THURSDAY, SEPTEMBER 24, 4:30-7:30 P.M.
Saddleback Memorial Medical Center
24451 Health Center Drive, Laguna Hills
Conference Room 1, 2 & 3 – Basement Level

We all seek to maintain a healthy life, and with help from physicians and health care professionals at Saddleback Memorial, that goal is within reach. We’re bringing together a variety of teams including the Breast Center, Cancer Institute, and the Joint Replacement Center, to educate and encourage you to stay healthy. Join us at Saddleback Memorial to learn about screenings and tips to improve your overall wellbeing – at any age.

FESTIVAL ACTIVITIES:
• Sports Fitness Consultation
• Breast Health
• Pulmonary Fitness Screening
• Ergonomic Solutions
• Diabetes Screening
• One-on-one time with our physicians
• Healthy Cooking Demonstrations
• Nutrition Counseling
• Spine and Joint Fitness
• Wii Balance Exercises
• Educational Lectures

NO REGISTRATION IS REQUIRED FOR THIS EVENT.
FOR MORE INFORMATION, VISIT MEMORIALCARE.ORG/SBFALLFESTIVAL.

Like Us. Follow Us. Watch Us.
Learn more about local health events, the latest medical technology and procedures, and how to lead a healthier life. Visit Saddleback Memorial on Facebook, Twitter and YouTube to join the conversation.

Subscribe and Listen
Would you like to know more about health topics or tips to stay well? Tune in to MemorialCare’s podcasts! Each 10-minute, weekly segment offers listeners practical, useful tips and advice for a lifetime of good health. From managing weight to keeping your heart beating strong, you’ll find everything you need when it comes to your health presented by credible, knowledgeable physicians and health experts. Visit memoraicare.org/podcasts to learn more about our podcast and how to subscribe.

STAYING AHEAD OF CANCER
Joe’s conviction for cancer screening

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Upcoming Events
September 24
Fall Festival

October 8
A Team Approach To Breast Cancer Treatment

November 3
Managing Menopause

Saddleback Memorial is named among the top 1% of hospitals in the country by Healthgrades® for our commitment to delivering superior patient outcomes across a wide spectrum of services.
Joe Sanders is on the beach, ready to experience paddleboarding for the first time. His mind wanders off, appreciating this very moment. He firmly believes that it’s his practice approach to cancer prevention that allows him to face each day with confidence, and it was all because of an article that he came across a few years ago.

“Both my dad and brother died from lung cancer before the age of 65. When I read an article on how the low-dose CT scanner helps detect cancer early, I knew I had to find that machine,” says Joe.

RISK PREVENTION
With cancer of any kind, knowing the risk factors helps to understand the likelihood of developing the disease. Some risk factors, such as age and gender, cannot be modified. Yet others, like maintaining a healthy weight, eating well, and exercising can be controlled.

About 5 to 10% of common cancers, such as breast and colon cancer, have some degree of inherited risk, meaning a person’s risk may increase if they have a first or second-degree relative who was diagnosed.

Worried about his family history of lung cancer, Joe looked for answers. Originally from Muskogee, Oklahoma, Joe started smoking at 17 years old, and smoked day and night for 35 years.

“Smoking is by far the leading risk factor for lung cancer. Patients typically don’t show any signs or symptoms until the disease has progressed to the later stages, possibly limiting treatment options,” says Richard Wasley, M.D., medical director of imaging at Saddleback Memorial. “For patients like Joe, it’s critical that they’re screened annually. That’s the best way for us to discover the smallest changes so we can take action right away.”

Joe’s conviction for cancer screening and prevention inspired him to quit smoking after learning about the benefits of low-dose CT scans. Joe firmly believes that it’s only through regular screenings that he can help keep patients cancer-free and enjoying their lives.

For Joe, the Early Lung Cancer Screening Program at Saddleback Memorial inspired hope, empowering him to stay ahead of cancer. At the cornerstone of screening is the low-dose computed tomography (CT) scanner, in which detailed, 3D images of patients’ lungs are taken with limited radiation exposure.

“Studies have shown that annual low-dose CT scans can bring lung cancer mortality rates down by 20% thanks to early detection,” says cancer nurse navigator, Ruth Niebuhr, R.N. “Our Early Lung Cancer Screening Program is designed to do exactly that – save lives.”

Dr. Wasley adds, “The scans take just five seconds, and patients don’t even have to remove their shirts. Results are available the same day so patients don’t have to wait and wonder.”

PERSONALIZED CARE
Experienced and dedicated cancer experts work together, sharing their knowledge, coordinating treatment and providing patients with personalized care. With a range of surgical options, including robotic-assisted surgery, along with supportive care such as rehabilitation services, nutrition counseling, and spiritual support, the MemorialCare Cancer Institute at Saddleback Memorial provides every aspect of exceptional cancer care to make the journey as comfortable and convenient as possible for patients and their families.

LUNG CANCER AWARENESS MONTH
November is Lung Cancer Awareness Month. Each year, lung cancer takes the lives of more people than colon, breast and prostate cancers combined. Fortunately, the Early Lung Cancer Screening Program at Saddleback Memorial provides every aspect of exceptional cancer care to make the journey as comfortable and convenient as possible for patients and their families.

If cancer is detected, Saddleback Memorial’s leading cancer program utilizes the latest technologies. Among these advanced treatments is the TrueBeam™, radiation therapy that destroys cancerous tissue and preserves normal, healthy tissue.

“The TrueBeam has improved how we treat many cancers, including breast, prostate, lung and other cancers,” says radiation oncologist, Steven Damore, M.D. “In the case of early stage lung cancer, high precision means fewer radiation treatments with fewer side effects for patients. Many patients need five or fewer treatments, compared to dozens it used to take, and those few sessions are more effective than all the previous ones combined.”

CANCER-FREE
Joe shares his experience with family and friends to increase cancer awareness. He continues his screenings at Saddleback Memorial, and has a new outlook on life. He swear off cigarettes, hits the gym every morning, and swapped lumberjack breakfasts for protein bars. With 50 lbs. less weight to carry around, his sleep apnea rates have been reduced by 20% thanks to early detection, “the screenings give me peace of mind. Not only am I relieved when the results come back clean, but I’m more confident that if anything does develop, they’ll find it early. Now that’s a good feeling.”

“Joe’s conviction for cancer screening and prevention inspired him to quit smoking after learning about the benefits of low-dose CT scans. Joe firmly believes that it’s only through regular screenings that he can help keep patients cancer-free and enjoying their lives.”

Joe enjoys a gorgeous day paddleboarding on his new hobby as he breaks into a smile. “I’m a new man with new habits,” says Joe. “The screenings give me peace of mind. Not only am I relieved when the results come back clean, but I’m more confident that if anything does develop, they’ll find it early. Now that’s a good feeling.”
NOV 3: Managing Menopause

- **Screening and Prevention: Early Lung Cancer Screening**
  - Laguna Hills: For those with a family history or personal history of lung cancer with a doctor’s order.
  - Visit memorialcare.org/sbairway for more information.
- **Women’s Health & Childbirth**
  - Laguna Hills: To learn about breast and cervical cancer screening.
  - Visit memorialcare.org/sbwomen’shealth for more information.
- **Diabetes Self-Management Education Program (DSME)**
  - Laguna Hills: To learn about diabetes prevention and management.
  - Visit memorialcare.org/sbnutrition for more information.
- **Screening and Prevention**
  - Laguna Hills: To learn about breast and cervical cancer screening.
  - Visit memorialcare.org/sbwomen’shealth for more information.
- **Joint Solutions Event**
  - Laguna Hills: Tuesday, October 15, 6:30 – 9:30 a.m.
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Tich’s proactive perspective on breast cancer screening

PEACE OF MIND IN THREE DIMENSIONS

HEEDING HISTORY

“My life moves at a million miles an hour,” says software sales executive Tich. “I really Appreciate the moments to herself for an afternoon walk with her beloved dog, Dingo. (She usually involves trains, planes or automobiles. That’s why on weekends, she takes a few hours in her car, watching the sun rise and falling into bed at night. The rest is a juggling act that She can count on: the first sip of coffee, and being at high risk because a woman with one first-degree female relative with breast cancer was at higher risk because a woman with one first-degree female relative with breast cancer was diagnosed with breast cancer. With her family history, she knew that breast cancer was very real for me,” says Tich. “I didn’t want to leave anything to chance.”

“Tich was in the 60% of women who have dense breast tissue, which may make cancer detection Cancers in women with dense breasts, cancer can be masked or mimicked by normal tissue.”

There are exactly two moments in every day that Tich Chakumnerd can count on: “I wake up at 5, and feel 100%. Hopefully there’s another Emmy in my future,” says Tich. “With Saddleback Memorial right here, there’s no good reason to delay your breast cancer screening. However, in women with dense breasts, cancer can be masked or mimicked by normal tissue.”

Tich’s breast cancer screening was part of her routine. Tich watched her aunt and sister face breast cancer diagnoses. With her family history, she knew that breast cancer was very real for me,” says Tich. “I didn’t want to leave anything to chance.”

“Tich was in the 60% of women who have dense breast tissue, which may make cancer detection difficult, and increases the risk of developing the disease. There were exactly two moments in every day that Tich Chakumnerd can count on: “I wake up at 5, and feel 100%. Hopefully there’s another Emmy in my future,” says Tich. “With Saddleback Memorial right here, there’s no good reason to delay your breast cancer screening. However, in women with dense breasts, cancer can be masked or mimicked by normal tissue.”

HELP FIGHT BREAST CANCER!

Community gifts and support help Saddleback Memorial provide better care for patients. It is this generosity that ensures Saddleback Memorial can continue to invest in the latest technology and provide the highest level of care available.

Thanks to our generous donors, the MemorialCare Breast Center at Saddleback Memorial is equipped with 3D tomosynthesis technology. With the support of the community, Saddleback Memorial aims to purchase another unit by 2018, so that even more residents have access to this life-saving equipment.

HAVEN FOR CARE

The unfortunate statistics show that one in eight women will battle breast cancer during her lifetime. At the MemorialCare Breast Center at Saddleback Memorial, state-of-the-art diagnostic technology empowers breast specialists to screen for and detect cancers at their smallest, most treatable stage. Advanced imaging capabilities include traditional mammography, dedicated breast MRI, whole breast ultrasound and 3D tomosynthesis mammography. During tomosynthesis, multiple images of each breast are taken from various angles to create a 3D picture of the breasts. For patients like Tich, this new generation of mammography has proven especially valuable, as tomosynthesis has been demonstrated to find up to 40% more invasive cancers in women with dense breasts.

“We cannot reliably prevent breast cancer, however we know that if detected early, it is among the most curable of cancers,” says Gary Levine, M.D., breast radiologist and medical director of the MemorialCare Breast Center at Saddleback Memorial. “Breast cancer mortality rates continue to decrease, predominantly due to mammographic screening. However, in women with dense breasts, cancer can be masked or mimicked on a traditional 2D mammogram. Tomosynthesis allows us to ‘see through’ the dense breast tissue and find a cancer that may be hiding within it.”

ADDED PERSPECTIVE

After eight traditional 2D mammograms, Tich’s doctor suggested a 3D mammogram due to her dense breast tissue. The phone rang the next day – there was a mass that hadn’t been seen before. An initial needle biopsy revealed a high risk lesion and surgical removal was recommended.

When surgery is needed, breast surgeon and medical director of the Surgical Breast Care Program, Anna Houterman, M.D., is dedicated to helping breast cancer patients throughout their journey.

“We listen to our patients, and develop a tailored surgical treatment plan, one that combines their wishes with our expertise in medicine to help them live cancer-free,” says Dr. Houterman.

FIGHTING FIBROIDS

As an Emmy Award-winning animator and product designer for name-brand retailers, Susan Ishida doesn’t slow down often. When she began to feel increasingly weak, the 55-year-old knew something was wrong. Gradually, her menstrual periods became heavier, and her heart beat harder under simple exertion of any kind, such as climbing the stairs.

“My period was so heavy one month that it scared me. I scheduled an appointment with my OB/GYN right away,” says Susan. “The next morning, my lab results came back, and my blood count was so dangerously low that I needed an immediate blood transfusion.”

An ultrasound confirmed multiple non-cancerous growths called fibroids in Susan’s uterus. As many as three out of four women have fibroids in a lifetime, but often the fibroids shrink or disappear on their own, never showing any signs or symptoms. With Susan, this was not the case, and she wondered if a hysterectomy to remove her uterus was the only option.

Interventional radiologist Lokesh Arora, M.D., shared with Susan that a procedure called Uterine Fibroid Embolization, or UFE, would offer a minimally invasive alternative to the traditional hysterectomy, with shorter recovery times and minimal scarring.

“UFE is a one hour, outpatient procedure that takes place in our Cath Lab to block blood flow to the fibroids,” explains Dr. Arora. “UFE relieves symptoms in over 90% of the women we treat.”

Today, Susan has no visible scars – simply a little puncture near her groin. “I’m back at work, and feel 100%. Hopefully there’s another Emmy in my future,” says Susan.

For more information, please visit memorialcare.org/abreast.

REDEFINING WOMEN’S GYNECOLOGIC HEALTH

Restoring well-being and confidence

FLIGHT TO WELLNESS

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Helping to fight breast cancer, donate online at memorialcare.org/thankyou4caring and designate your gift to “Breast Center.” For information on other ways to give, call 1-800-MEMORIAL (1-800-636-6742).

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For a referral to a gynecologic surgeon or an interventional radiologist, please call 1-800-MEMORIAL.

VICTORY OVER VAGINAL PROLAPSE

Olivia Yslas may measure 5 foot 2 inches, but she towers over most when it comes to taking care of others. At 65, she has raised three sons and a granddaughter, been married 42 years, and works as a round-the-clock caregiver. So when she felt something unusual pressing against her vaginal wall, she was unprepared to care for the one person she’s always taken for granted – herself.

“It was so painful, but I reacted a year before I got help. I was too embarrassed to tell even my husband,” says Olivia.

Olivia scheduled an appointment with Marc Winter, M.D., medical director of minimally invasive surgery at Saddleback Memorial. Dr. Winter immediately diagnosed Olivia with severe vaginal prolapse, and recommended surgery.

Vaginal prolapse is a hereditary condition where the complex structure supporting the vagina weakens or breaks, no longer holding the vagina in its normal place. Symptoms include increased pelvic pressure, lower back discomfort and urinary incontinence.

“Just four years ago, repairing the fallen vaginal wall required a large incision, a long hospital stay and a lengthy recovery,” says Dr. Winter. “Today, with the help of advanced robotic-assisted technology, women can expect a minimally invasive procedure with tiny incisions, and virtually no scarring. Patients like Olivia go home the following day.”

Olivia quickly felt like herself again. She just returned from a Hawaiian getaway, where bike riding to explore the local volcanoes was a challenge she welcomed.

“I’ll never forget what Dr. Winter did for me. I’m brand new,” she says.