available, we can give our patients the best of both worlds."

Just ask Morales. "When I first got to the hospital, I could barely walk and was having a lot of trouble breathing," said Morales. "But now, I feel great. It's truly amazing."

Many of the statistics and facts in this report are courtesy of Medtronic. Read more about the Revo MRI Surescan Pacemaker System at [www.medtronic.com/revomripr](http://www.medtronic.com/revomripr).



● Bakersfield resident Abraham Morales was the first in Kern County to receive the MRI-compatible pacemaker.

**"We now have peace of mind knowing that he can get an MRI, if needed, without having to worry about complications with his pacemaker."** —Rachel Escoto



# 5

## RISKS TO KNOW

No one is safe from the sun, including people with dark skin. However, the risk is greater if you have:

1. Fair skin.
2. Blue or green eyes.
3. Blonde or red hair.
4. A family history of skin cancer.
5. Skin that burns, freckles or reddens easily.

Centers for Disease Control and Prevention

# Family sun smarts

## BURN CARE CLOSE TO HOME

Before 2009, Kern County residents in need of specialized burn care had to travel more than 100 miles for treatment. That all changed when San Joaquin Community Hospital (SJCH) partnered with Los Angeles-based Grossman Burn Centers to bring a full-treatment burn center to Bakersfield. Now, all residents can have peace of mind knowing the best burn care is right here in their hometown.

The Grossman Burn Center at SJCH provides:

- ✓ Full-treatment burn care at our four-bed inpatient center
- ✓ Outpatient care at The Aera Clinic
- ✓ State-of-the-art technology, including a hydrotherapy suite
- ✓ World-renowned caregivers and plastic surgeons
- ✓ Ongoing support groups and psychological care

Visit the Grossman Burn Center at SJCH, 2819 H St., Suite A, Bakersfield or call 661-869-6130.

**SUNSHINE ON** your body may feel good. But too much exposure to the sun's powerful ultraviolet (UV) rays can do damage, ranging from aging skin prematurely to causing skin cancer—even in young people.

That's why it's important for everyone in the family to practice sun safety. Here's how: **Safeguard your baby.** The American Academy of Pediatrics recommends keeping infants younger than 6 months old out of direct sun entirely. If that's not possible, make sure to completely cover all of a baby's skin in clothing, including the head. It's OK to apply a small amount of sunscreen to a baby's face and the back of the hands.

**Slather up.** Use a sunscreen and a lip balm with an SPF (sun protection factor) of 30 or higher, the American Cancer Society advises. For youngsters, choose a waterproof sunscreen with a label indicating that it's recommended for children.

Before applying sunscreen to a child, rub a small amount on his or her back to check for an allergic reaction. If no reaction occurs, spread sunscreen evenly over all uncovered skin, including the ears and lips, the tops of feet and hands, and the backs of knees (if they are exposed).

Be careful applying sunscreen around the eyes, and be sure to avoid the eyelids.

You can use a lip balm instead of sunscreen on the lips if you prefer.

Everyone should apply sunscreen 30 minutes before going outdoors. Reapply after swimming or excessive sweating.

Use sunscreen all the time—even when you think you might not need it, such as on overcast days. Radiation from the sun can pass through clouds. It can also pass through glass, which means you're still susceptible to the dangers of the sun when in a vehicle.

For extra sun protection, rub opaque creams containing zinc oxide or titanium dioxide on the nose, cheeks, tops of the ears and shoulders.

**Dress for protection.** Dress your child (and yourself) in lightweight, tightly woven clothing that covers the arms and legs, and put on a hat with a 2- to 3-inch brim to shade the face, scalp, ears and neck. Children and adults should wear wrap-around sunglasses that provide protection from both UVA and UVB rays.

**Play safely.** Encourage children to play in the shade as much as possible, and keep them indoors when the sun's rays are strongest, between 10 a.m. and 4 p.m. When possible, adults also should avoid sun exposure during this time.

American Academy of Dermatology; Centers for Disease Control and Prevention

# Preventing another

# STROKE



**PEOPLE WHO HAVE HAD ONE HEART ATTACK** are at risk of having another.

The same is true for stroke. After you've had one, you're vulnerable to a second. In fact, your risk for another stroke is much higher than someone's risk for a second heart attack.

If you're still recovering from your first stroke, preventing a future event may be far down on your list of priorities. But it's a vital topic of conversation for you and your doctor.

## Know your risks

A good portion of American adults are unaware of what makes one person more susceptible than another to having a stroke, according to Bruce Ovbiagele, MD, spokesman for the American Stroke Association.

"Up to 25 percent don't know any stroke risk factors at all," Ovbiagele says.

According to the National Stroke Association, smoking is a major risk factor for stroke. Others include: → High blood pressure. → Heart disease. → Diabetes. → High blood cholesterol.

It's important to find out what caused your stroke, because the same factors may be driving your risk for a second.

**High blood pressure is the most modifiable risk factor for stroke. Talk to your doctor about managing your blood pressure.**

## SJCH: Your premier hospital for stroke care

As the first and only hospital in Kern County to have a Nationally Certified Stroke Center and Nationally Accredited Chest Pain Center under one roof, San Joaquin Community Hospital (SJCH) has established itself as the region's leader in stroke treatment.

From the first signs of a stroke, our Stroke Alert team—made up of physicians, nurses, lab technicians and imaging specialists—springs to action. In addition to highly skilled caregivers, the Stroke Center is equipped with the latest technology, including Bakersfield's first hospital-based 64-slice CT scanner, which provides detailed information about the brain within minutes.

Located in the heart of downtown Bakersfield, SJCH is a 255-bed facility that provides health care services in Bakersfield and the surrounding communities in Kern County. SJCH's mission is to share's God's love with our community by providing physical, mental and spiritual healing.

It's not just what believe, it's what we do. It's the SJCH difference. Visit [www.sjch.us](http://www.sjch.us) for more information about stroke services at SJCH.



## What you can do

To help avoid a second stroke, ask your doctor to review your risks.

“There is no one-size-fits-all approach to stroke prevention,” Ovbiagele says. But here are some of the most important things you can do:

**Control your blood pressure.** High blood pressure is the most modifiable risk factor for stroke. Talk to your doctor about your blood pressure goals and how to achieve them with lifestyle changes or medication.

**Control your cholesterol.** If your levels of LDL cholesterol (the bad kind) and triglycerides (another type of blood fat) are too high, you may need to take a statin medication to help lower them.

**Modify your diet.** The primary dietary change after a stroke is to reduce your intake of salt, or sodium, says Ovbiagele. It’s particularly crucial to do so if you have

high blood pressure. Your doctor also may suggest a low-fat diet that emphasizes fruits, vegetables and whole grains.

**Take your medications.** Most people need to take several medications after a stroke. You may be able to eventually cut back on how much medication you take, but it’s important not to stop any medications without your doctor’s approval.

## Plan ahead

Recovering from a first stroke can be a challenge. Preventing a second one is essential.

It’s also a lifelong effort.

Even as your health improves and you feel better, you’ll always be vulnerable to another stroke. So work closely with your doctor to identify your personal risks, and follow the plan the two of you develop to control them.

## Sudden symptoms require quick action

Distinct. It’s how medical experts describe stroke symptoms.

They appear fast and include sudden:

- ✓ Numbness or weakness in the face, arm or leg—often on one side of the body.
- ✓ Confusion or trouble speaking or understanding speech.
- ✓ Trouble seeing in one or both eyes.
- ✓ Trouble walking, dizziness, or loss of balance or coordination.
- ✓ Severe headache for no known reason.

Any of these symptoms is reason to call 911. In many cases, a medication called TPA (tissue plasminogen activator) can be used to stop a stroke in its tracks.

TPA is most effective when given within three hours of the first signs of a stroke. But because it will take time to evaluate your condition once you arrive at the emergency department, it’s best to get to a hospital within 60 minutes of any stroke symptom.

Every second counts with a stroke. Call 911 for an ambulance—don’t try to drive to a hospital—if you suspect stroke in yourself or someone else.

National Institutes of Health

## Your parents may affect your risk of stroke

If your mother or father had a stroke, you may be at risk for one too, according to one U.S. study.

To see if a parental history of stroke is an important risk factor for the disease, researchers followed 3,443 adults who were stroke-free when the study started. The researchers also looked at the health records of the participants’ parents to see how many of them had experienced a stroke by age 65.

After adjusting for other risk factors, the

researchers found that people with a parent who had a stroke by age 65 had nearly four times the risk of having a stroke themselves by the same age compared with people whose parents were stroke-free at 65. Their risk for a stroke at any age was higher too.


You can’t change your parents. But you can take steps to change other risks for stroke, such as controlling high blood pressure and quitting smoking.

*Circulation*, Vol. 121, No. 11

## 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

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