



Eden Medical Center

A Sutter Health Affiliate

With You. For Life.

yourhealth

Fall 2009

Bringing Wellness and Health News to Northern California

Community Based, Not For Profit



COVER STORY

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Your Health from Eden Medical Center

Eden Medical Center is part of Sutter Health, a family of doctors, not-for-profit hospitals and other health care service providers that join resources and share expertise to advance health care quality and access for patients in more than 100 Northern California cities and towns. The Sutter Medical network includes many of California's top-performing, highest-quality physician organizations as measured annually by the Integrated Healthcare Organization. Sutter-affiliated hospitals are regional leaders in cardiac care, women's and children's services, cancer care, orthopedics and advanced patient technology.

Your Health is designed to help you and your family make informed decisions about your health care. To join our *Your Health* mailing list, please e-mail your name and address to edeninfo@sutterhealth.org.

Please note that while the information in *Your Health* is gathered from a wide range of medical experts, it may not apply to your particular situation. If you have specific questions about your health, contact your personal physician. Nothing contained in this publication is intended to be for medical diagnosis or treatment.

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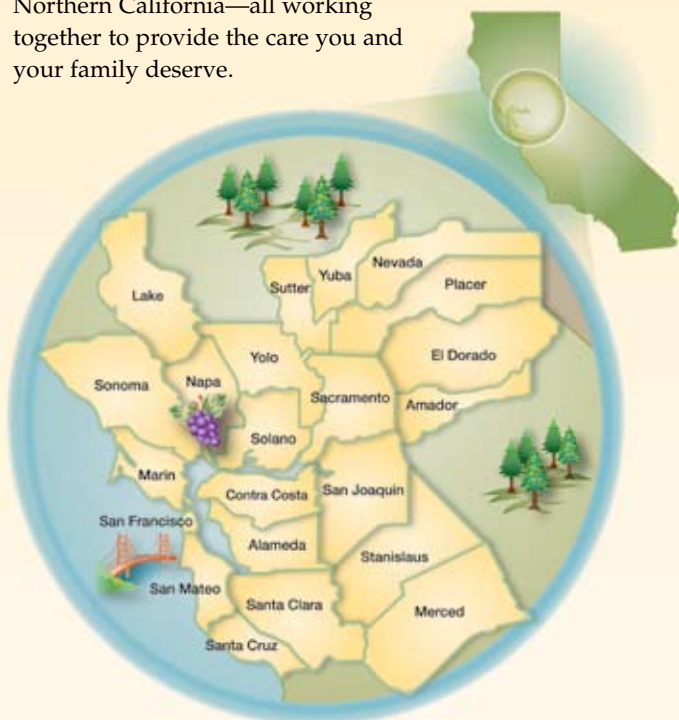
Volume 10, No. 3



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Your Sutter Health Network

Sutter Health includes some of the most respected doctors, hospitals and other health care providers in Northern California—all working together to provide the care you and your family deserve.



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Eden Stories: Kaleb

Teamwork makes the difference for an infant with a congenital heart defect

It's been said that teamwork divides the task and doubles the success—and the daily collaboration at Eden Medical Center is proof of that. Recently, a neonatal nurse, pediatrician, hospitalist and pediatric cardiologist worked together to make a life-saving diagnosis for a premature newborn.

At 6 pounds, 8 ounces and 19 inches, Kaleb seemed like a healthy baby, despite his premature birth. But during a routine car seat study conducted before releasing newborns from the hospital, neonatal nurse Sandy Feizollahi discovered that Kaleb's rate of oxygen saturation (the amount of oxygen in the blood) was only 80 percent, which is low for a healthy infant. Upon further observation, Feizollahi found that Kaleb also had a heart murmur, a congenital heart defect. She immediately contacted Willie Ross, M.D., Kaleb's attending pediatrician, who ordered further tests.

Dr. Ross transferred Kaleb to Eden's Level 2 neonatal care unit and prescribed antibiotics to prevent infection. Kaleb received treatment to increase oxygen saturation levels and remained under observation.

Between Kaleb's emerging heart murmur, low oxygen saturation and respiratory distress, Dr. Ross became concerned about congenital heart disease and contacted pediatric cardiologist Andrew Maxwell, M.D. Dr. Maxwell has the only portable echocardiogram machine—equipment used to respond to cardiac emergencies—in the East Bay and offered immediate help in determining what was causing Kaleb's symptoms.

The medical team learned that Kaleb was suffering from a critical "coarctation of the aorta"—a severe narrowing of the artery that carries blood to all parts of the body. This condition required immediate heart surgery to open up the aorta and restore the flow of blood.

A transport team took Kaleb to the ICU at Children's Hospital Oakland, where surgery was performed successfully.

Quick thinking and action in the time between Kaleb's diagnosis and his surgery made the difference between life and death.

But not all babies are so fortunate. According to a recent article in the *New York Times*, "researchers studying infant deaths over the past 16 years in California reported that hundreds of American infants...die each year due to missed—but treatable—congenital heart defects."

For Kaleb, coordinated team care at Eden Medical Center provided a great outcome.

"The day we brought Kaleb home from the hospital was a miracle for our family," says Leslie, Kaleb's mom. "He was [once again] the perfect little boy that I had given birth to just a few weeks earlier."



Expecting a special delivery?

For more information about our Birthing Center or to sign up for a maternity tour, call **888-445-8433**, or visit edenmedcenter.org.



Your Doctor and You:

A Partnership for Good Health

When choosing a doctor, there's a lot to think about: experience, specialty, location, health plans accepted and more. It pays to take your time with this decision. The best doctor is "a good fit"—someone you like, trust and can talk to about even the most personal issues. Once you find that doctor, your medical care, including routine exams, preventive care and treatment, will go more smoothly.

At Sutter Health, doctors partner with you. This means listening to your needs and providing reliable advice and treatment—with attention to quality and results, as well as to understanding and compassion.

Once you choose your doctor, it's important to take an active role in your care. Primary care physician Lisa Masson, M.D., of Sutter Gould Medical Foundation, offers the following three suggestions for making the most of your visits.

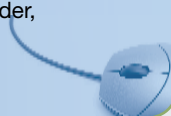
1 Plan ahead. "Bring a list of two or three main concerns," says Dr. Masson. "If you have a dozen minor issues, something important may not get the attention it deserves." She also encourages dressing in a manner that allows a doctor to easily examine you. For example, if you have knee pain, wear loose-fitting pants rather than tight jeans.

2 Be open about your concerns. If you feel embarrassed or reluctant to talk about a health issue, Dr. Masson suggests writing it down on paper and handing it to the physician. "Whatever you do, don't wait until the visit is almost over to bring it up." Discussing it early is the best way to get all of your questions answered.

3 Ask questions. Speak up if you don't understand something. Your doctor may assume you understand the information unless you indicate otherwise. "Communication is the key to the relationship," says Dr. Masson. "Our job is to teach you something that can help you." That goal is lost if you leave the office with unanswered questions.

Need to Find a Doctor?

It's easy—go to TheDoctorforYou.com! There, you can search for a doctor based on what is important to you, such as gender, location, specialty and languages spoken.



Everyone Has a Story . . . Our Story Is You

Sydney (far right) plays soccer with her mom Stephanie and sister Paige.

Fourth-Grader Fights Cancer . . . and Wins Sutter care team brings hope and healing to Sydney Stevens



Sydney Stevens

"We are very happy that Sydney is doing so well now. She was brave throughout her diagnosis and treatment, displaying wisdom and humor that delighted us. Her parents were also very supportive. The teamwork among her providers and her family was seamless."

—YiSheng Lee, M.D., Ph.D.,
oncologist, Children's Center at
Sutter Medical Center,
Sacramento

"Your daughter has cancer." The words are devastating for any parent to hear, but especially when your daughter is 9 years old. In June 2006, that was the grim news Stephanie Stevens struggled to absorb just days after her seemingly healthy daughter Sydney complained of a painful side ache.

After running numerous tests, doctors found a softball-sized tumor on Sydney's kidney. Further testing revealed that it was stage 4 cancer that had also spread to her lungs and into a major vein, only an inch from her heart. Sydney was immediately admitted to the pediatric intensive care unit of the Children's Center at Sutter Medical Center in Sacramento—where an aggressive battle to beat the disease began.

Before it was over, Sydney would undergo three surgeries, multiple rounds of chemotherapy and radiation treatment at Sutter Medical Center, Sacramento. "Ask anyone—it's amazing. Never once did Sydney complain. Never once did she make it more difficult or cry. She was such a champ," says Stephanie.

The comforting presence of golden Labrador retrievers Hazel and Millie—therapy dogs at the Children's Center—was a bright spot for Sydney. "I remember a lot of bad things, but I remember good things too, like visiting with Millie at the hospital," she says. "Millie helped me learn to walk again after surgery. They even let me paint her toenails."

Stephanie adds, "I had complete confidence in the doctors. The Sutter team was great with everyone in our family. Their support made a terrible situation much more bearable. On Jan. 30, we celebrated two years since Sydney's last treatment. It's so nice to have my healthy daughter back."

Today Sydney is feeling great and enjoying gymnastics, soccer and art classes. "The doctors and nurses at Sutter saved my life so I can run around and play like a regular kid," she says. "I'm Sydney, and that's my story."

Watch Sydney's Story

Don't miss the online video of Sydney Stevens, part of our 2008 Annual Report at sutterhealth.org/annualreport. While there, we hope you'll browse the report to meet more patients and see our commitment to quality, compassionate care in action.



Man Up! Things Men Need to Know About Prostate Cancer

Prostate cancer is a leading cause of cancer death in men, second only to lung cancer. Since this type of cancer grows slowly, men may live with the disease for years before being diagnosed. While there is no way to prevent prostate cancer, education, screenings and regular checkups with your physician may help catch the disease early.

Who is at increased risk?

- Men with a father or brother who has had prostate cancer
- African-American men

What are the symptoms?

- Blood in urine
- Weak or interrupted urine flow
- Frequent urination, especially at night
- Pain or burning sensation while urinating
- Inability to urinate
- Constant pain in the lower back, pelvis or upper thighs

These symptoms can mimic other prostate problems, so it is important to see your doctor as soon as possible for an accurate diagnosis.

Prostate Cancer Screening Options

The two main screening tools are the digital rectal examination (DRE) and the prostate-specific antigen (PSA) test.

The DRE checks the health of the prostate by allowing the physician to feel the back of the prostate for size, irregularities or abnormally firm areas.

The PSA test checks the prostate-specific antigen level in the blood. PSA is a substance produced by cells from the prostate gland and released into the blood. In general, the higher the PSA level in the blood, the more likely that a prostate problem is present. However, many factors, such as age, race or other prostate problems, can affect PSA levels. Your physician is the best person to interpret your screening results.

Currently, the American Cancer Society recommends that physicians discuss the potential benefits and limitations of prostate early detection testing methods with their patients before any testing begins. PSA and DRE testing should be offered yearly beginning at age 50. For those who are at high risk, discussion regarding screening should begin at age 45, and at age 40 for those who have a family history of prostate cancer at an early age.

Men should take an active role in these decisions by educating themselves about prostate cancer and the pros and cons of early detection and treatment. For more information about prostate health, cancer and screenings, or to find a physician, visit our Web site at edenmedcenter.org or call **888-445-8433**.

Groundbreaking Treatment for *Enlarged Prostate*

Benign prostatic hyperplasia (BPH), a common problem that occurs as men age, can negatively affect quality of life. BPH is a non-cancerous enlargement of the prostate. Although it is not life-threatening, it is uncomfortable, inconvenient and may impair your ability to get a good night's sleep. Many symptoms of BPH are associated with urination because the enlarging prostate presses against the urethra and causes restricted urine flow. Common symptoms including:

- Difficulty starting to urinate
- Sudden urge to urinate
- Dripping and leaking after urination
- Slow or weak urine stream
- Frequent urination, especially at night
- Painful straining to urinate
- Inability to empty bladder completely

BPH occurs in approximately half of all men over 50 and up to 90 percent of men over 80—14 million men in the United States alone. If you have minimal symptoms, your doctor may recommend incorporating lifestyle changes that could provide relief, including establishing regular timed bathroom visits, limiting evening fluid intake and decreasing alcohol and caffeine.

Though medications can address the symptoms of BPH, they do not cure the condition. Prescriptions can be costly and must be taken for life to maintain relief—and unwanted side effects can include headaches, dizziness, fatigue, low blood pressure and sexual difficulties.

Fortunately, a groundbreaking procedure that provides long-term relief for BPH sufferers is now available at Eden Medical Center. Urologist Sourjya Misra, M.D., treats BPH with a state-of-the-art procedure called Saline TURP (Transurethral Resection of the Prostate). The procedure, available at few hospitals in the Bay Area, involves inserting a barrel-shaped resectoscope—an instrument with a lens on the end that allows clear views of anatomy and structure—into the urethra to view and access the prostate. The resectoscope quickly and smoothly vaporizes and cuts away enlarged prostate tissue while simultaneously sealing the remaining healthy tissue.

Saline TURP restricts bleeding dramatically and minimizes the need for overnight hospitalization, compared to previous methods which required mandatory hospital stays. This method could also be used for removing bladder cancers with minimal blood loss.

Trouble with BPH?

To learn more about the Saline TURP procedure, please call **888-445-8433**.



This School Year, Trade Up at Lunchtime

Your Child + Healthy Foods = All-Day Fuel

Packing your kids' lunches every day is extra insurance that they'll get the nourishment they need to do their best in school. Here are some ideas for creating nutritious and enticing lunches.

Pick plenty of produce.

Growing bodies need the nutrients from several servings of fruits and vegetables every day. Cut produce into small, finger-sized pieces and add a low-fat dressing or nonfat yogurt for dipping. For veggie-phobic kids, mix shredded zucchini or carrots into soups, muffins or pasta.

Get creative. Think in terms of food categories: protein, dairy and fruits or vegetables. Try low-fat granola and strawberry yogurt or cherry tomatoes with hummus. Dish up a whole-grain tortilla roll-up with lean turkey and low-fat cheese or with peanut butter and fruit.

Keep it safe. Buy an insulated lunch box and use a small cold pack or frozen juice box to keep cold foods cold.

Pack in protein. While a sandwich made with low-fat, low-sodium meat is a fine choice, think outside the bun. Nuts, seeds, hard-boiled eggs and beans are also tasty, heart-healthy choices.



Clean it up. Little hands touch everything from a runny nose to the back of the bus seat. Pack a small bottle of hand sanitizer. It'll encourage cleaning grubby fingers before eating and will help prevent the spread of germs.

Don't skimp on dairy. Help kids get calcium and vitamin D. Kids ages 2 to 8 need 2 cups of low-fat dairy daily. Try low-fat cheese and whole-wheat crackers. Serve low-fat chocolate milk as a treat.

Buy more than bread. Try interesting alternatives: whole-grain English muffins, crackers, pitas or bagels, or flavored tortillas or wraps. Be sure to choose low-fat, high-fiber options.

Don't Skip Out on Breakfast

Over the summer, it may have been easier to manage what your kids ate and when. But what's a parent to do when they go back to school? "The key is to establish a foundation of healthy eating habits, starting with breakfast," says Kim Vagt, R.D., director of food and nutrition services for Sutter Amador Hospital.

Arnold Gold, M.D., a pediatrician with Sutter North Medical Foundation, agrees, especially for school-age kids. "Children who don't eat a morning meal don't learn or remember as well as kids who do have breakfast," he says. "They also tend to overeat later in the day."

Vagt adds, "Parents have a big influence on their children's eating habits and food choices." At home, keep nutritious items on hand in the pantry, refrigerator and freezer. Then talk with your kids about making healthy choices so they learn which foods deliver optimum nutrition and energy.

Get Snacking . . . the Smart Way

The key to smart snacking isn't labeling foods "good" or "bad," says Vagt. It's about portion control and not grazing constantly. "We have to allow kids to get hungry," she says. "Increase their physical activity, and offer a selection of healthy foods, such as fresh fruit or yogurt. Aim for 100-calorie snacks."

Vagt has this suggestion for a quick snack you can make with your kids. At just 77 calories a pop, it's a sweet and healthy winner.

Yogurt Popsicles

1 tsp. vanilla	1 cup plain low-fat or fat-free yogurt
1 banana, sliced	1 cup fruit juice or fruit chunks

Directions

1. Blend ingredients together and pour into small paper cups.
2. Put in freezer. When yogurt mixture is half frozen, place a plastic spoon or popsicle stick in each cup.
3. To serve, turn cup upside down. Yields four or five pops.

Improve Your Family's Diet

Visit sutterhealth.org/yourhealth and read *Changing Your Family's Eating Habits*.



Women and Perimenopause: A Season of Change

Midlife is a time of transition for women, as children leave the nest and new priorities come into focus. Inside your body, change is also happening, prompting new and sometimes uncomfortable symptoms. Talking candidly with your health care provider will help you better understand and manage common medical issues during this time.

Easing the Transition

Perimenopause takes place when women are in their mid-40s to mid-50s. During this time, most women experi-

ence new symptoms and body changes due to shifting hormone levels. It ends with menopause, which occurs once a woman has gone 12 months without a menstrual period.

"The hallmark of perimenopause is irregular, unpredictable periods, often associated with hot flashes, sleep disturbances and vaginal dryness," says Risa Kagan, M.D., a physician with Sutter East Bay Physicians Medical Group and clinical professor, Department of Obstetrics, Gynecology and Reproductive Sciences, University of California, San Francisco. "Because other conditions, such as thyroid disorders, can cause similar symptoms, it's a good idea to see your doctor to rule out other causes."

Depending on how severe your symptoms are, you may want to consider short-term hormone replacement therapy or other treatments.

Pregnancy Is Still Possible

Your chance of becoming pregnant drops off quickly after age 35. But pregnancy can still occur up to the time that you reach menopause. Birth control continues to be important for women who don't want to conceive. Popular methods of prescription birth control are the pill and the vaginal ring. These hormonal options not only prevent

pregnancy, but can also ease hot flashes and protect you from bone loss.

Many women choose continuous-use birth control pills so they can have fewer or no periods. "They're just as safe as the traditional use of the pill," says Dr. Kagan. "The only difference is that you take an active pill the entire month."

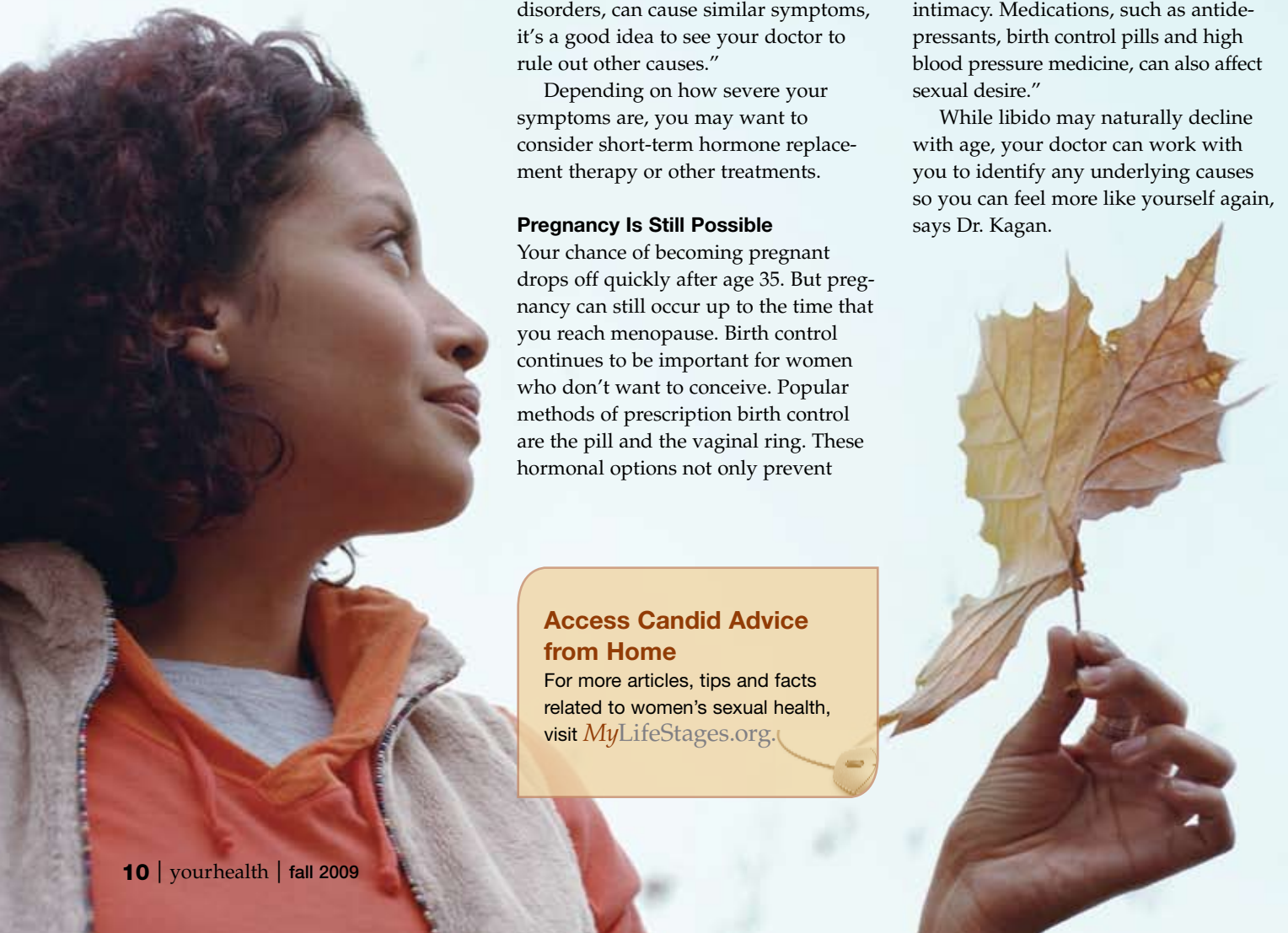
Intimate Concerns

Low libido is one of the biggest concerns Dr. Kagan sees among women. "There's a huge mind-body connection here," she notes. "Stress, parenting, relationship issues and depression all can affect a woman's interest in sexual intimacy. Medications, such as antidepressants, birth control pills and high blood pressure medicine, can also affect sexual desire."

While libido may naturally decline with age, your doctor can work with you to identify any underlying causes so you can feel more like yourself again, says Dr. Kagan.

Access Candid Advice from Home

For more articles, tips and facts related to women's sexual health, visit MyLifeStages.org.





Answers to Your Top 5 Flu Questions

The flu season is looming and with it, questions are rising about the possible return of the H1N1 virus. Here Toni Brayer, M.D., internal medicine specialist and chief medical officer for Sutter Health West Bay Region, shares her insights and advice on prevention, symptoms and treatment.

1 How do I know if I have the flu?

Influenza is always respiratory (in your chest). A 'stomach bug' is not the same as the flu. If you have a cough with fever, fatigue, runny nose, sore throat, body aches and chills, then you likely have the flu.

2 If I get the flu, should I see a doctor?

For most healthy people, the flu will get better with rest and plenty of fluids. However, if you have difficulty breathing, shortness of breath or a high fever that doesn't break, feel confused, or don't start to feel better in three to four days, you should call your doctor.

3 Is H1N1 still a concern?

Yes. All flu strains, including H1N1, aren't spread as easily in hot weather, so they tend to quiet down. But they may come back when the weather cools. A vaccine specifically for H1N1—separate from the regular flu vaccine—is currently in development. At press time the government

aimed to have it ready by fall, when the regular flu vaccine becomes available.

4 How can I prevent the flu?

Getting a flu shot is the best way to avoid illness. Anyone can get the vaccine, but children, pregnant women, older adults and people who have a chronic condition, such as diabetes, should have a flu shot every fall.

To stay well, regular hand washing is very important. For on-the-go cleaning, keep a small bottle of hand sanitizer in your car, purse or briefcase. And try to avoid people who are sick. An infected person stays contagious up to seven days after symptoms first appear—and up to 24 hours after symptoms have ended.

5 Will a prescription antiviral medicine cure the flu?

No. Antiviral medications will greatly lessen the symptoms of flu, but won't cure it. To be effective, this medicine must be taken within 48 hours of the onset of the flu.

Stay Up to Date on the Flu!

For current information on the flu, H1N1 and flu vaccines, go to the Web site for the Centers for Disease Control and Prevention, at cdc.gov.

Depression Screening May Detect First Signs of *Serious Illness*

How do you know if the stress and worry you feel in the course of a day is normal—or the sign of a more serious issue? You can talk to your doctor or take a simple, confidential depression screening test. As part of National Depression Screening Day, Eden Medical Center is offering this questionnaire screening on October 8, from 4 to 6 p.m.

National Depression Screening Day is an annual event that helps identify signs and symptoms of common, treatable mental health conditions. The screening involves a one-page questionnaire that assesses the likelihood that a person may have depression, bipolar disorder, generalized anxiety disorder or post-traumatic stress disorder. After the screening, a private follow-up appointment with a mental health professional can be scheduled, if desired. The confidential program is free for everyone.

“The stigma associated with depression and related disorders has decreased in recent years, but many people still aren’t able to recognize depression in themselves and others,” says Akbar Gilani, M.D., Eden’s medical director of outpatient services and psychiatric services. “National Depression Screening Day is an easy first step for anyone who’s concerned about their own mental health or the mental health of someone close to them.”

Why Screen for Depression?

- Clinical depression is a serious medical illness that can lead to suicide.
- People with depression may mistakenly believe that the symptoms are a “normal part of life.”
 - Clinical depression affects men and women of all ages, races and socioeconomic groups.
 - Two-thirds of those suffering from depression do not seek necessary treatment.

- Depression can complicate other medical conditions.
- Screenings are often the first step in getting help.

Who Should Attend a Depression Screening?

People suffering from depression often experience some of these key symptoms:

- A persistent, sad, anxious or “empty” mood
- Sleeping too little, waking too early or sleeping too much
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of interest in activities once enjoyed
- Restlessness or irritability
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Thoughts of death or suicide

To learn more

For more information on the free depression screening or to register, please call Eden psychiatric services at 510-727-2700, ext. 5270.

New Treatments for Diabetic Foot Wounds

Can Save Limbs — and Lives

A blistered toe or a scraped heel is a minor annoyance to most people. But for long-term diabetics, these injuries can allow deadly bacteria to enter the body, leading to foot sores and ulcers. Because diabetics often have poor circulation in the lower limbs, they have a harder time fighting off this bacterial invasion. If the infection spreads, it can lead to gangrene, amputations or even death.

“New treatments are bringing hope to the 240 million people worldwide who have diabetes and who are currently being treated through more traditional methods,” says Eden podiatrist Alexander Reyzelman, DPM. “These treatments range from bioengineered skin repair and growth factor therapy to new shock wave therapy (currently under clinical trials), and they offer hopeful options.”

While standard remedies are designed to give the body an opportunity to heal itself, new bioengineered skin repair products take that idea one step further. Because blood circulation may not be healthy enough to repair foot wounds, these patients need an extra boost to stimulate healing. That boost comes from living, fast-growing human cells that deliver ingredients such as growth factors, nutrients and proteins directly into the wound. These cells are embedded in a high-tech, bioabsorbable material which is placed in the wound to activate growth of the patient’s skin. That, in turn, allows foot ulcers to heal.

Shock wave therapy aims high-energy pulsed acoustic waves to the wound area. The cellular stress produced by these waves increases circulation in that area and signals the release of specific proteins and growth factors that generate new blood vessels. As a result, the body’s ability to heal wounds is enhanced.

These new treatments represent important breakthroughs in treating diabetic foot wounds, but the best approach is still prevention. For diabetics, that means inspecting the feet daily for blisters and cuts, wearing comfortable shoes, quitting smoking and scheduling regular foot checkups.



ALEXANDER
REYZELMAN, DPM

Free Lecture: New Treatments for the Diabetic Foot

To learn more about these new treatments for diabetics and get tips on keeping feet healthy, join Eden podiatrist Alexander Reyzelman, DPM on Thursday, October 8 at 7 p.m. for a free presentation at Eden Medical Center, “New Treatments for the Diabetic Foot.” To register, call **888-445-8433**.

Community Health Education

Class Offerings September–November 2009

We offer a wide range of classes for you and your family. Here are some of this quarter's offerings at our hospitals in Castro Valley and San Leandro.

To register for any of the programs offered at our Castro Valley or San Leandro campuses or for more information,

call 888-445-8433 unless otherwise noted. Visit our Web site at edenmedcenter.org for online registration for our free classes and other health-related information. Courses are free, unless otherwise noted.

Eden Campus

▶ CPR Programs

Basic Life Support for Health Care Providers

▶ Oct. 17, 9 a.m. to 3 p.m.
\$65 per person with study manual

Basic Life Support for Health Care Providers Recertification

▶ Sept. 22, Nov. 17, 6 to 9 p.m.
\$55 per person with study manual, \$45 per person without manual

Infant CPR

▶ Oct. 7, 6:30 p.m. to 9 p.m.
\$30 per person with book, \$40 per couple with book

The American Heart Association (AHA) strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an education course does not represent course sponsorship by the AHA, and any fees charged for such a course do not represent income to the AHA.

▶ Prenatal Education

Baby Care

▶ Sept. 19 and Nov. 21, 10 a.m. to 1 p.m.
\$20 per person, \$30 per couple

Breastfeeding Basics

▶ Sept. 15, Oct. 13, Nov. 10, 7 p.m.
Co-sponsored by Hill Physicians Medical Group

Childbirth Preparation (English)

Two-part program
▶ Sept. 12 and 19, Oct. 3 and 10, Nov. 7 and 14, 9 a.m. to 3:30 p.m.
\$85 per Eden couple, \$120 for others

Childbirth Preparation (Spanish)—NEW abbreviated version

▶ Sept. 26, Oct. 24, Nov. 21, 9 a.m. to 3:30 p.m.
Tiburcio Vasquez Health Center, Hayward

Making a Difference: Prenatal Care and Fetal Development

▶ Aug. 3, 7 p.m.

Maternity Tours — English or Spanish

Call toll-free 888-445-8433 for dates and to make reservations.

Introducing: Your Shiny New Baby!

▶ Oct. 5, 7 p.m.
Presented by John Nackley, M.D.

Transitioning as New Parents: From Hospital to Home

▶ Nov. 2, 7 p.m.

▶ Special Interest

Advance Health Care Directives

▶ Sept. 17, Oct. 15, Nov. 19, 2 p.m.

Annual Holiday Boutique

▶ Nov. 6 and 7, 7 a.m. to 4:30 p.m.

Eden Medical Center Conference Center. All proceeds benefit Eden's Emergency Room.

Look Good, Feel Better (for cancer patients)

▶ Sept. 14 and Nov. 9, 7 p.m.
Sponsored by the American Cancer Society. Call 925-833-2784 to register.

Depression Screening

▶ Oct. 8, 4 to 6 p.m.
Call 510-727-2700, ext. 5270 to register.

Diabetes Management

▶ Sept. 23 and 30, 7 p.m.

San Leandro Hospital Campus

American Red Cross Blood Drive

▶ Sept. 18, 10 a.m. to 3 p.m.
Call 1-800-GIVELIFE (800-448-3543) for an appointment.

Basic Life Support for Health Care Providers Recertification

▶ Sept. 9, Oct. 7, Nov. 4, 8 a.m.
\$55 per person with study manual, \$45 per person without manual

Independence over Nicotine

▶ Nov. 14, 10 a.m.
\$25 per person.

Free Blood Pressure Screening

▶ First and third Fridays of the month, 1 to 3 p.m.
The Outpatient Rehabilitation Facility, San Leandro

Don't Miss Our Upcoming Forums!

Colon Cancer: What You Need to Know

Colorectal cancer deaths have dropped over the last 20 years—largely due to early detection. Learn about the signs, symptoms and latest treatment options.



RISHI SAWHNEY,
M.D.

Presented by Rishi Sawhney, M.D.,
oncologist

▶ Thurs., Sept. 17, 6:30 p.m.
Marina Community Center, 15301 Wicks
Boulevard, San Leandro
In collaboration with Eden Medical Center,
American Cancer Society and the City of
San Leandro

Carpel Tunnel & Tendonitis

Repetitive motion injuries are very common. Learn about two types—carpel tunnel syndrome and tendonitis—and find out what the signs and symptoms are, how they are diagnosed, how to avoid these injuries and treatment options.



ERIC STUFFMANN,
M.D.

Presented by Eric Stuffmann, M.D., surgeon

▶ Thurs. Sept. 24, 7 p.m.
Eden Campus

Living Well With Diabetes

One-third of American families are affected by this common but manageable disease. Learn about new developments in diagnosis, prevention and treatment. The goal is to help you and your loved ones become empowered to manage this condition, stay well and avoid future problems.



HARLEY SCHULTZ,
M.D.

Presented by Harley Schultz, M.D.,
internal medicine

▶ Thurs., Nov. 12, 7 p.m.
Eden Campus

Women's Health Symposium: Breast Health and Imaging Center Open House

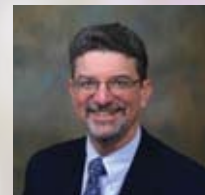
Early detection, prevention and education are the keys to being proactive about breast health. Join us as we learn more about breast health, including how breast cancer is diagnosed, current treatment methods, treatment for lymphedema, and how diet can play a role in lowering your risk of cancer. Co-sponsored by Eden Medical Center Cancer Committee, Eden's Imaging Center and the American Cancer Society



RISHI SAWHNEY,
M.D.



BRIAN WALKER,
M.D.



MARK GOLDSMITH,
M.D.

Presented by Rishi Sawhney, M.D., Brian Walker, M.D., Mark Goldsmith, M.D.

▶ Thurs., Oct. 29, 7 p.m.
Eden Campus

Imaging Center Open House

Tour our Breast Imaging Center and see why it received the "Breast Imaging Center of Excellence" accreditation. Free bone density foot screening from 5 to 6:30 p.m. will be available on a first come, first serve basis. No reservations necessary.

▶ Thurs., Oct. 29, 5 p.m.
Eden Campus

For more information about our forums and to register, please call 888-445-8433.

20103 Lake Chabot Road
Castro Valley, CA 94546

Just for Today: Be Your Best!

When it comes to juggling work, family and home responsibilities, we could all use a little help. Visit MyLifeStages.org for fresh, practical tips on managing everyday life—and optimizing your health and well-being. And be sure to check out the [MyLifeStages](http://MyLifeStages.org) health-risk assessment survey. Answer our online questionnaire for instant results on your health risk factors. Register today at MyLifeStages.org. Membership is always free.

6084M



Coming Soon: The Next Generation Hospital

Sutter Health has committed \$400 million to build an extraordinary landmark medical center in Castro Valley that integrates advanced technology, quality medical care, and outstanding physicians and employees to provide the best care for our community.

The new facility is scheduled to open by 2013, the deadline for all hospitals in California to meet strict state standards for earthquake safety. The project will include a state-of-the-art hospital, adjacent medical office building, campus

improvements and deconstruction of the old hospital. This is the first comprehensive rebuilding plan in Alameda County that is financed without taxpayer support or public funds.

The New Medical Center at a Glance:

- 130 acute care beds
- 34-bed Universal Care Unit
- All private patient rooms
- Emergency Department
- Trauma Center
- Urgent Care Center

- OB/Maternity Services
- Neuroscience Center
- 230,000 square-foot hospital space
- 80,000 square-foot medical office building

To learn more about the new hospital, visit our blog at [suttermedicalcenter castrovalley.org](http://suttermedicalcenter.castrovalley.org).

The site is updated weekly with news and information from the architects and design team. We encourage you to join in the conversation and ask questions.

