

Health Matters

FALL 2016

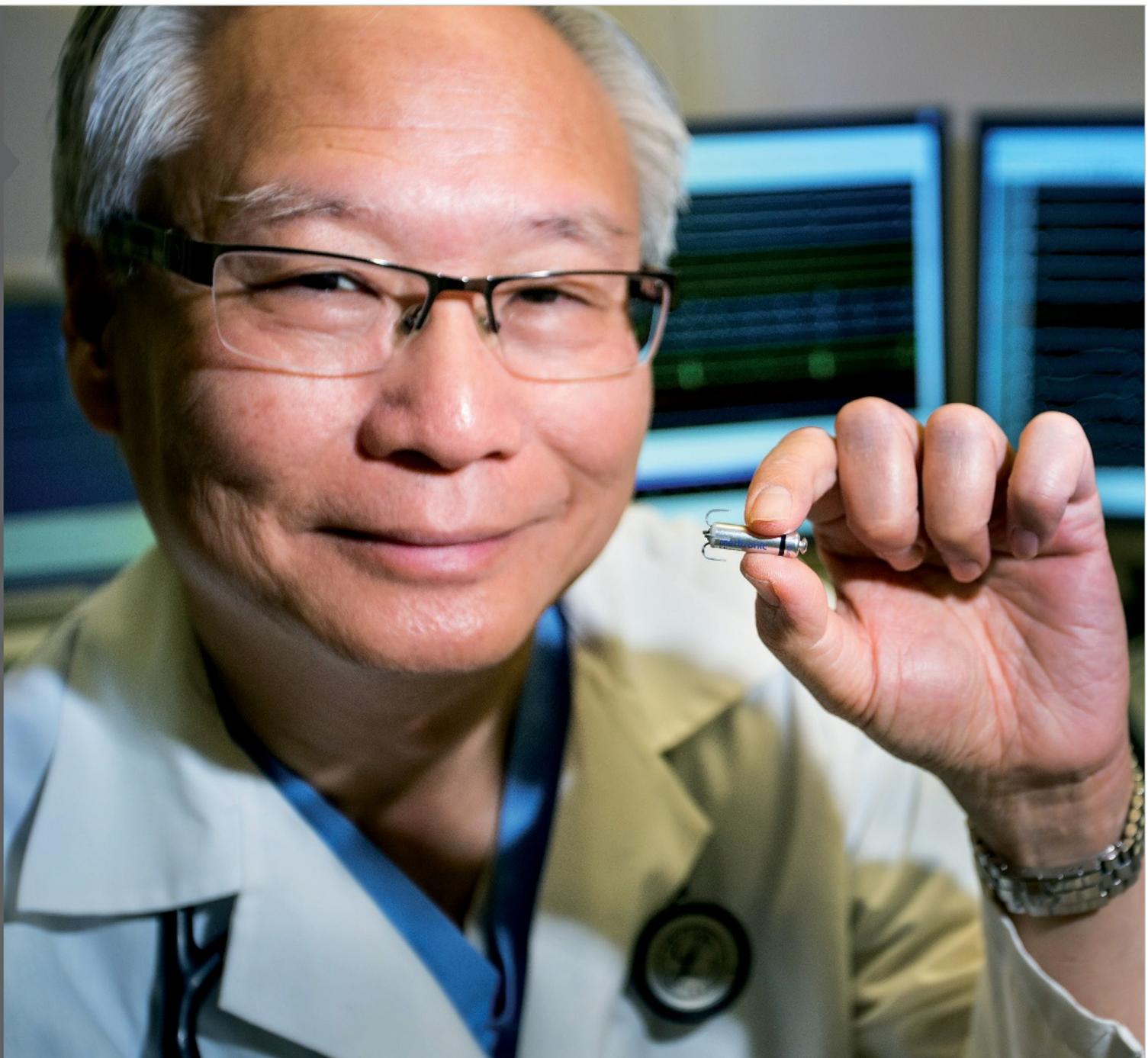
Micra® Transcatheter
Pacing System:
Providing Patients
with the
Most Advanced
Technology Available

Breastfeeding:
Promoting Healthy
Habits

Dining Out,
Reservation-Free

The Gift of Life:
Santa Rosa
Memorial Hospital
Recognized for
Organ Donations

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St. Joseph Health 
Santa Rosa Memorial • Petaluma Valley

Miniaturized Heart Device Provides Patients with the Most Advanced Pacing Technology Available

Approximately 3 million people worldwide have pacemakers and an additional 600,000 get implanted each year. Pacemakers are the most common way to treat bradycardia, which is a slow or irregular heart rhythm that inhibits the heart from pumping enough oxygen-rich blood to the body, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers help restore the heart's normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

Since their inception in 1949, pacemakers have significantly evolved. The original pacemaker was a bulky box which had to be plugged into the wall for power. Nearly a decade after the original pacemaker was invented, Medtronic developed a four-inch, battery-powered box that could be taped to the patient's chest. Over the past 58 years, Medtronic has continued to create innovative pacemakers; each one providing more benefits than the last.

Medtronic recently developed the most ingenious pacemaker yet. The Micra® Transcatheter Pacing System (TPS) is the world's smallest pacemaker, providing patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker. Comparable in size to a large vitamin, the Medtronic Micra TPS

is unlike traditional pacemakers, because the device does not require cardiac wires (leads) or a surgical "pocket" under the skin to deliver a pacing therapy. Instead, the device is small enough to be delivered through a catheter and implanted directly into the heart with a small tine, offering a safe alternative to conventional pacemakers without the complications associated with leads — all while being cosmetically invisible.

Santa Rosa Memorial Hospital is the first hospital West of Kansas City to implant the Micra TPS, after being recently approved by the U.S. Food and Drug Administration (FDA). On May 26, Peter Chang-Sing, MD, board-certified cardiac electrophysiologist, successfully implanted the new device in Curtis West, a 70-year-old man who resides in Elk Grove,

California. Curtis was transported from Mercy General Hospital in Sacramento to Santa Rosa Memorial Hospital to be implanted with the device. Mr. West was an ideal candidate for this procedure because the Micra TPS was the only pacemaker that could possibly be implanted in his chest, due to other points of entry being restricted.

"The Micra TPS allows us more options to treat patients, especially those with less conventional access. The risk of subsequent infections and lead issues that we have with conventional pacemakers are greatly reduced," explains Dr. Chang-Sing. "This will be a game changer in the years to come."

After his procedure, Curtis returned home to recover with his family. A month after his implant, he ecstatically reports,

"I'm doing great!" Although there are still some limitations to what he can do on a daily basis, his recovery time was only about two days. "I would recommend this procedure to whoever needs a pacemaker," Curtis added.

The Micra TPS is designed to automatically adjust pacing therapy based on a patient's activity levels. It incorporates a retrieval feature to enable retrieval of the device when possible; however, the device is designed to be left safely in the body. For patients who need more than one heart device, the miniaturized Micra TPS was designed with a unique feature that enables it to be permanently turned off. This means it can remain in the body, and a new device can be implanted, without risk of electrical interaction.

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— Dr. Chang-Sing

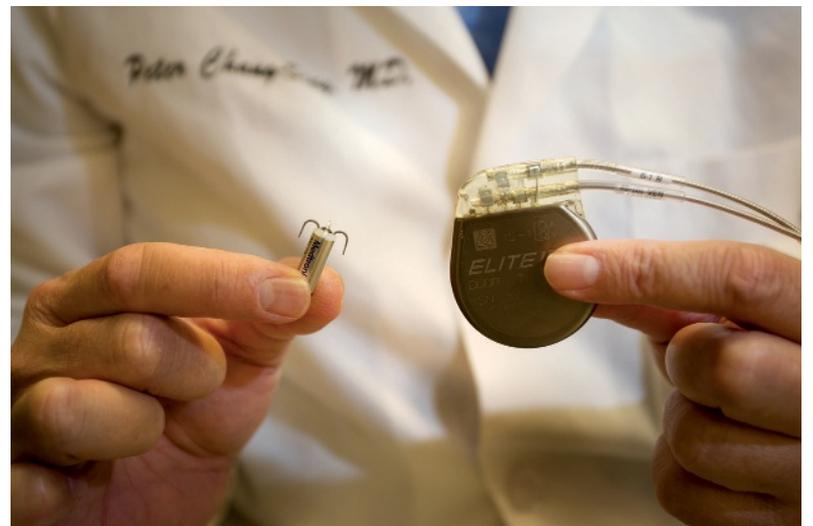


Offering innovative technology, the Micra TPS is the first and only transcatheter pacing system to be approved for both 1.5 and 3 Tesla (T) full-body magnetic resonance imaging (MRI) scans, allowing patients access to the most advanced imaging and diagnostic procedures available, if and when they need one.

“We are thrilled to offer residents of the entire North Bay this advanced technology. It is truly a remarkable advancement in patient care,” says David Ziolkowski, Chief Operating Officer, St. Joseph Health, Sonoma County. “As the region’s only Level II Trauma Center, we ensure that our patients receive the best care possible by continually working with our expert physicians to bring the latest evidence-based treatments to this community.”

Dr. Chang-Sing displays the Micra TPS (left) vs. a standard pacemaker (right), demonstrating a noticeable difference in size. ▶

Photo by Charlie Gesell



◀ Micra TPS being inserted in patient Curtis West.

Promoting Healthy Habits from the Very Beginning

Petaluma Valley Hospital honored for helping new mothers successfully breastfeed

Early this year, Petaluma Valley Hospital (PVH) received international recognition as a Baby-Friendly® designated birth facility by Baby-Friendly USA, Inc. Petaluma Valley Hospital is the only hospital in Sonoma County to receive this honorable designation.

Baby-Friendly USA, Inc. is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative (“BFHI”), a global program sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF). The initiative encourages and recognizes hospitals and birthing centers that offer an optimal

level of care for breastfeeding mothers and their babies. “Our team works hard every day to ensure that mothers and their newborns are receiving the best care possible,” said Faye Lundergan, MD, Pediatric Chair for Petaluma Valley Hospital. “This Baby-Friendly designation recognizes our team’s commitment to providing

mothers with the tools and skills that they need in order to successfully breastfeed their newborns, which in turn positively affects babies’ health.” Currently there are 323 active Baby-Friendly hospitals and birth centers in the United States. The designation is given after a rigorous on-site survey is completed.

The award recognizes birth facilities that offer breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies, and is maintained by continuing to practice the 10 Steps to Successful Breastfeeding as demonstrated by quality processes.



“We are ecstatic to receive this designation. This recognition is a testament to the entire family birthing center staff, whose years of vigorous work have resulted in this impressive designation.”

— Denise Lundquist
Nursing manager for Petaluma Valley Hospital’s
Family Birthing Center



The 10 Steps to Successful Breastfeeding are:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming in — allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

▲ Mother and newborn after giving birth in Petaluma Valley Hospital's Family Birthing Center.



Dining Out, Reservation-Free

HEALTHY EATING IS POSSIBLE WHEN DINING OUT

Sonoma County is a popular vacation destination for tourists from around the world, not only because of the abundance of award-winning wineries scattered throughout the county, but also for the delicious restaurants that are unique to our area.

Although it can be a challenge to eat healthy when dining out, don't feel like you have to completely deprive yourself of the amazing eateries that we're surrounded by. Restaurants may not always list calorie counts and other nutritional information on their menus, but you can try these strategies to eat healthier when dining out:

- Scan the menu for healthier items. Some restaurants will mark which foods are low-fat or low-calorie. Generally, those that are grilled or steamed are better for you.
- Watch your portion size. Many eateries serve up big portions. To cut back on how much you eat, share an entrée with a friend — or eat half and take home the rest for later.
- Eat slowly. Your body will have more time to digest the food. You will feel full sooner and eat less overall.
- Stay away from supersized beverages. The sugar in soft drinks can add hundreds of unneeded calories to your meal.
- If you're a wine lover, go for the red! Red wines tend to have less sugar and more healthy minerals such as iron, magnesium, phosphorus, potassium, choline (helps prevent liver damage and reduces inflammation), lutein, and zeaxanthin (carotenoids which are great for eye health). Recent studies also show red wine is high in cancer-fighting resveratrol cardioprotective polyphenols.
- If you'd rather enjoy a nice cold beer, you'd be surprised at the health benefits dark beer provides. Dark beers tend to have more antioxidants than lighter beers. The Science of Food and Agriculture recently published a study that found dark beer has a higher iron content compared to lighter beer. Microbrews are healthier than mass-produced cans, because they have more hops, which contain polyphenols that help lower cholesterol, fight cancer and kill viruses. Remember: moderation is key. One dark beer is an overall healthier choice than a lighter beer. No matter what type of beer you prefer, if you have several of them it's more detrimental to your health than it is beneficial.
- Of course, opting for water is the healthiest option you can make.



The Gift of Life

SANTA ROSA MEMORIAL HOSPITAL RECOGNIZED FOR OUTSTANDING ORGAN DONATION RATES

On April 14, 2016, Santa Rosa Memorial Hospital (SRMH) was presented an award for the Best Conversion Rate from Sierra Donor Services, the partnered Organ Procurement Organization (OPO). A conversion rate is defined as the ratio of *potential* organ donors to those who become *actual* organ donors. Last year, SRMH had the highest conversion rate within Sierra Donor Services' 29 hospitals throughout Greater Sacramento and Northern California (beating other trauma centers including UC Davis Medical Center, Mercy San Juan Medical Center, Kaiser Permanente South Sacramento Medical Center, and Sutter Roseville Medical Center).

Accepting the award on behalf of SRMH was Marirose Apolinarski, Director of Critical Care, Carol Murphy, ICU Manager, Sheila Draper, ED Manager, and the entire ICU team. Without the hard work and dedication of these teams, organ donation would not be possible. The collaboration between the hospital staff and the OPO is crucial in enabling the donation process to occur. The SRMH conversion rate speaks to the care and high level of performance in supporting patients and family's rights to donate. SRMH's conversion rate is well above the Sierra Donor Services area hospitals' average of 46% with a score of 93%. The gift of organ and tissue donation can truly be a gift of life.

For more information about organ donation or to become a registered donor visit donatelife.net.

DID YOU KNOW?

- There are currently over 121,000 people in the United States awaiting a life-saving organ transplant
- 20% of the wait list are Californians
- 100,000 of these people are in need of a kidney
- On average, 22 people die daily waiting for the ultimate gift a patient gives when he/she passes away: a life-saving organ
- Over 13 million Californians have signed up on the Donate Life registry, less than 1% of those people will pass away in a manner where organ donation is possible

HOW CAN I HAVE A
healthy pregnancy?

SHOULD I CONSIDER
hormone replacement therapy?

WHY DO I KEEP GETTING
urinary tract infections?



You have questions that don't always have simple answers. We have obstetricians and gynecologists who are passionate about helping women through every stage in life. St. Joseph Health Medical Group is showing our commitment to you with our premier new office location and the additions of **Dr. Bob Field** and **Dr. Gregory Sacher** to our OB/GYN team. These are just a few of the changes we are making to offer you more than ever before.



Bob Field, MD
OB/GYN



Gregory Sacher, MD
OB/GYN

Visit our new larger office in Santa Rosa by calling **(707) 303-1719** for an appointment or visit us online at stjosephhealthmedicalgroup.com

500 Doyle Park Drive, Suite 200
Santa Rosa, CA

St. Joseph Health 
Medical Group

Classes and Events

FALL 2016

REGISTER TODAY
CALL (877) 449-DOCS
OR (877) 449-3627

Life Learning Center
 1144 Montgomery Drive
 Santa Rosa, CA 95405
(707) 547-4614

Santa Rosa Memorial Hospital
 Conference Rooms A - D
 (beside cafeteria)
 1165 Montgomery Drive
 Santa Rosa, CA 95405
(707) 525-5300

Petaluma Valley Hospital
 400 North McDowell Blvd.
 Petaluma, CA 94954
(707) 778-1111



PRENATAL EDUCATION

Breastfeeding

Mondays: 7 - 9 p.m.

September 26

October 24

November 28

Santa Rosa Memorial Hospital's

Conference Room D

\$20, includes mom and coach

For more information, call **(707) 522-1544**.

Childbirth Condensed Classes

Saturdays: 10 a.m. - 6 p.m.

September 24

November 26

Santa Rosa Memorial Hospital's

Conference Room B or C

\$100, includes mom and coach

For more information, call **(707) 522-1544**.

Childbirth Education Series

Mondays: 7 - 9 p.m.

September 5, 12, 19, 26

October 3, 10, 17, 24

November 7, 14, 21, 28

December 5, 12, 19, 26

Conference Room B

\$120 total, includes mom and coach

Four consecutive classes. For more

information, call **(707) 522-1544**.

Family Birth Center Tour

Wednesdays: 7 - 8 p.m.

Saturdays: 9:30 - 10:30 am

September 3, 7, 17, 21

October 1, 5, 15, 19, 29

November 2, 12, 16, 26, 30

December 3, 7, 17, 21, 28

Please call **(707) 522-1544** or check

stjoesonoma.org for details on where

the tour meets and starts. Tours are by

appointment only.

Infant CPR & Safety

Tuesdays: 7 - 10 p.m.

September 6, October 4, November 1,

December 6

Santa Rosa Memorial Hospital's

Conference Room B

\$25 per person, NICU parent's fee waived

For more information, call **(707) 522-1544**.

INJURY PREVENTION

Car Seat Safety Check

Seventy-five percent of car seats are installed incorrectly. Is your child riding in one? Safe Kids Sonoma County offers a free bilingual car seat fitting station twice per month. Appointments are necessary.

For more information or to make an

appointment, call **(800) 427-8982**.

ORTHOPEDIC HEALTH

Total Joint Replacement

Wednesdays: 3 - 5 p.m.

September 7, 21

October 5, 19

November 2, 16, 30

December 14

Conference Rooms C - D

Join us for this free two-hour class, offered

twice each month, to learn about the

pre-surgical, surgical and recovery process

after a knee or hip replacement. Spouses,

family members and friends are welcome.

For more information, call Jessica Kerger, RN,

BSN, at **(707) 523-2663** or **(707) 523-BONE**.

COMMUNITY CLASSES

Letting Go of Resentments and Grudges

Tuesday, September 27:

9:00 a.m. - 12:00 p.m.

Life Learning Center

In this three-hour interactive class, you will

learn how to let go of resentments and

grudges while improving your leadership,

productivity, and workplace satisfaction.

Community members \$20.

For more information, call **(707) 547-4614**.

Weekly Pilates Classes

Mondays: 4:00 - 5:15 p.m.

Fridays: 5:45 - 6:45 p.m.

Life Learning Center

Community members \$10.

For more information, call **(707) 547-4614**.

Weekly Yoga Classes

Mondays: 5:30 - 6:30 p.m.

Fridays: 4:30 - 5:30 p.m.

Life Learning Center

Community members \$10.

For more information, call **(707) 547-4614**.

CELEBRATE WITH A CAUSE

Santa Rosa Memorial Hospital's 2016 Gala

Celebrating 25 Years of Philanthropy
Proceeds to benefit Memorial's Cardiac
Catheterization Laboratory

Saturday, November 5

Friedman Event Center, Santa Rosa

Join us for an elegant evening, as we

celebrate life and give to a great cause.

The gala includes dinner, dancing,

live auction, raffle and fund-a-need.

\$175 for individual tickets; \$500 - \$15,000

for sponsorships. For information go to

<http://bit.ly/SRHM-Gala> or call

(707) 547-5436.

FREE MEDICARE SEMINARS

Medicare Plan Benefits

Covered by Medicare? Did you know that from October 15 through December 7 you have the option of changing Medicare benefits? Join our informative, no-pressure meeting where representatives from our partner health plans will discuss their 2017 benefits so you can determine the best plan for you. Light snacks and refreshments will be served. Make a reservation online at stjhs.org/medicare or call **(877) 449-3627**. Hearing impairment call: **TTY (949) 381-4947**.

Santa Rosa Memorial Hospital
 Conference Rooms (next to cafeteria)
 1165 Montgomery Drive,
 Santa Rosa CA 95405

Life Learning Center
 (across from hospital)
 1144 Montgomery Drive,
 Santa Rosa, CA 95405

Petaluma Valley Hospital
 Groverman Hall
 400 North McDowell Blvd.,
 Petaluma CA 94954

5:30 p.m. Tuesday October 18
 5:30 p.m. Tuesday November 29
 5:30 p.m. Monday December 5
 11:30 a.m. Wednesday December 7

10 a.m. Monday October 10
 10 a.m. Monday October 17
 10 a.m. Monday October 24
 10 a.m. Monday October 31
 10 a.m. Monday November 7
 10 a.m. Tuesday November 15
 10 a.m. Monday November 28

5:30 p.m. Tuesday November 1
 5:30 p.m. Monday November 14

St. Joseph Health [®] Medical Group

**Same doctors.
Same office.
New name.**

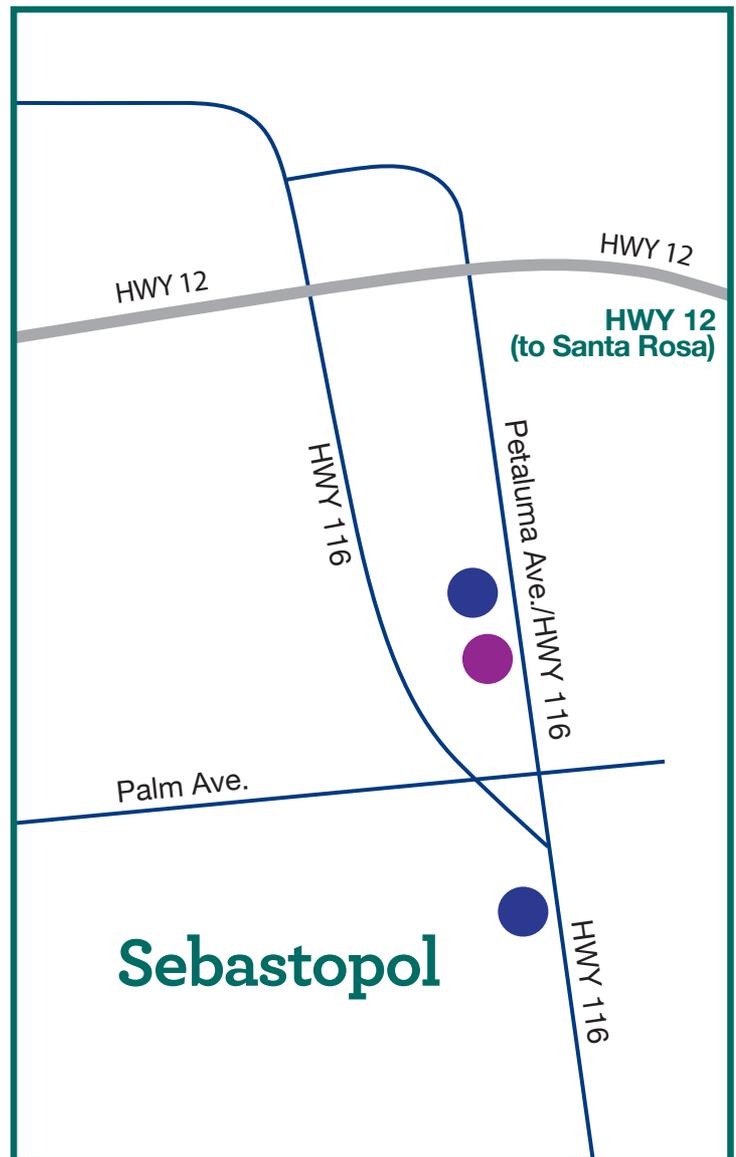
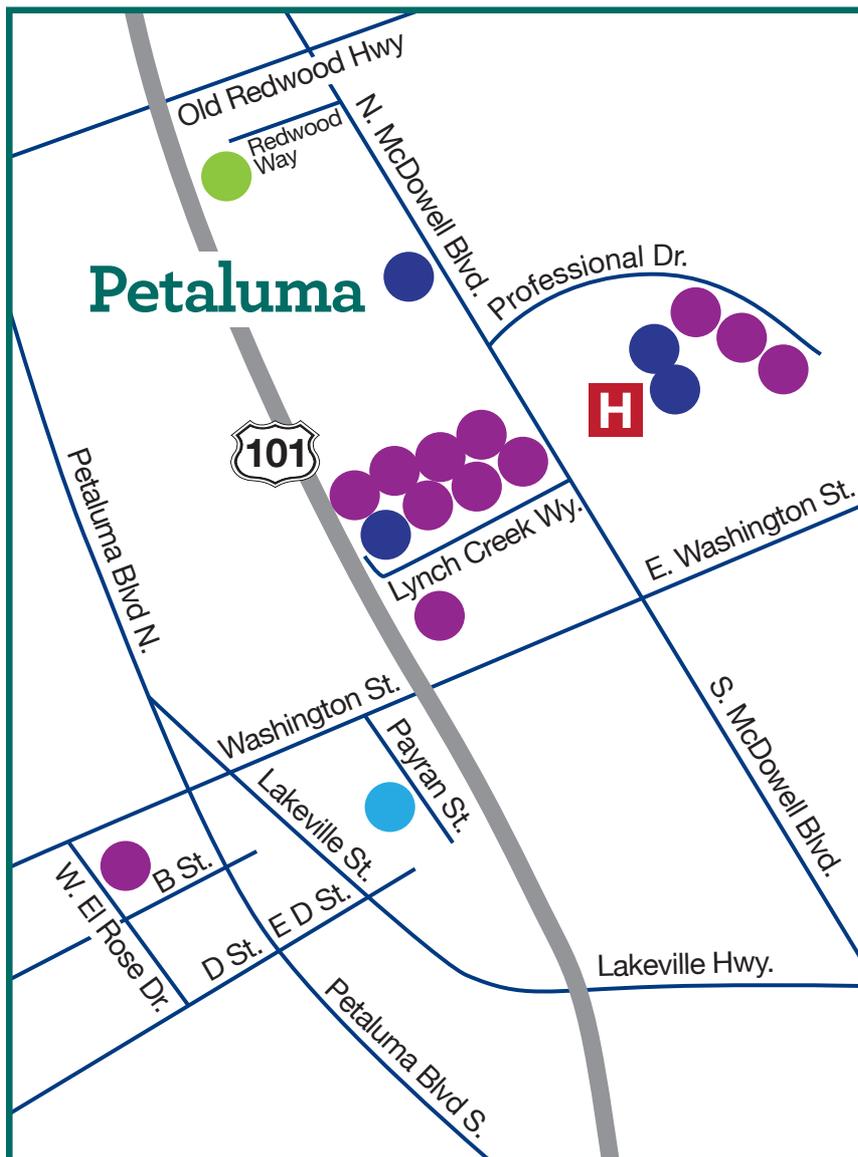
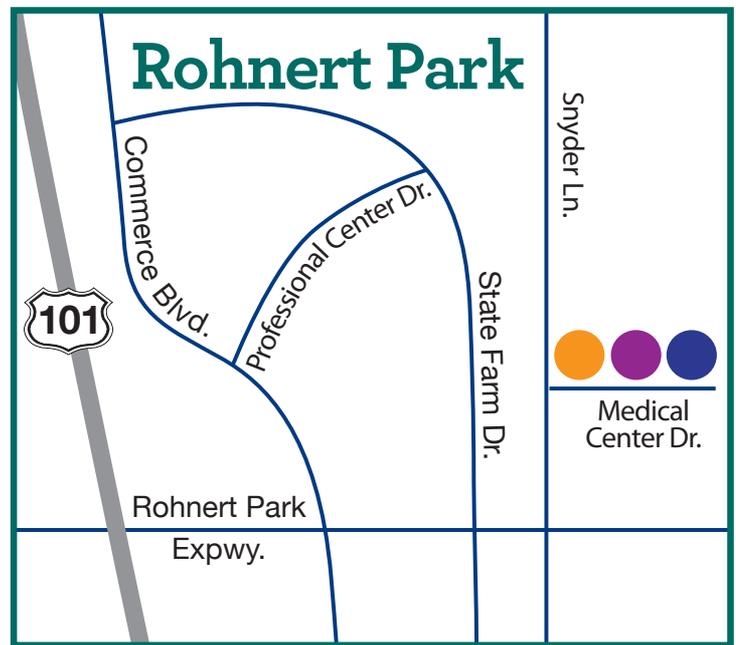
Annadel Medical Group and Queen of the Valley Medical Associates are now St. Joseph Health Medical Group. We remain committed to keeping this local community healthy, and that's something that will never change. Come experience the same exceptional doctors and quality patient experiences you know and trust. The only thing that's new is our name.

Dignity + Service + Excellence + Justice

Learn more about St. Joseph Health Medical Group and find the right doctor for you or your family at StJosephHealthMedicalGroup.com

In Your Neighborhood

St. Joseph Health's services continue to evolve to meet the needs of our communities and the North Coast region of California. For more information, please visit www.StJoeSonoma.org.



AWARDS:

CANCER CARE



CARDIAC CARE

Designated as a



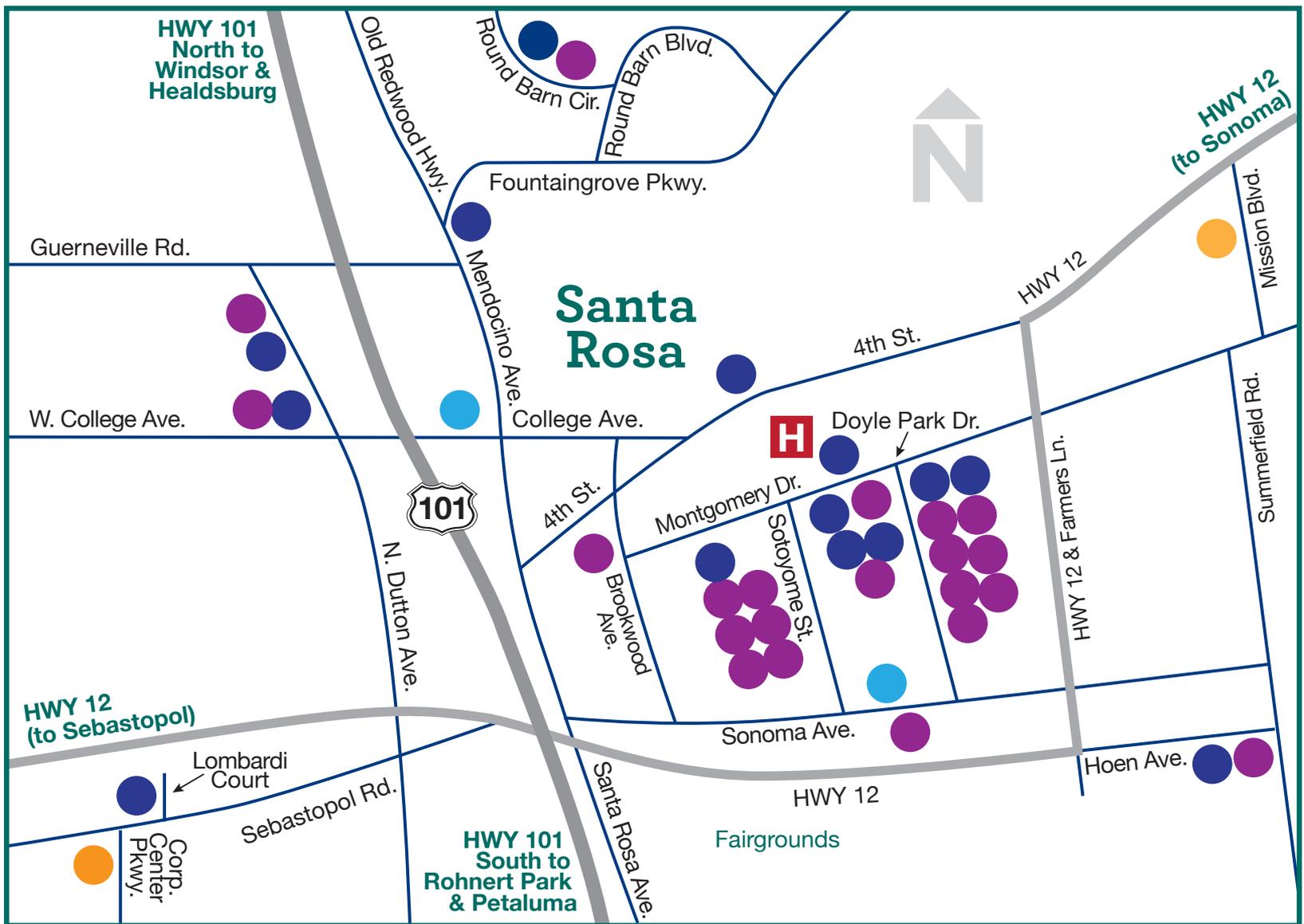
STROKE CARE





Key

- Hospitals
- Urgent Care/Walk In Clinic
- Health/Fitness Center
- Hospice/Home Care
- Physician Office
- Community-Based Care



ORTHOPEDIC CARE

Designated as a

Blue Distinction®
Center
for Knee and Hip Replacement

blue of california

Blue Shield of California
An independent member of the Blue Shield Association



2013 - 2014
WOMEN'S CHOICE AWARD™
AMERICA'S BEST HOSPITALS
ORTHOPEDICS



2014 READERS POLL

For more information visit
www.StJoeSonoma.org

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Blue Shield of California
An independent member of the Blue Shield Association
Designated
BlueDistinction®
Center
Knee and Hip Replacement



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Baby-Friendly Hospital
by Baby-Friendly USA
The gold standard of care

Dedicated people.
Award-winning safe,
high-quality care.
State-of-the-art advanced
services and specialties.
Nationally recognized.

Petaluma Valley and Santa Rosa Memorial hospitals are proud to offer high-quality care at convenient locations, close to home. We have been awarded with local and national recognitions time and time again, acknowledging our commitments to quality, patient safety and the best experience.

Thank you to our exceptional physicians, staff and volunteers whose dedication has earned some of health care's highest distinctions.

To learn more about these distinctions and how we can contribute to the health and well-being of you and your family, please visit stjoesonoma.org

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