

FOUNTAIN VALLEY REGIONAL HOSPITAL & MEDICAL CENTER

equipped for Care

summer
2008

Caring Staff

Innovative Technology

Qualified Physicians

Light at the End of the Tunnel

Revision Surgery Brings Relief

Endovascular Repair:
An Inside Job

**Orthopedic Surgeons
Keep People Moving**
Spine Center and
Orthopedic Services Offer
Advanced Treatments

Make Room for Multiples
Twins and Triplets Thrive on
Baby Boulevard

**When Routine Deliveries
Aren't Routine**

Committed to Giving Back

Hospital Supports Nonprofits
in the Community



MESSAGE FROM THE CEO

Commitment to Our Community Goes Beyond Our Own Yard



Debbie Keel
FVRH CEO

At Fountain Valley Regional Hospital and Medical Center, we believe that caring for our community goes beyond the four walls of the hospital. Education, prevention, social services and ongoing support are a big part of what we call the continuum of care.



As part of our commitment to the communities we serve, Fountain Valley Regional Hospital (FVRH) and our Tenet Foundation regularly support local charities, schools and organizations that join us in providing needed services to the seniors, families, and workers we serve.

Since 1989 the Tenet Foundation has been providing opportunities for its affiliated hospitals to identify local charitable organizations that would greatly benefit from its support. In just the last three years, Fountain Valley Regional Hospital has identified many local not-for-profit organizations that have received more than \$160,000 in donations.

In addition to the support of the Tenet Foundation, Fountain Valley Regional Hospital independently works with other organizations to provide necessary sponsorships and donations that enhance the lives of many of our community residents. These organizations include the following:

- The Huntington Beach Council on Aging
- The Fountain Valley Seniors Club
- The Founders Village Senior & Community Center
- The City of Fountain Valley 50th Anniversary Celebration, Red Ribbon Festival and Community Services Department
- The Huntington Beach Community Care Health Clinic
- The West Senior Center Foundation

In some cases, we are able to use our experience and resources to support fundraising causes and community outreach programs. These programs raise awareness and educate and provide support for seniors, children and families.

In 2006, the Fountain Valley Fire Department and FVRH realized that in order to provide high-quality advanced lifesaving care to cardiac patients in the field, the fire department would need to upgrade all four of its paramedic units with new 12-lead EKG machines. At a cost of over \$15,000 each, it just wasn't in the city's budget. Determined to find a way, the hospital and the Fountain Valley Firefighters Association created the Invitational Golf Tournament and Fundraiser. The event raised more than \$65,000 in its first year, enough to equip the paramedic units with their much-needed equipment.

Since then, this annual event has raised over \$140,000 to support local charities, including the following:

- Sparkling Angels Charities
- Brittany's Closet
- Burn Quest
- Make-A-Wish Foundation
- Wish-Land
- California Elwyn
- Kelly Osborn Memorial Foundation
- Local fire victims and their families

Our community is a unique place to live and work, offering a balanced mix of residential, commercial and city government properties, and our ability to understand how they all work together is important in providing the highest quality care possible. That's why we work closely with local chambers of commerce and fire and police agencies, and communicate regularly with city officials and staff to stay up to speed on what's happening in our community.

We're proud to say that for more than 35 years, Fountain Valley Regional Hospital has been caring for the communities we serve.



Fountain Valley Regional
HOSPITAL & MEDICAL CENTER

THE LIGHT

at the End of the Tunnel

Fate brought her to Fountain Valley Regional Hospital, and the orthopedic surgical team gave her a brighter future.



Bret Batchelor, M.D., and Madalena Fernandez

Madalena Fernandez was living her worst nightmare. The 60-year-old grandmother of six had undergone what should have been a routine hip replacement at a Los Angeles – area hospital in January.

Within a week after the surgery, Fernandez's leg had swelled to more than twice its normal size. And although she was in excruciating pain, her doctor told her to start walking on the leg.

Fernandes was later taken to the emergency room of a different hospital, where the staff determined the screws holding her prosthesis in place had broken.

According to the American Academy of Orthopedic Surgeons, more than 90 percent of the joint replacements performed each year in the United States do not require corrective surgery. When a revision is needed, it may be due to complications from infections; blood clots; loosening, dislocation or wear of the new joint; or nerve and blood vessel injury.

But the hospital said it could not find a physician who would accept Fernandez's insurance and do corrective surgery. Madalena spent several weeks at home, bed-bound because of the pain and her inability to move.

Finally, Fernandez's daughter, Ana Jolley, got her mother admitted to Fountain Valley Regional Hospital.

Fernandes soon met orthopedic surgeon Bret Batchelor, M.D., affiliated with the hospital's Orange County Institute for Orthopedics, who reviewed her records and talked at length with her about her situation.

"He told me, 'I'm not going to let you leave this hospital until you're fixed,'" said Fernandez. "It was the light at the end of the tunnel."

Although more than 90 percent of patients who have revision surgery have good to excellent results, this type of surgery is more complex than routine joint replacement. Surgeons must assess existing bone quality, remove the failed components, reconstruct the remaining bone and soft-tissue structures, and fix the new components to the remaining bone successfully.

Dr. Batchelor began searching for a surgeon specializing in this type of repair work. Despite calls to numerous specialists, he could not find anyone willing to take on the case.

Finally, he made the decision to perform Fernandez's surgery himself, with his partner, John Kelly, M.D., assisting. They took out the old, broken portion of the previous implant and bone, and then used what remained to form a new cup portion of the socket. Fortunately, they had the

proper equipment and were able to repair the defect. This allowed them to then put in a new stable implant.

Fernandes returned home about one week later. "The pain was gone right away," she said. "I couldn't believe my leg was straight again. Every day, I look at it and I'm amazed."

A culture of excellence drives the hospital's orthopedics program. Its physicians strive to provide first-rate care to patients suffering from problems of the musculoskeletal system.

The Orange County Institute of Orthopedics offers advanced solutions for the young and athletic whose injuries sometimes need to be treated by a specialist in sports medicine, and for the growing population of seniors with stiff, sore joints that sometimes need to be replaced if they are to continue leading active lives.

For a referral to a Fountain Valley Regional Hospital orthopedist, call (714) 979-1408.

This testimonial reflects the experience and outcomes of this particular patient. Actual experiences and outcomes will vary.



ORANGE COUNTY INSTITUTE
ORTHOPEDICS
at Fountain Valley Regional Hospital

Endovascular Repair: An Inside Job



Quang Vo, M.D., and Kalati Kalati

Less
Invasive
Vascular
Surgery
Beats the
Odds

Kalati Kalati could not have understood the gravity of his situation when he arrived at the Emergency Department of Fountain Valley Regional Hospital suffering from abdominal pains. Having lived 91 years, he thought he had seen it all and that this was just another bout of heartburn. Yet, the pain had persisted over several hours, making him lightheaded, nauseous and dizzy.

A CAT scan taken in the ER revealed that Kalati had an aortic aneurysm, an abnormal bulge in the wall of the aorta, the body's largest artery. Kalati's aneurysm measured 10 cm – over three times the size of a

normal aorta. Worse yet, it had already ruptured, and he was bleeding internally.

The Emergency Department physicians treating Kalati immediately called cardiothoracic surgeon Quang Vo, M.D. In assessing the situation, Dr. Vo knew that Kalati's ruptured aortic aneurysm meant about a 10 percent chance of survival. His condition was further complicated by multiple organ failure: his kidneys were shutting down, his heart rhythm was abnormal, and he was suffering a heart attack. Traditional surgical repair, with longer operating times and larger incisions, would be difficult for a man his age, especially given his fragile condition.

"I explained to the family that there was a high probability of death if the aneurysm was left alone, and because of the patient's age and health, a high probability that he wouldn't survive open abdominal surgery, either," said Dr. Vo. "But there was one more option which might give him a chance to live: endovascular repair."

This relatively new procedure involves inserting a thin tube into the bloodstream, usually through an artery in the leg. The surgeon works the tube up to area of the aneurysm and performs repairs from the inside by inserting a stent-graft, a metal frame that allows blood to flow through while avoiding the aneurysm. Because it is less invasive than traditional surgery, endovascular repair involves less blood loss, less trauma to the patient, and fewer days in intensive care.

The procedure was successful, and Kalati was discharged less than two weeks later. "That's a remarkable result for a 91-year-old man with this diagnosis," said Dr. Vo.

Now, Kalati is back home with his son, daughter-in-law, and four great-grandchildren. "He is able to get up in the morning by himself, walk to the kitchen to eat, talk to the children and play with his dog," reports his son, Suli. "It's really amazing that he survived."

The skilled, multi-disciplinary team at the Orange County Institute for Heart & Vascular Care at Fountain Valley Regional Hospital has the experience and resources needed to make quick decisions at critical moments. The Institute also has the only Chest Pain Center in Orange County with PCI (balloon angioplasty) accredited by the Society of Chest Pain Centers.

This testimonial reflects the experience and outcomes of this particular patient. Actual experiences and outcomes will vary.

To learn more, call (800) 398-5734 or visit us on the web at www.fountainvalleyhospital.com.



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

Help for an **ACHING** Back

Spine Specialists Spell Relief for Back Pain, Other Ailments

When physical therapy and painkillers aren't enough to ease chronic and debilitating back pain, spine surgery may be the best option for getting relief. Fountain Valley Regional Hospital offers an array of surgical options at the Orange County Institute for Spine.



Zafar Khan, M.D.

“A multispecialty team of pain-management specialists, neurosurgeons and orthopedic spine surgeons works together on all spine procedures.”

“We do just about everything in the spine,” says Zafar Khan, M.D., the hospital’s chairman of the Department of Surgery. Among the surgical offerings at Fountain Valley Regional Hospital, many of which can be done using minimally invasive techniques, are the following:

- Spine fusion to reduce pain and provide stability and mobility to the back
- Total disc replacement to replace damaged or worn-out discs
- Kyphoplasty and vertebroplasty using bone cement to stabilize fractured vertebrae
- Laminectomy and laminoplasty to relieve spinal stenosis, a narrowing of the spine that puts pressure on nerves and causes pain
- Removal of tumors on the spine
- Spine reconstructive surgery

A multispecialty team of pain-management specialists, neurosurgeons and orthopedic spine surgeons works together on all spine procedures.

In addition to the OC Institute for Spine, Fountain Valley Regional Hospital offers a range of orthopedic services. Treatments include total joint replacement, a full sports medicine program that features arthroscopic surgery on the knee and shoulder, and foot and ankle services.

“We have a very complete orthopedic department,” Dr. Khan says.

For a referral to a Fountain Valley Regional Hospital spine surgeon, please call our Physician Referral Line at 714-979-1408.

Firefighter Finds Answer to Pain With Spine Procedure

It took a year for Rex Williamson to say “enough” to back pain and schedule a consultation at the Orange County Institute for Spine at Fountain Valley Regional Hospital.

Williamson tried epidural injections, physical therapy and painkillers to ease the discomfort caused by a degenerating disc in his lower spine. The 53-year-old hurt his back trying to open a fire hydrant at John Wayne Airport, where he was a firefighter on a crash crew. Even a daily dose of synthetic morphine, the pain still bothered him. Just as important, he couldn’t return to work on painkillers. That’s when he decided to see Dr. Khan.

The spine specialist advised spine fusion surgery for Williamson. During the procedure, the damaged disc was removed and replaced with a synthetic bone spacer. Screws and rods were installed like scaffolding to hold the spine in place while the vertebrae and synthetic bone fused together. The result was a stable and pain-free spine.

“I have taken no pain meds since then,” Williamson says. “My back feels great, and I haven’t had any more pain or difficulty.”

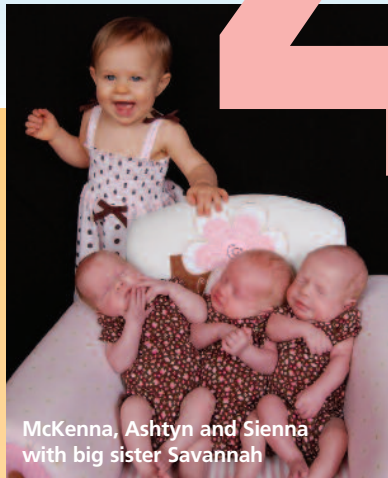
This testimonial reflects the experience and outcomes of this particular patient. Actual experiences and outcomes will vary.



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

MULTIPLES THRIVE AT FOUNTAIN VALLEY REGIONAL HOSPITAL

And **Babies**
Make **4**



McKenna, Ashtyn and Sienna with big sister Savannah



Kevin Tieu, M.D.

Crowder's obstetrician, Kevin Tieu, M.D., decided that Fountain Valley Regional Hospital and Medical Center would be the best place for the delivery. "We wanted a hospital with a Neonatal Intensive Care Unit (NICU) because there was a high risk of pre-term labor," he said. Sure enough, there were several incidences of false labor, which required multiple visits to the hospital.

But the babies held on for almost 33 weeks, and McKenna, Ashtyn and Sienna made their appearance on March 18. They were small but healthy. "The babies were all vigorous, especially for a triplets pregnancy," said Dr. Tieu.

The triplets stayed in the NICU for about three weeks before they were able to go home and join big sister Savannah.

Crowder was thrilled with the care they received. "The staff was wonderful," she said. "Initially, there was a nurse assigned to each baby, so I knew they were getting the attention they needed."

At the same time that Crowder's triplets were being delivered, patient Hanh Nguyen was next door giving birth to twins. (See article at right.)

"Having two sets of multiples born within an hour of one another requires a lot of coordination," said Dr. Tieu. "The hospital handled it so professionally. We made the right decision by choosing Fountain Valley Regional Hospital."

These testimonial reflect the experiences and outcomes of these particular patients. Actual experiences and outcomes will vary.

Twice the
Fun **2**



Co Pham, M.D.

When it was time to deliver her twins, Hanh Nguyen was happy to return to Fountain Valley Regional Hospital, where she had delivered her first child four years ago. "They took good care of me," she said.

Nguyen's obstetrician, Co Pham, M.D., had the same preference. "This was a high-risk pregnancy because the mother was over 40 and carrying twins," said Dr. Pham. "I prefer my high-risk patients to deliver at Fountain Valley Regional Hospital because the staff is very professional, and they have everything in place. They have in-house neonatologists and perinatologists, as well as a very good labor/delivery/recovery staff, very good anesthesiologists, and a very good ICU."

Because all these elements were in place, Nguyen's delivery went very smoothly. Coincidentally, her twins were delivered at the same time that triplets were being delivered. But despite the challenge presented by simultaneous multiple births, both deliveries received the staff and resources they needed.

Nguyen had been admitted to the hospital early for premature labor, which is common with multiples. However, the twins waited to make their debut until

they were more than 32 weeks old. They were able to leave the Neonatal Intensive Care Unit after just a few weeks, once their lungs had matured enough for them to breathe adequately on their own.

Nguyen reports that the twins, Trini and Trina, are doing well as they continue to grow and develop. Her story is one of many successful deliveries at Fountain Valley Regional Hospital. Each of them is unique, yet each features the same professional care, expertise and facilities found at Baby Boulevard.

Of course, this special care doesn't stop at delivery. It includes assistance from a full-time lactation nurse, attentive care in the postpartum unit, and the ability of moms with healthy newborns to choose between rooming with their babies or having them cared for in the nursery.

Whether you're expecting one or multiples, your needs will be met at Fountain Valley Regional Hospital's Baby Boulevard.

For more information about our maternity services, including prepared childbirth and parenting classes, please call (800) 398-5734, or visit us online at www.fountainvalleyhospital.com. Under "Our Services," choose the "Medical Services" tab and then click on "Baby Blvd."



When Routine Deliveries

Aren't ROUTINE



Thomas Quach, M.D.

Quick Response to Delivery Complication Saves Mom's Life

It was supposed to be a routine delivery for Tiffany Bui. Her pregnancy had progressed smoothly, and her obstetrician, Thomas Quach, M.D., had performed a normal C-section.

But it wasn't routine. Bui developed disseminated intravascular coagulation (DIC), an unusual condition involving excessive bleeding.

Fortunately, Fountain Valley Regional Hospital's Level III Unit is prepared for the unexpected.

"When it comes to postpartum hemorrhage, you have to act quickly," said Dr. Quach. "We recognized that Tiffany was experiencing a possible DIC, and immediately gave her a blood transfusion with clotting factors, as well as an extra IV. Fountain Valley Regional Hospital has protocols in place that allowed for fast delivery of the blood products to Labor and Delivery."

"DIC is considered an obstetric emergency," added Dr. Quach. "A hospital needs to know what to do when situations like this happen – to be prepared for the worst-case scenario."

Thanks to the quick response of Dr. Quach and his colleagues – as well as excellent care from the OR and postpartum nursing staff – Bui recovered rapidly from the trauma. In fact, she was discharged after four days, which is normal for a C-section patient.

As for the baby, Angela Le was born without any problems, and was cared for in the nursery while her mom and dad were involved in Tiffany's medical situation. "When Angela grows up, we will tell her that not only was she born into a loving family, she

was born at a hospital with the most caring and skilled people," Angela's grateful parents said in a letter to the hospital.

"Tiffany has a good prognosis. She can deliver again if she chooses," said Dr. Quach. "This could have ended differently. She could have lost her uterus. She could have gone into cardiac arrest. Her case demonstrates the importance of delivering in a hospital that knows what to do in an emergency."

Comprehensive Maternity Services

Fountain Valley Regional Hospital's Baby Boulevard is equipped to deal with deliveries from routine to high risk. Our comprehensive array of services includes the following:

- Perinatal care, including first-trimester genetics counseling, amniocentesis and genetic ultrasounds from board-certified perinatologists
- Prepared childbirth and parenting

classes, including maternity orientations; childbirth, baby safety, cesarean birth and breastfeeding classes; and new parent groups

- Labor, delivery and postpartum services, including a Level III 14-bed labor/delivery/recovery ward; 33-bed postpartum unit; nursery;

anesthesiologists, neonatologists and respiratory therapy staff on site 24/7; and a full-time lactation nurse

- Neonatal Intensive Care Unit, featuring 23 beds and offering neonatology and pediatric critical care for high-risk pregnancies and complications

For more information about our advanced maternity care services, please visit us at www.fountainvalleyhospital.com and choose "Baby Blvd" from the "Medical Services" menu under the "Our Services" tab.

This testimonial reflects the experience and outcomes of this particular patient. Actual experiences and outcomes will vary.



FOUNTAIN VALLEY REGIONAL HOSPITAL & MEDICAL CENTER

FVRH events



Maternity Orientation, Prepared Childbirth & Parenting Education

Presented by Baby Boulevard at Fountain Valley Regional Hospital
Advance 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.

August 2008



Cancer Diagnosis & Beyond Support Group

Presented by the Orange County Regional Cancer Center
A cancer support group designed to help patients understand how to cope with cancer and the issues that arise from diagnosis and beyond.
Wednesdays, Aug 6, Aug 20
Beginning at noon
Medical Office Building, 11100 Warner Ave., Fountain Valley
For more information and reservations, call (714) 979-1408.

Keeping Up With Technology: How Advanced Imaging Services Benefit Patients

Presented by the Imaging Center at Fountain Valley Regional Hospital
Friday, Aug 29, 2008
Beginning at 10:30 am
Palm Island Senior Community, 11300 Warner Ave., Fountain Valley
Refreshments will be served.
For information and reservations, call (714) 979-1408.

September 2008

Senior Saturday Festival, Huntington Beach Council on Aging

Fountain Valley Regional Hospital is proud to support senior services by sponsoring this annual event.
Saturday, September 6, 2008
From 9 am to 2 pm
Huntington Beach Pier Plaza
PCH & 6th Street, Huntington Beach
For more information, please call (714) 536-9387.

3rd Annual FVRH & FVFA Golf Invitational

Fountain Valley Regional Hospital & the Fountain Valley Firefighters Association host this annual event to raise money for local non-profit organization.
Wednesday, September 10, 2008
Strawberry Farms Golf Course, Irvine
Corporate sponsorship opportunities available.
For more information, please call (714) 966-7260.



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

28th Annual Start! Orange County Heart Walk

The Orange County Institute of Heart & Vascular Care is proud to sponsor this annual event to raise awareness about heart disease.
Sunday, September 14, 2008
From 7 am – noon
Irvine Spectrum 71 Fortune Drive, Irvine
For more information, please call (949) 856-3555.



Susan G. Komen "Race For The Cure"

The Breast Care Center at Fountain Valley Regional Hospital is proud to sponsor this annual event to raise funds & awareness for the diagnosis, treatment & prevention of breast cancer.
Sunday, September 28 2008, from 6:30 am - 12pm
Fashion Island, Newport Beach, CA
For more information on joining the FVRH walking team, please call 714-966-5001.

Treatment and Prevention of Shingles

Presented by Fountain Valley Regional Hospital
Friday, September 26, 2008
Beginning at 10:30 am
Palm Island Senior Community, 11300 Warner Ave., Fountain Valley
Refreshments will be served.
For information and reservations, call (714) 979-1408.



Physician Referral & Hospital Program Information
(800) 398-5734

Main Hospital **(714) 966-7200**



Fountain Valley Regional
HOSPITAL & MEDICAL CENTER

17100 Euclid Street, Fountain Valley, CA 92708
www.fountainvalleyhospital.com

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