

equipped

spring
2008

for Care

Caring Staff

Innovative Technology

Qualified Physicians

Better Detection Saves Time and Anxiety

Advancements
in breast imaging

Taking the Lead in Heart Care

New, less invasive
technologies

Bye-Bye Diabetes

Surgical Weight Loss
provides many
health benefits

Breathing in Sync

New ventilator
technology
eases airflow

Seminars and
support groups
to help you
and your family
achieve your
healthy best



MESSAGE FROM THE CEO



Debbie Keel
FVRH CEO

Let's Clear the Air

April 1 was
April Fools' Day.
But what
happened at
Fountain Valley
Regional Hospital
on April 1 was
anything but
a joke.

On April 1, 2008, Fountain Valley Regional Hospital became a smoke-free campus. We joined several other large hospitals in Orange County that have banned smoking anywhere on their property. Why would we take such a giant step? That's easy: It's the right thing to do.

As you probably know, the first and only Certified Chest Pain Center in Orange County is located at Fountain Valley Regional Hospital. You probably also know that smoking is one of the leading causes of heart disease.

Second, smoking causes or complicates almost any other illness, including pulmonary disease, cancer and birth defects. Last year, Fountain Valley Regional Hospital cared for over a thousand oncology patients and we delivered over 3,800 babies.

At FVRH, we are health care professionals first, and we are one of the major cardiology centers in Orange County. We feel strongly about helping our patients battle lung disease or cancer and encouraging healthy newborns. That is why we must make a statement against smoking, one of the most devastating habits of our time.

We don't take lightly our decision to make our sprawling 35-acre campus smoke-free. According to the American Cancer Society, about 10 percent of our 1,600 employees are probably smokers. Beginning last fall we have offered employees all kinds of aids to stop smoking, including smoking cessation classes, a certified hypnotherapist, nicotine patches and gum, and even an "Adopt a Smoker" program.

Having smoked for many years before quitting 27 years ago, I know that many smokers will try to quit and many will not succeed. Some of our employees, patients and visitors will struggle with the new rule that prohibits them from lighting up anywhere on our campus.

But when you think about it, there is nothing more important we can do than ban smoking from the inside of our hospital building, which was done years ago at FVRH, and from our entrances, patios, walkways and parking lots, which we did April 1.

We're not foolin' around about clearing the air at Fountain Valley Regional Hospital.

Smoking Cessation Classes

For the community, the hospital offers smoking cessation classes on campus. For information, visit

www.fountainvalleyhospital.com/events

or call (714) 979-1408. The Orange County

Health Care Agency also provides

information on community smoking

cessation programs on the web at

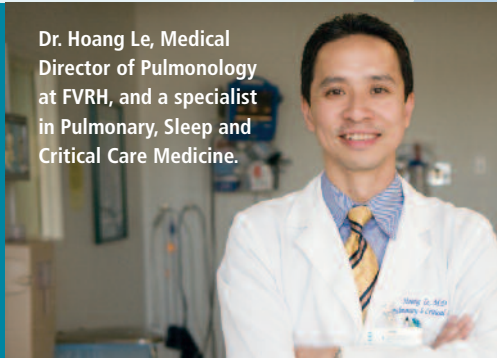
www.ochealthinfo.com/tupp/help.htm.



EVERY BREATH Counts

Critically Ill Patients Benefit From Respiratory Upgrades

Dr. Hoang Le, Medical Director of Pulmonology at FVRH, and a specialist in Pulmonary, Sleep and Critical Care Medicine.



A commitment to making the latest medical technology available to Orange County residents is nowhere more evident than in the Respiratory and Neurodiagnostic Services area of Fountain Valley Regional Hospital.

There one can find NAVA, a new respiratory technology that can detect a patient's impulse to breathe and synchronize a ventilator's airflow with that impulse. Formerly, a ventilator and a patient's breathing often were not synchronized, leading to patient discomfort and the need for sedation.

Fountain Valley Regional Hospital is the first hospital in California now participating in a test of the new technology to make it available for patients. Only a handful of hospitals nationwide have NAVA.

Here's how it works. A tube is placed through the nose and into the stomach. At the end of the tube is a probe that picks up impulses from the phrenic nerve. This nerve stimulates the diaphragm, the muscle that, by expanding and contracting, controls breathing.

"The ventilator can determine if a brain signal is telling the patient to breathe or if it's a

false movement that formerly would false-trigger the ventilator," says John Zamora, R.C.P., Clinical Manager of Respiratory and Neurodiagnostic Services. "A false trigger would cause the patient to be out of synch with the ventilator."

Hoang Le, M.D., a specialist in Pulmonary, Sleep and Critical Care Medicine and the newly appointed Medical Director of Pulmonology at FVRH, is keen to get the staff trained on the upgrades so they can use the new equipment to its fullest potential. "These techniques and equipment are new, and it's exciting," he says. "Now we would like to begin the process of familiarizing staff, such as respiratory therapists, ICU nurses and pulmonologists, with this new technology." Initially, the technology will be used in the Intensive Care Unit with adult patients who have serious lung injuries or acute respiratory distress syndrome, a potentially fatal condition in which airways swell and fluid builds up in the lungs' air sacs.

Other new respiratory technology currently benefiting patients at Fountain Valley Regional Hospital includes:

"The ventilator can determine if a brain signal is telling the patient to breathe or if it's a false movement that formerly would false-trigger the ventilator."

- ▶ **Bi-Vent**, a technique to help patients who can't get enough oxygen (O₂) into their ailing lungs. Bi-Vent provides oxygen to the lungs at high pressure, so O₂ fills as much of the lungs as possible. Unlike a previous method, however, Bi-Vent allows the patient to breathe spontaneously.

- ▶ **End Tidal CO₂** monitoring connected to a ventilator. This innovation allows the technician to monitor carbon dioxide levels (End Tidal CO₂) in the blood without having to administer an invasive and painful arterial blood gases test, in which blood is drawn from an artery in the wrist, arm or groin. "If you have continuous CO₂ monitoring, it enables you to adjust the rate and/or volume of the ventilator without having

to do an invasive test," says Joe Giordano, R.C.P., Director of Respiratory and Neurodiagnostic Services.

- ▶ **The Open Lung Tool**, which inflates the smallest air sacs in the lungs while monitoring the amount of oxygen pumped in. This protects the lungs' delicate tissues from being damaged.

Giordano is quick to point out that these innovations are simply the latest improvements to already top-of-the-line ventilators, an indication of how serious Fountain Valley Regional Hospital is about keeping abreast of the latest technology.

"These are software and hardware upgrades to our already high-tech ventilators," he says. "We have 22 SERVO-i ventilators that are state-of-the-art."



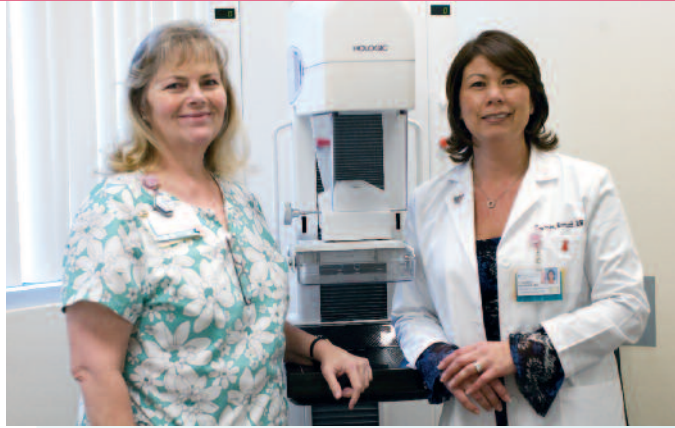
It was a good holiday season for the Center for Breast Care at Fountain Valley Regional Hospital. New technology for screening and diagnosing breast cancer arrived in December.

The new Lorad® Selenia™ digital mammography system from Hologic® is now available at the Center for Breast Care. With digital technology, X-ray film is replaced by detectors that convert X-rays into electrical signals. The signals are used to produce images that can be seen on a computer monitor.

The advantages of digital over film mammography are similar to those of digital cameras over old-fashioned film models, but they're even more striking.

"We can see through very dense breast tissue in a better way than we were able to before," says Lynn McBride, R.T. (M), Supervisor of the Center for Breast Care.

- ▶ Digital mammograms are better than film mammograms for detecting anomalies in dense breast tissue. Many younger women and those choosing hormone replacement therapy may have dense breasts. For them, screening with digital mammography provides better visualization of the breast tissue.
- ▶ A computer-aided-detection (CAD) system analyzes the mammogram image and marks suspicious areas for radiologists to review.
- ▶ The radiologist can manipulate contrast and increase magnification of a breast image to get a better view.
- ▶ The test often goes more quickly because technologists don't need to work with film. The technologist also can see problems with image exposure or breast positioning in real time and make adjustments right away, reducing callbacks for mammograms.



Lynn McBride, R.T. (M), Supervisor of the Center for Breast Care, and Carmen Romoff, R.N., Director of Outpatient Services and Centralized Scheduling.

On another front, patients at the Center for Breast Care can benefit from improved technology for **stereotactic breast biopsies**. During the procedure, the patient lies face down on a table specially designed for biopsies. The breast that's being imaged projects through an opening, and the table is raised for the biopsy to be performed. Then, a hollow needle is passed through the skin and guided exactly to the suspicious area by advanced computer imaging.

According to McBride, greater precision in identifying the exact location of the anomaly and use of a larger needle allows for fewer "cores," or tissue samples, to be taken. That means less time for the procedure and less trauma for the patient.

The Center for Breast Care at Fountain Valley Regional Hospital also has new **ultrasound technology**, GE Healthcare's Logiq 9™, for imaging the breast. Breast ultrasound is used most often as a diagnostic tool in cases where a breast anomaly can't be classified using mammography.

"All these advancements in imaging technology allow us to surgically plan for our patients with more confidence about our desired outcomes," says Dr. Kelly Francis, a surgeon affiliated with the hospital.

Lastly, new design changes are also in store for the Center for Breast Care. "We have acquired some of the best technology out there to minimize both the time required for diagnosis and some of the physical discomforts associated with these procedures," says Carmen Romoff, R.N., Director of Outpatient Services and Centralized Scheduling. "Now we want to focus on alleviating women's anxieties. The new Tuscan style will include soothing colors and surroundings to help our patients feel at ease." State-of-the-art technology in the hands of skilled, experienced sonographers, technologists and radiologists who care about women: It all adds up to more responsive service and faster, more precise test results.

The Center for Breast Care is open 8 a.m. to 5:30 p.m., Monday through Friday. Please call **(714) 966-8118** to make an appointment.

BETTER DETECTION Saves Time and Anxiety

Advancements in Imaging and Taking Biopsies



Screening and Diagnostic Mammograms: What's the Difference?

A screening mammogram detects breast changes in women who have no signs or symptoms of breast cancer. The National Cancer Institute recommends women 40 and older have screening mammograms every one to two years, unless they're at higher risk for breast cancer. A diagnostic mammogram is used to check for breast cancer after a lump or other anomaly has been found.



ORANGE COUNTY
Regional Cancer Center

PREVENTION the Key to Combating Colon Cancer

Colorectal cancer is the third most common type of cancer. Fortunately, the survival rate is 90 percent when the cancer is caught at an early, localized stage.

"The best thing you can do to thwart colon cancer is get screened," says An Nguyen, M.D., an oncologist affiliated with Fountain Valley Regional Hospital. "Everyone over the age of 50 should be screened, as should individuals with significant risk factors."

Conditions that increase colon cancer risk include a family or personal history, as well as certain lifestyle habits such as smoking, inactivity and obesity.

"Screening is effective because it can help your physician find and remove colorectal polyps before they become cancerous," says Dr. Nguyen. "It is also a way to find early cancers before they reach advanced stages."

The American Cancer Society recommends following **one** of these five screening options:

- ▶ Colonoscopy every ten years
- ▶ Annual fecal occult blood test (FOBT) or fecal immunochemical test (FIT)

- ▶ Flexible sigmoidoscopy every five years
- ▶ Combination of annual FOBT or FIT and flexible sigmoidoscopy every five years (preferred over either alone)
- ▶ Double-contrast barium enema every two years

"Besides screening, the second component of colon cancer prevention is lifestyle choices," says Dr. Nguyen. This includes eating less fat and more fruit, vegetables and fiber; engaging in regular physical activity; and maintaining a healthy weight.

Talk to your doctor about how you can make healthy lifestyle changes and whether it's time to schedule a colorectal screening. For referral to a qualified physician, visit us on the web at www.fountainvalleyhospital.com, or call our Health Information Line at **(800) 398-5734**.



A diet rich in fruits and vegetables and low in cholesterol, complimented by daily exercise, is believed to help reduce the risk of colon cancer. But it's no substitute for scheduled screenings. Check with your doctor to determine when to schedule your next colonoscopy. If you need help finding a physician, please visit us on the web at www.fountainvalleyhospital.com

Learn More About Colon Cancer

Dr. An Nguyen will speak about colon cancer prevention and early detection on Friday, April 25, 2008, at the Palm Island Community Center, 11300 Warner Avenue, Fountain Valley. The program will take place from 10:30 a.m. to noon. For information or reservations, please call **(714) 979-1408**.



From left to right: Volunteers Bruce Baldwin and Beatrice Vega, and Kim Esson, Volunteer Services Coordinator.

A Chance to Make a Difference

If you enjoy interacting with people and being of service, consider becoming a hospital volunteer.

Fountain Valley Regional Hospital and Medical Center is looking for people to serve as greeters in our front lobby. These individuals welcome patients and visitors, answer questions and provide directions.

"People enjoy being greeted when they enter the hospital. It makes them feel more comfortable, and can really decrease their anxiety," says Kim Esson, Volunteer Service Coordinator. "Volunteering is a great way to make a difference in the lives of others."

In addition to being greeters, volunteers can also assist in other capacities such as administrative/clerical or helping in nursing units. Volunteers can also have flexible hours to accommodate their busy lifestyles. Those who work shifts of four or more hours are provided with a complimentary hospital meal – and a great opportunity to socialize with other volunteers.

For more information or to volunteer, contact Kim Esson at **(714) 966-8083** or Kim.Esson@tenethealth.com.

Taking The Lead in Cardiac Care

Lead Removal Program, CT Angiograms Are Latest Upgrades



From left to right: Dr. Reginald Abraham; Lynn Redwater, Director of Cardiovascular Services; and Dr. Shankarlingam Sainath.

“When do I get to go home?” That’s what Lynn Redwater’s mother wanted to know when she was admitted to the hospital. Redwater, Director of Cardiovascular Services at Fountain Valley Regional Hospital, says her mother is typical of many patients. “They want to know, ‘What are you going to do, how are you going to fix it and when do I get to go home?’” Redwater says.

The cardiac care staff at Fountain Valley Regional Hospital is dedicated to

diagnosing and treating patients quickly. Redwater points to the hospital’s “door-to-balloon time” of 58 minutes in the fourth quarter of 2007, well below the 90-minute national standard. Door-to-balloon time measures how long it takes to get a cardiac patient from the front door of a treatment center to balloon angioplasty, a procedure that clears blocked arteries.

But speed isn’t the primary motivator. Accurate diagnosis and appropriate treatment are paramount. New technology is advancing both, while in

some cases also allowing procedures to be done faster and more safely.

An example is the new lead removal program at FVRH, which will be available in the early summer. Leads are wires that run from a pacemaker or other device implanted in the chest through a vein into the heart. Over time, scar tissue forms over the lead in the vein and where it attaches to the heart. In the past when a lead had to be removed—because the area around it became infected or a newer implantable device

was being installed—there was risk of heart damage.

Soon Arvind Nirula, M.D., an interventional cardiologist, will use a laser to burn off scar tissue so the lead can be pulled out easily without damaging heart tissue. Because the heart is still affected, however, cardiac surgeon Reginald Abraham, M.D., and a full surgical team are on hand.

“The laser frees up the lead along its course and at the point of final attachment to the heart,” says Dr. Abraham. “It’s a much safer, more effective way of removing leads.”

On another front, some cardiac angiograms at Fountain Valley Regional Medical Center are being performed with a new 64-slice computed tomography (CT) scanner instead of using traditional catheterization and X-rays. A cardiac angiogram is a diagnostic tool that shows how blood flows through your heart.

A CT scanner is less invasive and faster than the traditional method, but it should only be used in certain cases, explains Shankarlingam Sainath, M.D., a cardiologist at Fountain Valley Regional Hospital. “The CT angiogram is an excellent choice for diagnosing coronary artery blockages, evaluating heart muscle function and detecting congenital coronary anomalies,” he says. Congenital anomalies are defects people have when they are born.

Fast service, diagnosis and appropriate treatment—these are benchmarks for cardiac care at Fountain Valley Regional Hospital.

“We provide early diagnosis and treatment,” says Redwater. “Whatever your cardiac needs, we’re equipped, staffed and trained to treat it in a timely manner.”

To schedule a cardiac screening at Fountain Valley Regional Hospital, call **(714) 979-1408**.

“Whatever your cardiac needs, we’re equipped, staffed and trained to treat it in a timely manner.”



**ORANGE COUNTY INSTITUTE
HEART & VASCULAR CARE**
at Fountain Valley Regional Hospital

Surgery Changes Life – and Health – for the **Better**



Trisha Sweet and Philip Chin, M.D.

Trisha Sweet felt much older than her 55 years. At 5'2" and 235 pounds, she was battling diabetes and high cholesterol. Sleep apnea caused her to snore so loud that she slept in a different room from her husband. And when she attended trade shows for her job as a marketing rep for a medical equipment manufacturer, Trisha's feet would ache unmercifully.

She and a colleague vowed that they would make a change, and spent a year researching weight loss programs. Both decided on the Surgical Weight Loss Program at Fountain Valley Regional Hospital (FVRH).

"I knew some other people who had their weight loss surgeries at Fountain Valley Hospital," said Trish. "Although I live in Lake Forest, I chose to come here because of the skill of the medical staff and the number of procedures they've done."

In December of 2006, Trisha underwent laparoscopic gastric bypass surgery, performed by Philip Chin, M.D., a bariatric surgeon with eight years experience affiliated with FVRH. The procedure involves making small incisions to insert a tiny camera and instruments. The surgeon uses these tools to reduce the stomach's capacity and re-route food so that it bypasses part of the intestine where calories would normally be absorbed.

Less than two years later, Trish — who went from a size 24 to size 8 — considers the experience a great success. "I'm no longer diabetic, I no longer have high cholesterol and I don't have sleep apnea," she says. "I have much more energy than before. Now, I can jog and power walk, where before, I got winded going up a single flight of stairs."

Dr. Peter LePort, M.D., Medical Director of Fountain Valley Regional Hospital's Surgical Weight Loss Program, frequently sees these kinds of results.

"As happened in Trisha's case, after gastric bypass we've seen decreases in the need for medications and insulin for patients with type 2 diabetes caused by weight, and decreases in sleep apnea caused by weight," he says. "Also, patients often see their blood pressure decrease, and the majority no longer need to take hypertensive medications by the time they reach a year post surgery."

Trisha's surgeon, Dr. Chin, was also pleased to see both the physical and emotional changes in his patient. "Trisha is a 'get up and go' person, and the medical issues caused by her weight were keeping her down," he says, "Now, her diabetes and cholesterol are under control, and her body has caught up with where she wanted to be."

"Many people go from a life of suffering to a life of living," Dr. Chin went on to say. "I've seen patients who had never gone to Disneyland or the beach because of their weight experiencing these new pleasures for the first time. Some who hesitated to date or change jobs before the surgery felt confident enough to do so successfully afterwards."

The Surgical Weight Loss Program is a comprehensive, structured program using an integrated team of experienced professionals including physicians, nurses, counselors and dietitians. It is recognized as a Center of Excellence by the American Society for Metabolic & Bariatric Surgery. If you would like more information about the Surgical Weight Loss Program at Fountain Valley Hospital, please call (877) 966-3391.

Disclaimer: This testimonial reflects results achieved by this patient. As each case is different and must be independently evaluated and managed, actual weight loss will vary.

This surgery is designed for those with a BMI equal to or greater than 40 or equal to or greater than 35 with serious co-morbidities.

FVRH AWARDED UnitedHealth Premium® Specialty Center designation for **SURGICAL SPINE**

Fountain Valley Regional Hospital (FVRH) is proud to have been awarded a United Premium® Specialty Center designation for Surgical Spine for 2007 to 2009. This designation means that we have met rigorous quality criteria based on nationally recognized medical standards and expert advice.

The UnitedHealth Premium® designations are based on detailed information about programmatic structure, patient care processes and clinical outcomes that are submitted by the hospital to UnitedHealthcare.

"This designation places Fountain Valley among others at the forefront of spine surgery in Orange County," says Zafar Khan, M.D., an orthopedic surgeon and Chair of the Department of Surgery at FVRH. "It ensures high quality in spine care and is truly a testament to our devotion to our patients."

Fountain Valley Regional Hospital also received the following UnitedHealth Premium® designations: Cardiovascular Surgery, Electrophysiology and Interventional Cardiology.

"We are pleased that our hospital has been recognized by UnitedHealthcare for the high quality care that we provide," says Debbie Keel, CEO of Fountain Valley Regional Hospital. "Our physicians and staff work very hard to provide quality patient care, and these designations are evidence of the high standard of care we deliver every day."



ORANGE COUNTY INSTITUTE
S P I N E
at Fountain Valley Regional Hospital




Surgical
WEIGHT LOSS
AT FOUNTAIN VALLEY
REGIONAL HOSPITAL

FVRH events



Maternity Orientation, Prepared Childbirth & Parenting Education

Advanced registration is required to ensure preferred class times and dates. For a complete list of classes and registration information, please call (714) 979-1408 or visit www.fountainvalleyhospital.com.



ORANGE COUNTY Regional Cancer Center

“Detection & Prevention: The Key to Combating Colon Cancer”

Sponsored by the Orange County Regional Cancer Center

Friday, April 25th, 2008
Beginning at 10:30 a.m.
Palm Island Senior Community
11300 Warner Ave., Fountain Valley
Refreshments will be served.
For information and reservations, call (714) 979-1408.

“Sun Survival: Protecting Your Skin”

Sponsored by the Orange County Regional Cancer Center

Friday, June 27, 2008
Beginning at 10:30 a.m.
Palm Island Senior Community
11300 Warner Ave., Fountain Valley
Refreshments will be served.
For information and reservations, call (714) 979-1408.



ORANGE COUNTY Regional Cancer Center

“Look Good–Feel Better Program”

This class will teach women in treatment the techniques to restore their image and cope with appearance related side effects.

April 2nd, 10:00 a.m. – 12:00 p.m.
July 2nd, 10:00 a.m. – 12:00 p.m.
Fountain Valley Hospital – East Tower
11250 Warner Avenue
Fountain Valley, CA 92708

For additional information and to register, please call the American Cancer Society toll free at (800) 227-2345.

“Cancer Diagnosis & Beyond Support Group”

A cancer support group designed to help patients understand how to cope with cancer and the issues that arise from diagnosis and beyond.

April 2nd, April 16th, May 7th, May 21st
Beginning at 12:00 p.m.
Medical Offices Building
11100 Warner Avenue
Fountain Valley, CA 92708
For more information and reservations, call (714) 979-1408.



ORANGE COUNTY INSTITUTE OF SPINE at Fountain Valley Regional Hospital

“Making the Difference Between Functioning & Feeling Good”

Sponsored by the Orange County Institute of Spine
Friday, May 30, 2008

Beginning at 10:30 a.m.
Palm Island Senior Community
11300 Warner Ave., Fountain Valley
Refreshments will be served.
For information and reservations, call (714) 979-1408.



ORANGE COUNTY INSTITUTE OF HEART & VASCULAR CARE at Fountain Valley Regional Hospital

“Free Circulatory Screening”

Sponsored by the Orange County Institute of Heart & Vascular Care
Monday, May 19th, 2008

Beginning at 1:00 p.m.
RESERVATIONS ARE REQUIRED.
The Center at Founders Village
17967 Bushard Street, Fountain Valley
For information and reservations, call (714) 979-1408.

“Understanding Your Risk For Stroke”

Sponsored by the Orange County Institute of Heart & Vascular Care
Monday, May 12th, 2008

Beginning at 10:00 a.m.
The Center at Founders Village
17967 Bushard Street, Fountain Valley
For information and reservations, call (714) 979-1408.



Fountain Valley Regional Hospital and Medical Center

Tenet California

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www.fountainvalleyhospital.com

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