

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 18 • SPRING 2017

SANSUM SPOTLIGHT
ELIZARDO MARTINEZ

MYCHART
ELECTRONIC RECORDS

CANCER CENTER
GENETIC COUNSELING

ADVANCE DIRECTIVES
WORKSHOPS



Dear Patients,

With the start of the new year came the end of Vicki Hazard's tenure as the Board Chair of Sansum Clinic. Vicki had only been in Santa Barbara for less than a year when, in 2004, two of our Board members, Tom Fly and Maryan Schall, suggested we speak to her about getting involved with the Clinic. We recognized the skills she had to offer right away and were wise enough to snap her up immediately, and three years later we asked her to be the Board Chair.

I recall talking to Vicki on the phone one evening, and saying, "Things seem pretty stable at the Clinic and the term will only be two years, so I don't think it will be too much work." That turned out to be a spectacular misrepresentation of the next 8 years.

Instead of a period of stability, things started happening quickly. Obamacare brought the most significant change in the American healthcare system in the 50 years since the birth of Medicare in the 1960s. You may also be aware that Sansum and Cottage Health have tried to merge – twice – in the last 8 years, including a multi-year (still ongoing) "working dialogue" with the Federal Trade Commission.



Vicki Hazard, Kurt Ransohoff & Janet Garufis

Under Vicki's leadership, Sansum merged with the Cancer Center, built a new 60,000 square foot medical campus on Foothill Road, and implemented a new electronic medical record – all earth shaking events. We were honored to recognize Vicki as Santa Barbara Foundation's Woman of the Year last year, and we thank her for her many years of stellar service.

In a turn of events that might only happen in Santa Barbara, last year's Woman of the Year has passed the baton to this year's Woman of the Year, Janet Garufis, as the new Board Chair of Sansum Clinic. Like Vicki, Janet is a dedicated volunteer who is always the first to say YES and put her hand up to help make Santa Barbara a stronger community.

Janet has been a valuable member of the Sansum Clinic Board of Trustees since May 2005. She has a long history of providing leadership to help navigate the complex changes facing the healthcare industry. She also serves on the Capital Campaign Steering Committee for the new Cancer Center. This new facility, scheduled to open in fall 2017, will truly be a crown jewel in our community's healthcare system. It will provide treatment technologies comparable to those found in our nation's most recognized cancer centers. To date more than \$40 million has been raised towards the \$53 million project.

We are continually amazed at the number of organizations Janet is affiliated with, the time she gives to this community, as well as her financial contributions. While Janet plays a tremendous philanthropic role in the community through her professional position as President and CEO of Montecito Bank & Trust, what is truly amazing is the time and energy she puts in as a community volunteer.

Sansum Clinic has been caring for patients in our community for nearly 100 years, and we look forward to the next era of patient care under Janet's leadership.

Sincerely,

Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer

GOOD HEALTH

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Sansum Clinic published
three times a year

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Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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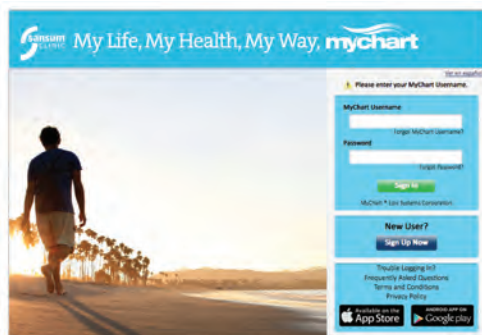


Did you know...

...MyChart can be used to request electronic copies of medical records from January 1, 2013 through the present? No paper request forms, faxing, or trips to Medical Records needed!

The records you request will be sent to MyChart as a PDF file within 5 business days, and you will receive an email when the records have been delivered. After logging into your MyChart account you may view the records and download them to your computer. Please note you will need a third-party application capable of opening PDF files, such as Adobe Reader, in order to view your records. Your records will remain available in MyChart for 30 days from the time they are released. The Status column on the Requested Records page will tell you when each set of requested records expires. If you will need access to the records beyond 30 days, we recommend you download the file to a secure location.

To submit a records request or to learn more, login to Sansum Clinic MyChart (www.mychart.sansumclinic.org/MyChart/) and go to My Medical Record> Medical Tools> Record Requests.



Did you know...

MyChart is available in Spanish?

While not all content is translated (e.g., diagnoses, names of medications), much of it is, including announcements on the home page, FAQ documents, terms and conditions, proxy access request forms, medical record request forms, and more.

To access Sansum Clinic MyChart in Spanish, go to www.mychart.sansumclinic.org/MyChart/ and click the Ver en Español link in the upper right corner of the page.

¿Sabía que...

MyChart está disponible en español?

Aunque no todo el contenido está traducido (por ejemplo, ciertos diagnósticos, los nombres de medicinas, etc.), la mayoría sí lo está: los anuncios de la página principal (HOME), las preguntas más frecuentes (FAQ), los términos y condiciones, los formularios para otorgar un poder de acceso, formularios para solicitar registros médicos, y mucho más.

Para acceder a las páginas de MyChart en español, simplemente vaya a www.mychart.sansumclinic.org/MyChart/ y haga clic en el enlace Ver en Español que se encuentra en la parte superior derecha de la página. ☀

Share Your Story

Do you have a story or experience to share about a visit to Sansum Clinic? We want to hear from you.

Please visit www.sansumclinic.org/share-your-story.
Thank you. ☀

GOODHEALTH

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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

Virgil Elings Makes Generous Gift to Community of Santa Barbara

New Cancer Center of Santa Barbara Building to be named in Honor of Well-Known Philanthropist



Sansum Clinic Trustee Eddie Rosenblatt with Dr. Virgil Elings in the new Elings Oncology Building (under construction).

Virgil Elings, PhD spread holiday cheer throughout the Central Coast region with a \$4 million gift for the new world-class regional Cancer Center building scheduled to open in fall of 2017 at 540 W. Pueblo Street.

The institution known as the Cancer Center of Santa Barbara, with operations in Santa Barbara, Lompoc and Solvang, will officially be re-named Ridley-Tree Cancer Center in honor of Lady Leslie Ridley-Tree's leadership role and her generous support of the new Cancer Center totaling \$10.73 million. The Elings Oncology Building at Ridley-Tree Cancer Center will bring the oncology departments at 300, 317 and 540 W. Pueblo Street together under one roof to better coordinate care, facilitate even better outcomes, provide room for the latest treatment technologies, and offer the space needed to care for the increasing number of cancer patients expected as baby boomers age.

"Patients in our community are so fortunate to be the beneficiaries of Virgil's generosity," said Kurt N. Ransohoff, MD, CEO and Chief Medical Officer of Sansum Clinic. "We are building the finest regional Cancer Center in the nation and funding from philanthropists like Lady Leslie Ridley-Tree and Virgil Elings helps to ensure we have the resources to deliver on our mission of providing superior, personalized care to all members of our community."

"It's really an honor to provide a lasting legacy of exceptional medical care to patients in our community," said Dr. Elings. "I'm excited to be a part of this great project."

The Campaign for Our New Cancer Center launched publicly on August 19, 2016 with an initial goal of \$38 million toward the \$53 million cost of a new, state-of-the-art home for the Cancer Center of Santa Barbara. The campaign has received gifts and pledges totaling more than \$40 million to date.

The new multidisciplinary Ridley-Tree Cancer Center will enhance the lives of those diagnosed with cancer by unifying the newest technology, multiple medical departments and wellness programs into one facility, in line with the National Cancer Institute's (NCI) recommended best practices. Located within two blocks of Sansum Clinic and Cottage Hospital in the heart of Santa Barbara's medical village, the new 54,780 square foot Elings Oncology Building will be a model of coordinated cancer treatment, achieving both scientifically comprehensive and intensely personal care.

With less than seven months remaining in the Campaign for Our New Cancer Center, we invite the community to contribute to this once-in-a-generation life-saving opportunity. Naming opportunities range from \$2,500 to \$2 million and are available for as little as \$43.00 per month.

To learn more, contact Dru A. Hartley at (805) 681-7726 or dhartley@sansumclinic.org, Rob Dunton at (805) 898-3620 or rdunton@cfsb.org, or Lori Willis at (805) 898-2187 or lwillis@cfsb.org.

Dr. Elings has made many gifts of support for nonprofit organizations in Santa Barbara, including the lead gift for Elings Park. His philanthropic support of healthcare in our community includes the Elings Pavilion and Elings Eye Center at the Sansum Clinic Medical and Surgical Center on Foothill Road.

The Cancer Center of Santa Barbara with Sansum Clinic is dedicated to delivering exceptional cancer care to everyone in Santa Barbara County regardless of means. 🌻

Life-changing Outcome

Tom & Jacque Fuller

NICOLE YOUNG

Tom Fuller's first entrée into the world of genetic testing came when he wanted to learn if, like his father and sister, he had Lynch Syndrome, a gene mutation that increases the risk of developing certain cancers. Tom tested negative, which gave him hope after his successful battle with colon cancer at age 30. He spent 28 years in remission until 2015 when oncologist Dr. Daniel Greenwald informed him the disease had returned. Dr. Greenwald asked Tom to visit Danielle Sharaga, MS, LCGC, a Cancer Center certified genetic counselor. Life-changing is the only way to describe the outcome.

Danielle reviewed Tom's medical history and doubted the results of his first genetic work-up. Her intuition proved correct and Tom re-tested positive for Lynch syndrome. The science had progressed greatly since his younger days and the unraveling of his predispositions fascinated Tom and his wife, Jacque. "It was amazing to see how it was all plotted out," she describes. "It's surprising that more people don't know about this." Often, the information gleaned from the genetic testing can help doctors refine treatment. The Fullers learned that Lynch syndrome patients responded well to Keytruda®, an immunotherapy drug used to fight melanoma; helpful information for Tom who couldn't tolerate his first two rounds of chemotherapy. By early 2017, the new drug eliminated all the cancer in Tom's colon. But what the couple wanted more than anything was to eliminate the chance that their two adult daughters inherited the same gene. Each daughter had a 50% chance of testing positive. "There are so many emotions that go along with that," explains Jacque. "It's just so hard to deal with." When Danielle announced that both young women tested negative, the Fullers were elated. "Everyone in the room was rejoicing with us," says Jacque. This knowledge saved the Fullers' daughters from frequent colonoscopies and the worry that cancer would ultimately become part of their futures. "Our motto is, you just keep going," notes Jacque. "We seize the moments. It's a choice." This means dancing to the musical alarms Tom sets on his phone to remind him to take his pain medication, and practicing thankfulness that the right people showed up in their lives at the right time.

Back in fall of 2015, Tom's doctors estimated he would have 21 months to live, so he and his family made preparations for that sad moment. But as the days crept closer to the end of that window, they guessed he'd outlive that prediction. "We laughed together, smiled and said well, we're still here," says Jacque. Not wanting to waste a day, they considered purchasing an RV for future road trips. Jacque credits Tom's endurance and their strong faith as the reasons why they've been able to forge on. "It has made us a lot stronger. We can honestly say we would not change our lives because we have learned and grown because of the trials."

Thanks to a grant through Richard V. Gunner, trustee of the Dr. Howard R. Bierman and Anthony (Andy) Granatelli Fund, the Genetic Counseling program at Cancer Center of Santa Barbara provides education and assessment of genetic disorders like Lynch syndrome. ☀



Tom and Jacque Fuller

March is Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer deaths in the United States, and the third leading cause of cancer deaths in Santa Barbara County. Up to 80% of these deaths could have been prevented.

How can you prevent colorectal cancer?

Have a screening test for colorectal cancer starting at age 50. Screening tests can find or prevent many cases of colon and rectal cancer. Several different tests can detect this cancer. Talk with your doctor to decide which is best for you.

Do you have a family history of colorectal cancer?

If so, you may need to be screened earlier than age 50. Here are clues to look for in your family:

- Family history of colon cancer under age 50
- Family history of endometrial cancer
- 2 or more closely related family members with colon or endometrial cancer at any age
- More than one type of cancer in the same family member (i.e. colon and endometrial cancer)
- Family history of a rare type of cancer (i.e. ovarian cancer, renal pelvis or ureter cancer)

Our doctors are here to help. Call your primary care doctor to schedule a screening test. ☀

From the Sansum Clinic Mailbox:

Donna Cannady, FNP, received this kudos from a grateful patient:

Thank you so much for the excellent care you always show me. I appreciate how often you go above and beyond for me. With you in my corner I feel confident I will always be well taken care of. That is invaluable and I'm grateful for you. 🌟

Text Appointment Reminders

Patients now have the option to receive appointment reminders via text message!

Simply text the word SANSUM to 622622. You will receive a text reply to verify that you are signed up.

To cancel this service, just send a text that says STOP to 622622, and your appointment will be cancelled and removed from our schedule! 🌟

Pediatrics & Adolescent Medicine Department Gets a Makeover

The remodel and expansion of our Pediatrics Department at 52 Hitchcock Way is underway! This will result in a better experience for our littlest patients and a fresher workspace for our staff and physicians.

We have a new Registration area, cabinetry, workstations, flooring, landscaping and X-Ray space. This is happening in phases so we can continue to meet the needs of our patients during construction, so thank you for your patience! Soon the new Pediatrics & Adolescent Medicine Department will be complete, and the Allergy & Immunology Department will relocate from 215 Pesetas Lane to 52 Hitchcock Way. This is an added convenience for many of our patients who are patients of both the Pediatrics and Allergy Departments.

215 Pesetas Lane Remodel

We are making significant progress with our remodel at 215 Pesetas Lane. New floors are in, the North Entry Canopy is complete, external signage is helping patients find their way throughout the campus, and landscaping is tying it all together.

This summer we will relocate the Prescription Pharmacy inside the building near Registration.

Patients of our expanded and brand new Urgent Care department are being seen much quicker with our shorter wait times. **Coming Soon: Urgent Care “wait times app” – stay tuned!**

We have made a dedicated effort in disaster preparedness for our community. As part of this project, we have installed emergency power that will enable us to serve the community in the case of natural disaster. Sansum Clinic joined the County of Santa Barbara’s Emergency Preparedness Program and now participates in the Disaster Healthcare Partnership Coalition, which assures collaborative planning and efficient emergency response.

With a generous gift from Lee Luria, Sansum purchased a mobile generator that will provide power to keep our Urgent Care department completely up and running, providing an additional location for our community to receive vital care in such a time. With the Foothill Surgery Center and the Urgent Care department both up on emergency power during a natural disaster, Sansum and Cottage Hospital will be providing the much needed care our community would need. 🌟





Patients Who Use Virtual Reality Goggles When Receiving Vaccines Experience Less Pain & Fear

NICOLE YOUNG

For parents who dread taking their children for a flu shot because they fear getting shots, help may be on the way. A recent pilot study done by Sansum Clinic doctors showed that patients who viewed ocean scenes thru virtual reality (VR) goggles felt less stress than those who received their shots without the high-tech glasses.

The pilot study conducted in September and November of 2016 at Sansum Clinic locations in Santa Barbara and Lompoc compared children who used VR goggles during vaccination to those who received their vaccine in the traditional fashion. 112 of 244 children used Turbot 3D virtual reality goggles when receiving their seasonal flu shot. Those using the VR goggles reported 48% less pain than those without them. Surveyed parents whose children used the VR goggles during the vaccinations noted their children experienced 48% less pain and 52% less fear. Sansum Clinic staff reported that children who used the VR goggles had 75% less pain, and exhibited 71% less fear. “We were fairly impressed with the numbers. They definitely show that the VR goggles facilitated the vaccination process for kids, parents and staff,” said Dr. Mark Silverberg, Sansum Clinic pediatric ophthalmologist.

The genesis of the practice enhancement project occurred when Dr. Silverberg noticed frequent apprehension in young patients who connected visiting any medical office with painful shots. All too often he would be asked by a crying toddler, “Am I getting a shot today?” He discussed the problem with his 15 year-old daughter, Zoe, who suggested the use of virtual reality goggles as a possible solution. The father-daughter team brought their idea to Dr. John LaPuma, a board certified internist and proponent of exercising in nature for stress reduction. The three endeavored the pilot project together.

A study recently published by the American Academy of Pediatrics examined the reasons for vaccine delays and found that 3/4 of surveyed doctors said parents postponed shots over concerns about discomfort. The consequences of putting off shots are serious, according to Dr. Silverberg. “It’s a shame to think of kids going unvaccinated simply because of the stress. We were looking for a simple, inexpensive remedy,” explains Dr. Silverberg. The physician and father of three, who has been recognized repeatedly by Castle Connely as one of America’s Top Doctors, will present the results of the pilot project at the World Summit of Pediatrics in Rome in June of 2017. 🌻

Dan Diaz Discusses the End of Life Option Act

NICOLE YOUNG



Dan Diaz and Brittany Maynard

When the California legislature passed the End of Life Option Act in June of 2016, mentally capable, terminally ill patients with six months or less to live became eligible to receive medication from their physician to bring about a peaceful death. Sansum Clinic, the largest outpatient healthcare provider on the central coast, was already discussing how its 200 doctors should implement the new bill. Ultimately, Sansum Clinic decided to provide this option in the appropriate clinical situation, while still allowing individual physicians to opt out. Sansum's staff and board leaders felt strongly about supporting patients in this difficult stage of life,

and not abandoning the responsibility to carry out the new law.

Dan Diaz applauds that decision. His wife, Brittany Maynard, was the face of the contentious campaign to pass the End of Life Option Act in California. "I'm so grateful Sansum Clinic is a medical institution that allows their physicians to decide for themselves and have those conversations with patients," commented Dan.

In 2014, aggressive brain cancer left his 29 year-old wife struggling with debilitating headaches and seizures. Surgeries

couldn't completely remove the cancer or stop the tumor from returning. Treatment options only guaranteed terrible side effects for the time she had left. "Brittany said, 'I will not die like that,'" explains Dan. She was determined to have the option of ending her life on her own terms, and didn't want her family to watch her suffer. The couple chose to leave their family and their Alamo, California home for Oregon, a state that has allowed physician-assisted death for more than 20 years. Brittany felt the lack of this choice for the dying in California was a huge injustice. When she began to speak up, her personal story thrust them both into the national spotlight.

On November 1, 2014, Brittany decided her time had come. Even morphine couldn't alleviate her pain and the terrifying seizures had become too much, according to Dan. Within five minutes of taking the prescribed medication, she fell asleep. Thirty minutes later, her breathing slowed to the point where she passed away.



Dan Diaz speaking at Congregation B'nai B'rith in Santa Barbara

Though it's been more than two years since her death, Dan's grief is still visibly fresh. "Some days are tough. There are times when I feel I have been cheated that my wife is not here," he shares. "But I don't let myself stay in that frame of mind. Instead, I focus on the conversation that Brittany started."

Dan traded his career in the consumer package goods industry for a consultant position with the nonprofit, Compassion & Choices. He travels the country educating legislators, medical professionals and the public on end-of-life options. He spoke in Santa Barbara in November, hoping to change minds by sharing Brittany's journey. "This program – medical aid in dying – does not result in more people dying. It results in fewer people suffering," he stresses. "This affects a small number of individuals, but the relief it provides that person and their family is tremendous."

On the road, he's met surgeon generals and cabinet members, and has spoken at several renowned medical institutions like Cleveland Clinic. "In a million years I never would have expected that these are the turns that my life would have taken.



Dan and Dr. Gary Linker, Center for Successful Aging Executive Director

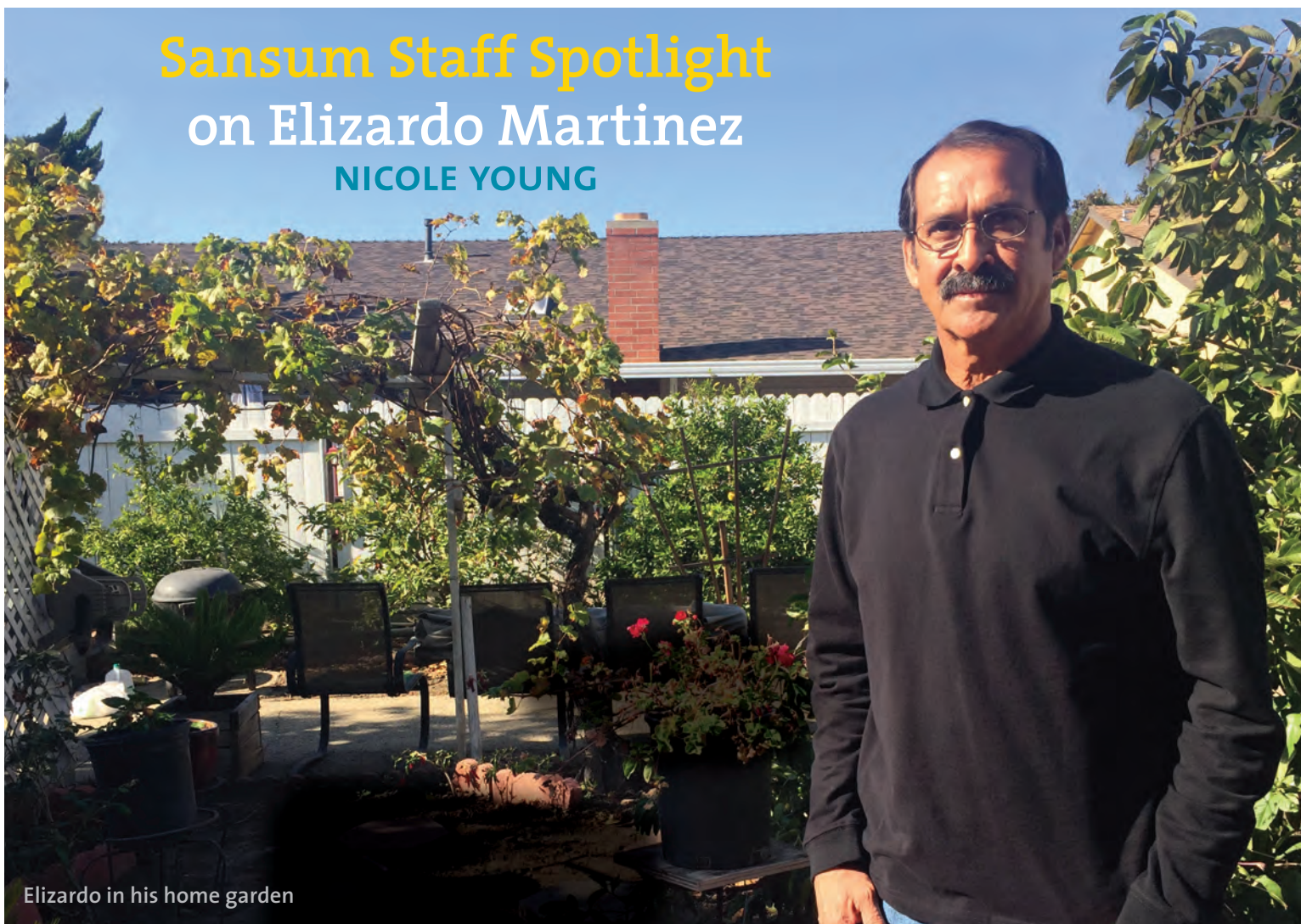
But this is how I honor Brittany and her legacy." Dan took his charge from his wife's legal will, which stated her husband should be the sole keeper of her story and continue the fight she began.

Right now, medical aid in dying is only authorized in Oregon, Vermont, Washington, Montana, California and Colorado. Each state's requirements are slightly different, but all the legislation mandates that witnesses confirm the request is voluntary. Also, the patient must be mentally competent and informed of all options. A physician must provide the medication and the patient needs to be able to take it independently.

As Dan meets people who share a fate similar to Brittany's, the memories often come flooding back, perhaps making it difficult to grieve and move on. But Dan is energized. "Moments like that charge my batteries. I think, 'All right, point me in the direction of the next state.' And I do remember the good times. So there is a little bit of therapy in it for me as well." At every venue, he aims to steer his audience beyond the political and religious rhetoric surrounding these laws. He recommends that all families discuss before serious health issues arise what loved ones prefer at their time of death, what measures they want taken, and how they wish to be memorialized. Dan plans to travel to Washington, D.C. and New York state in 2017, and anywhere else he can impact the conversation on pending legislation. He witnessed first-hand Brittany's influence on the debate in California, and he takes that up as his charge to continue. "If I didn't, I'd find myself feeling sad all the time," he reflects. "I am not going to allow for that. Certainly Brittany didn't. So I won't either." 🌻

Sansum Staff Spotlight on Elizardo Martinez

NICOLE YOUNG



Elizardo in his home garden

At their fall staff meeting, the supervisors of Sansum Clinic's Pesetas Lane facility agreed longtime maintenance technician Elizardo Martinez deserved recognition. His twelve years of dedicated service to the organization, incredible attitude and sweet, humble demeanor made him the darling of employees there. The group wanted him to know how much he was appreciated.



Elizardo Day, Sept. 27, 2016 (Left to Right): Lucinda Aguilar, RN, Berenice Ruvalcaba, Debi Ames, RN, Susan Watson, RN, Elizardo Martinez, Pam Challis, Shiela Tungol, RN, Monica Rodriguez. Missing: Ramiro Plascencia, Director Radiology.

"He has such a good nature that no one is afraid to ask him for help," explains Pam Challis, director of operations for Sansum Clinic. "He just does

everything with a smile, and always goes above and beyond."

The staff members decided the best way to honor the 56 year-old would be to declare September 27, 2016 "Elizardo Day" at their building. When the date arrived, employees surprised Elizardo with a gift card and a showering of praise for his hard work. "He exemplifies compassion, accountability, respect, honesty – all of the core values of Sansum Clinic," brags Rob Young, Elizardo's direct supervisor.

The technician is so beloved that anytime Rob needs to move Elizardo to another building, there's a near revolt from the staff. "It's a true testament to his popularity," notes Rob.

Elizardo began working at Sansum Clinic in 2002. He left for one year in 2006 to learn air conditioning repair, then returned. Every day is different, but Elizardo is up for the challenge. He drives from his home in Ventura each morning with his wife Maria, who works in billing at Cottage Hospital. They arrive early in Santa Barbara so Elizardo can begin



Elizardo and his family: Patrick, Maria, Elizardo, Matthew, Carlos (Left to Right). Front row: Emiliano

tackling the day's requests for his service. Whether it's climbing into a ceiling, moving someone into a new office or minor plumbing repairs, Elizardo enjoys the variety. "I like fixing things and I like working with tools and my hands," he says. "It doesn't really feel like a job because I enjoy it. I tell my kids, if you like what you do, than you really don't have to do work anymore. Then, it comes from here," he adds, tapping his heart.

Elizardo's four sons, Carlos (28) Patrick (24) Matthew (18) and Emiliano (12) take their father's work ethic to heart. Carlos will graduate from Cal State San Marcos this year and plans to apply to medical school. Patrick graduated from UC Santa Barbara and attends UC Hastings College of the Law. Matthew recently graduated from high school and will study biology at Ventura College in hopes of becoming a dermatologist. Emiliano made the 7th grade honor roll.

"We are not here because we were born into certain circumstances," asserts Patrick as he leans in, speaking with serious reverence. "We are here because we stepped on our parents' shoulders and our grandparents' shoulders. They are hardworking people and we feel an obligation to continue the same practices that they embraced."

The Martinez brothers know full well their father's American story

that began with his arrival in the U.S. in 1982. Their entire lives, he's shared with them the value of a good attitude and teamwork, a childhood lesson that began at home. "We pull each other up and give each other encouragement and support," notes Carlos. "Working well with others, that is what we need to succeed."

Sansum Clinic is Elizardo's second home not just because of the many hours he spends there. The relationships and connections he's made over the years have had positively impacted his family. The boys' pediatrician Dr. Ernest Kolendrianos offered the Martinez brothers advice on higher education and medical school.

Dru Hartley, Sansum Clinic's Director of Philanthropy, assisted the boys when they were investigating college scholarships. "He's what Sansum is all about," says Dru. "He's a great behind-the-scenes guy who enjoys what he does, is good at it, and makes us all look good with the patients." That helpful attitude comes easy for Elizardo, who will be happy to show up for work until he can retire and tour around the United States with his wife. He'll answer the phone with a smile in his voice, armed with wisdom to take life's bumps in the road with a grain of salt. "There are always some difficult days," he admits. "But we just need to work harder to resolve those challenges that life presents." 🌻

Regenerating Lives

Karen DaSilva, MD, Neurology

ADELE MENICHELLA



Dr. Karen DaSilva was ten years old when her brother, Martin, a high school football player, returned home from practice with an unusual request. “The coach urged him to see a neurologist,” she remembers. Martin, who’d always participated in sports, had been falling behind his teammates in speed drills. Dr. DaSilva says, “I remember my parents thought he might have injured his spine. They were shocked when the neurologist diagnosed him with spinal muscular atrophy (SMA), an incurable neuromuscular disease.”

Her brother’s diagnosis made a powerful impact on the fifth grader. “Right there, I decided to go into science,” says Dr. DaSilva, “so I might one day find a cure for my brother’s SMA.”

After completing undergraduate studies, Dr. DaSilva did research and published studies for four years at Scripps Institute. “I studied glial cells, which are supportive cells for neurons, and retinal cells. As a medical student I also worked with spinal stem cells at one of Christopher Reeve’s clinics, at UC Irvine. And, we looked at regenerating cells of animals with spinal cord injuries.”

While doing research at Scripps, Dr. DaSilva worked directly with human subjects with hemangiomas, which are blood vessels that grow out of control and become knotted. Dr. DaSilva says, “After working in a lab for several years, I found I loved being around people, so I changed my career path from research to medical practice.” Martin and Karen’s younger sister, Jennifer also chose medicine, pursuing a research-based PhD in Physical Therapy.

Meanwhile, her brother’s doctors did not prescribe a specific treatment protocol for him to follow. “Even without a cure for certain neuromuscular conditions, we have so many more resources available to us today,” says Dr. DaSilva. With determination and patience, Martin eventually mastered wheelchair mobility. He successfully completed an advanced course of technological study and today works in the field of management information systems. Recently, his sister persuaded him to take steps toward participating in a clinical trial, “his first in twenty years,” says Dr. DaSilva.

Dr. DaSilva appreciates that “there are so many different and effective ways to treat neurological conditions. Often, families feel helpless, as mine did, when a child is diagnosed with a neurological disease with no known cure. That’s when I ask, ‘how can we help?’”

Because she sees patients who have a variety of conditions, Dr. DaSilva has a wealth of experience in helping families make informed treatment decisions. “I frequently direct patients with ALS (arterial lateral sclerosis), MD (muscular dystrophy) and MG (myasthenia gravis), and other neuropathies to research centers.” Additionally, Dr. DaSilva encourages lifestyle changes, such as water activity, that enhance body/mind conditioning, and participating in support groups. “It’s important to create a plan of action,” says Dr. DaSilva. “It makes a huge difference, for patients and their families, in the quality of life.” 🌻

Celiac Disease Awareness

EMILY LUXFORD, MS, RD



The month of May may have different meanings to each of us – Cinco de Mayo, Mother’s Day, graduation or Memorial Day. For me, May denotes Celiac Awareness Month. This designation is relatively new. Twenty years ago celiac disease was rarely recognized as a disease or diagnosed.

Even today, you may ask, what is celiac disease? This autoimmune disorder occurs in genetically predisposed individuals and results in damage to the small intestine when gluten is ingested. In such cases, the gluten free diet is a treatment protocol for healthy living.

Do you know individuals with diabetes? Are they taking medication or following a specific diet? The doctor prescribes medication and refers the patient to a dietitian for nutrition counseling in order to control the diabetes and improve long term health outcomes. Medication and diet are not a cure, but a treatment.

A similar medical approach applies to celiac disease. It is the

gluten free diet. This treatment removes all gluten from the diet. The results are improved health and long-term health outcomes for the majority of this population.

As simple as the treatment approach appears, there is another significant problem. A large percentage of the population with celiac disease continues to suffer each day because they have not been diagnosed. This gastrointestinal disorder was long over looked and continues to be neglected in the training of health professionals. Celiac disease is more common than multiple sclerosis, Crohn’s disease, colitis and Parkinson’s disease combined. It is present in 1 out of 100 in the U.S. population. Of that population, 83% are undiagnosed. Unfortunately, the longer the individual goes undiagnosed and continues to consume gluten, the greater the risk factor for type 1 diabetes, multiple sclerosis (MS), dermatitis herpetiformis (an itchy skin rash), anemia, osteoporosis, infertility

and miscarriage, neurological conditions like migraines and epilepsies, short stature and intestinal cancers, among others.

As an educator and health practitioner, I want to build awareness of this disease and its ramifications. I also want to share the good news. Celiac disease is treatable. There is no reason to suffer needlessly. Be your own health advocate. Go to celiac.org and check out the symptom checklist. If you feel that you or a family member exhibits these symptoms, request a celiac disease blood screening test. If you have a family member with celiac disease, take the simple swab test for genetic testing. For those individuals testing positive on the genetic test, physicians recommend laboratory blood tests every 3 to 5 years. If the blood tests are positive, talk to your physician about a biopsy to confirm the diagnosis. Most important, remember, an early diagnosis will offer you a pathway to healthy living.

Spread the word that May offers more than holidays and celebrations. It is also a time to take note of your health and improve the health of others! 🌻

Advance Directive Workshops

NICOLE YOUNG



Mary Beth Lepkowsky and Joe Wheatley

Rosemary and Russ Banko discussed a will and an estate plan with their trust attorney years ago but the documents didn't spell out how they wished to be cared for at the end of their lives. The couple wondered whether family members even knew this paperwork existed. The Bankos recently attended an Advance Directives workshop at Sansum Clinic to create a more comprehensive plan.

An Advance Directive is a legal document that allows adults 18 and over to prepare for a time when medical decisions cannot be made due to injury or illness. 70 year-old Rosemary left the workshop feeling it was extremely helpful. "I am relieved now that I understand the situation and we can take care of it," she admitted.

Sansum Clinic partners with the non-profit Alliance for Living and Dying Well to provide free Advance Directive workshops in Santa Barbara and Lompoc. Volunteers Mary Beth Lepkowsky and Joe Wheatley invest their time and talent to teach the sessions. Joe spent many years as long-term care ombudsman for assisted living centers and nursing homes.

His background as a geriatric care manager and member of the Cottage Health bioethics board gives him first-hand insight into the stress that results from managing a grave responsibility without any guidance. "Sadly, we sometimes see families at war with each other. Unless it's written down, the facilities have to

get in the middle of these arguments," he explains.

Mary Beth agrees that too many people delay these important conversations, often spending more time planning vacations than preparing for the final season of their lives. She purposely shares personal anecdotes during her talks, describing how she helped her son create an Advance Directive before he deployed to Afghanistan, and how she considered final wishes with her elderly mother before she passed away. "We knew what she wanted and it was a true gift of comfort," says the Tri-Counties Regional Center assistant director for training and organizational development.

The non-profit provides support and services for people with intellectual and developmental disabilities. In her training role there, she regularly helps others evaluate their quality of life. "That whole approach, planning with someone on what matters to them, utilizing their circle of support, it's so well aligned to this work," says Mary Beth. As a strategic planning consultant

Sansum Clinic welcomes new volunteers to become Advance Care Planning Facilitators who will assist others in learning about and creating their Advance Directive. Training is provided and facilitators are needed in Lompoc, Santa Barbara and Solvang. *For more information please contact Petra in our Health Resource Center, (805) 681-7589.* ●

for large organizations, she employs “person-centered practices,” or assisting others to have positive control over their lives. This philosophy makes her uniquely qualified to advise others on the critical life decisions contained in an advance directive.

The workshops utilize an easy-to-understand document called “Five Wishes.” It’s a practical yet challenging list of questions that reflects the writer’s values and beliefs, covering everything from whether life support can be utilized, to the preferred type of funeral or memorial plan. The first two wishes cover California’s requirement for an Advance Directive. The following three wishes cover all the personal, spiritual and philosophical issues that arise at the end of one’s life.

Workshop leaders recommend serious and thoughtful discussion with loved ones while completing the forms. Many participants often attend the sessions twice, once to learn about the directives, and another time to receive one-on-one assistance from Joe and Mary Beth on the finer points of the document. After the directive is finalized, it needs to be signed by two witnesses or notarized in order to be legally recognized in California and 42 other states.

Sansum Clinic and Cottage Health maintain systems to scan and record these documents, and will assist patients in sending their directives to all the appropriate places, including their network of doctors and family members. What’s important, adds Joe, is having the documents easily accessible, not locked away in a safety deposit

box. “It does no good to go to the class and talk about it and then put it on a shelf somewhere,” he notes. There are also immediate benefits to finishing an Advance Directive, according to Mary Beth. “It reveals how you want to live now, what is important to you, and what brings you joy on a daily basis.”

The workshops are already making a local impact. Sansum Clinic’s Advance Care Planning Facilitator received more than 1,000 referrals from physicians during 2016.

“There is a growing openness to talk,” suggests Mary Beth. “How we define our older years is really different than how it’s been defined in the past. People truly want to maintain choice and control to the greatest extent possible.”

Sansum Clinic is committed to leading patients to resources that help them learn about and complete an Advance Directive. A doctor referral is not necessary to attend the workshops, and all community members, regardless of insurance benefit, can take advantage of the free sessions. Joe understands the reluctance in talking about death. “The end of life is inevitable,” he acknowledges. “But the important thing is to get the Advance Directive done. It’s imperative.” 🌻

For more information, visit www.SansumClinic.org/health-and-wellness.

Sansum’s Wish List



Our supporters serve an incredibly important role in helping us provide the high quality healthcare our community needs and deserves. Our ability to utilize the most advanced technology and deliver the most compassionate care explain why Sansum Clinic is the preferred

healthcare provider for more than 130,000 patients, and why the community has been seeking care from us for nearly 100 years.

In our ongoing effort to keep pace with the latest technology, our 2017 wish list includes such additions as a PET/CT scanner, which is one of the most powerful imaging breakthroughs to quickly and accurately diagnose and treat cancer; and an EMG machine, which is used for neurologic assessment to detect abnormalities and analyze conduction and the biomechanics of movement in the nerves and muscles.

Also high on our wish list is the remodeling of our Pediatrics

department on Hitchcock Way. We need to expand our capacity from 14 to 25 exam rooms allowing us to meet growing demand by adding new physicians. The plan also includes upgrading every exam room to provide better patient care in a more welcoming environment. New flooring, fresh paint, signage and artwork will make the world of difference to our littlest patients and their families.

All of these improvements support our mission to provide an excellent healthcare experience, recognizing our first priority is the patients we serve...big and small.

As a nonprofit organization, we are challenged to continue providing exceptional care in an era of declining insurance payments to the Clinic and growing regulatory demands on healthcare systems. We are truly grateful for every gift we receive, no matter the gift level. Your support contributes to good health for everyone. Working together we can continue to better serve you, our patients and the community.

You can help us get off to a great start this year by returning the enclosed remittance envelope with your gift of support for 2017. Thank you in advance for your consideration. We wish you and your family continued good health throughout the year. 🌻

Congratulations, Dr. Alan Sugar!



Alan Sugar, MD, Infectious Disease specialist, was recognized with an “Excellence in Teaching” award by the medical residents at Santa Barbara Cottage Hospital 2015-2016. 🌟

Alex Bauer, CFO Joins Board of Goleta Chamber of Commerce



Alex Bauer, CFO, has joined the Board of Directors for the Goleta Chamber of Commerce.

Alex joined Sansum Clinic as CFO in 2016. 🌟

David Dodson, MD, Named President of Central Coast Medical Association



The Central Coast Medical Association announced that Sansum Clinic Internist David Dodson, MD, will serve as president of the 2017 Board of Directors. Dr. Dodson has served on the Board of Directors since 2013. He has also been active with CCMA's state affiliate, the California Medical Association, where he has worked on policies and legislation that affects physicians and patients. In addition, in 2017 Dr. Dodson will serve on the delegation to the American Medical Association. Central Coast Medical Association's 2017 Board of Directors

also includes Sansum Clinic Endocrinologist Daniel Berger, MD as Secretary, and Medical Oncologist Jonathan Berkowitz, MD, PhD. 🌟

Kurt Ransohoff, MD, FACP, Named New Incoming Chair of CAPG



Dr. Ransohoff, CEO and Chief Medical Officer, is the incoming chair of CAPG, the leading U.S. professional association for accountable physician organizations. With the new presidential administration and policy changes, the CAPG board will provide guidance to physician groups who are anxious about the future of value-based care. Dr. Ransohoff will help advance the mission of CAPG with a focus on continuing the movement from volume of services to value. 🌟

Dr. Erno S. Daniel Legacy Award



Dr. Bryce Holderness, Ervin Loeza and Martha Daniel

Ervin Loeza was the second recipient of the Dr. Erno S. Daniel Legacy Award. He was selected by the Internal Medicine physicians at the Pesetas Lane clinic and presented with the award by Department Chair, Dr. Bryce Holderness, at a luncheon on February 24. Physicians and staff along with Martha Daniel (who flew in from Minnesota) and close friends and donors to the program were in attendance.

Sansum Clinic meant so much to Dr. Daniel and with thanks and support from his family the Dr. Erno S. Daniel Legacy Award was established. This award is given annually to an employee in the Internal Medicine Department who exemplifies compassion, dedication, and integrity.

Ervin embodies all of that and more. He started at the Clinic in the Health Information Systems department in 2006 and joined the Internal Medicine Department in July of 2014 as Medical Services Coordinator.

Last year the award was presented to Alex Mahto, RN. Martha Daniel stated, “Erno would have been so pleased to start the program with Alex and equally pleased with this year’s recipient, Ervin Loeza.”

If you would like to make a gift to the Dr. Erno S. Daniel Legacy Award please use the enclosed remittance envelope in this issue of Good Health. 🌟

Sansum Clinic Honored for Providing High-Quality Care

IHA's Medicare Advantage Stars Recognize High-Performing California Physician Organizations



Sansum Clinic was recognized for providing high quality care to Medicare Advantage patients by the Integrated Healthcare Association (IHA), a statewide nonprofit group committed to high-value, integrated care that improves quality and affordability for patients across California and the nation.

Each year, IHA recognizes physician organizations that achieve a 4.5- or 5-star rating. Sansum Clinic attained a 4.5 star rating out of a possible 5 stars for 2016-17, which reflects care provided to Medicare Advantage patients in 2015.

Building on the Medicare Advantage (MA) star rating system for health plans, IHA uses a subset of 13 clinical quality measures to collect performance data and assign star ratings to 186 physician organizations based on how well they provided recommended care in 2015 to more than 2 million California seniors and people with disabilities enrolled in MA health maintenance organizations (HMOs).

Clinical quality measures used to calculate the star ratings range from rates of breast and colorectal cancer screenings to eye exams and blood sugar control for patients with diabetes to managing osteoporosis in women with a previous fracture. Collecting these measures at the physician organization level



Marjorie Newman, MD

As Assistant Medical Director for Quality Improvement, Dr. Marjorie Newman works with Sansum Clinic's talented team of clinicians and ancillary providers who are all working together to enhance the care and management of our patients.

allows IHA to combine data from the six participating health plans to identify performance variations that can help plans and POs target quality improvement efforts.

“We are committed to performance measurement and quality improvement, and we are proud to be recognized for the high-quality care we provide to our Medicare Advantage patients,” said Marjorie Newman, MD, Assistant Medical Director at Sansum Clinic.

“Through Medicare Advantage Stars quality measurement, we recognize physician organizations that are committed to providing integrated care that helps make sure their patients get important recommended care,” said IHA President and CEO Jeffrey Rideout, MD. “We believe California is the only state in the country providing overall MA star quality ratings at the physician organization level, and we applaud all California physician organizations for leading the way in making health care quality more transparent.” ☀

We Love to Talk About Food!

What is your favorite restaurant? Do you go to farmer's market? Have you heard about the latest diet? The history of diets is filled with interesting and humorous ideas, starting with the vinegar and water diet popularized by Lord Byron in 1820. Remember the Hollywood Grapefruit Diet, Beverly Hills all fruit for 10 days diet, and the Cabbage Soup Diet? Unusual approaches included the Cheaters Diet – cheating required on weekends, Baby Food Diet and Raw Foods Diet. Some diets we now view as distinctly unhealthful such as the Cigarette Diet of 1925, Drinking Man's Diet of 1964 and Sleeping Beauty Diet of 1976 in which the dieter was sedated for days!

With all of this focus on diet, one would think our world would be thin and fit. But in reality, short term and fad diets don't do the trick. March is National Nutrition Month and the Sansum Clinic Registered Dietitians/Nutritionists offer tips to help you put your best fork forward:

- Be active every day. It is more important to exercise regularly than vigorously.

- Start your day with a healthy breakfast including protein and veggies.
- Add veggies to your lunch, tucking them into a sandwich or wrap and having them in soup or chili.
- Use the “plate method” at dinner. Fill ½ your plate with veggies, ¼ plate with a lean protein and ¼ plate with whole grains, legumes or potatoes.
- Eat vegetables of all colors – fresh, frozen, cooked or salad.
- Enjoy fruit for dessert.
- Drink plenty of water – flavor it with a slice of citrus or cucumber if you like.
- Eat slowly and enjoy the tastes!

Healthy food choices can lower your risk for disease, help you feel better, look better and have increased energy. For recipes, programs and more details, please visit the Sansum Clinic Resource Center, 215 Pesetas Lane near the mountainside entrance, or call (805) 681-7672. ☀

2017 Health Education Programs

Sansum Clinic offers a wide variety of Health and Wellness programs. These programs are designed and conducted by Sansum Clinic's board-certified physicians, registered dietitians, registered nurses, certified diabetes educators, physical therapists and other specialized professionals. Many programs are free of charge and are open to all members of our community.

Health Education Group Programs

- Advance Care Planning Facilitator
- Advance Directives Workshop
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Bariatric Surgery Support Group
- Camp Wheez
- Care Manager
- Diabetes & Pre-Diabetes Basics
- Diabetes Education
- Doctor's Weight Management Program
- Eat Healthy, Eat Well
- Health Resource Center
- Healthier Living: Managing Ongoing Health Conditions
- Neck & Posture Wellness
- Nutrition for a Healthy Heart
- Nutrition Navigator
- Nutrition Services
- Oncology Patient Support Programs
- Prescription Navigator /Brown Bag Medication Review
- Stop Smoking Help
- Stress Management
- Understanding Dementia
- WomenHeart Support Group

For additional information about our Health Education Classes, please visit www.SansumClinic.org/Classes or call our Health Resource Center: (805) 681-7672. ☀

Welcome New Providers



KAYLEE JARVIS, DPT

KAYLEE JARVIS, DPT

Physical Therapy

Lompoc Urgent Care & Multi-Specialty Clinic

1225 North H Street, Lompoc

Ms. Jarvis received her Doctor of Physical Therapy from California State University, Fresno. She is a licensed Physical Therapist.



**MARILYN MENDOZA,
MPH, MD**

MARILYN MENDOZA, MPH, MD

Pediatrics & Adolescent Medicine

Hitchcock Pediatrics

51 Hitchcock Way, Santa Barbara

Dr. Mendoza is board-certified by the American Academy of Pediatrics. She received her medical degree from the University of California San Diego, School of Medicine and completed her internship and residency at UC Irvine/Children's Hospital of Orange County.



JESSICA RYAN, PA-C

JESSICA RYAN, PA-C

Urgent Care

Pesetas Urgent Care & Multi-Specialty Clinic

215 Pesetas Lane, Santa Barbara

Ms. Ryan received her Physician Assistant degree from Oregon Health & Science University School of Medicine in Portland, OR. She is certified by the National Commission on Certification of Physician Assistants. ☀

Lompoc Urgent Care New Hours

Effective March 1, Lompoc Urgent Care has new hours:

Monday through Friday 8:00 am – 6:00 pm

Saturday 9:00 am – 1:00 pm

Closed Sundays

In addition to Urgent Care, we also offer Allergy & Immunology, Cardiology, Family Medicine, Internal Medicine, Laboratory Services, Nephrology, Nutrition, Oncology, Orthopedics, Pediatrics & Adolescent Medicine, Physical Therapy, Podiatry, Primary Care, and Radiology at our Lompoc Urgent Care and Multi-Specialty Clinic at 1225 North H Street, (805) 737-8700.

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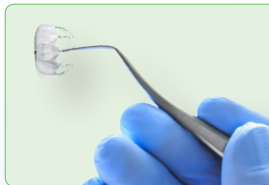
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*Dr. Michael Shenoda (left) and
Dr. Joseph Aragon (right)*



Visit sansumclinic.org/heart-health.

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to schedule an appointment.