

Community Based, Not For Profit



Sutter Amador
Hospital

A Sutter Health Affiliate

With You. For Life.

yourhealth

Summer 2006 Bringing Wellness and Health News to Northern California



From **Surf to Safari:** 3 Summer Safety Tips You Should Know

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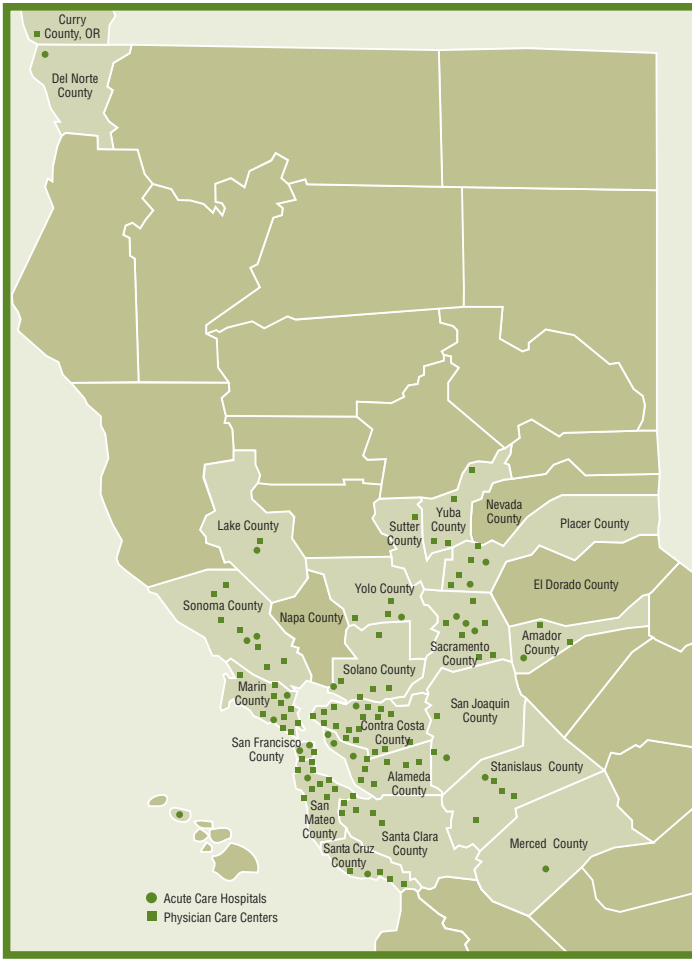
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The Sutter Health Network



Welcome to Your Health

Sutter Amador Hospital is part of Sutter Health, a family of not-for-profit hospitals, physician organizations, and other health care services that share resources and expertise to advance health care quality. Serving more than 100 communities in Northern California, Sutter Health is a regional leader in obstetrics, cardiac care, neurosciences, cancer services and orthopedics. Working together and sharing ideas, doctors, hospitals and other health professionals across the Sutter Health network partner with each other and their patients to provide the highest quality, most personalized care possible. *Your Health* is designed to help you and your family make informed decisions about your health care.

You can also find answers to your health questions by visiting our Web site at www.SutterAmadorHospital.org. If you have questions or comments regarding the *Your Health* newsletter, call Sutter Amador Hospital Public Relations at 209-257-7619 or e-mail boetzej@sutterhealth.org.

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



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Want to learn more about healthy lifestyles? Visit us online at www.SutterAmadorHospital.org. Our Web site contains hundreds of health topics, the latest news on our programs and services, and a directory to help you find a physician.



Focusing on Both Our Community and Employees

Many exciting changes are happening here at Sutter Amador Hospital. The growing health care needs of our community continue to guide us in our mission to improve the health and well-being of the residents we serve.

Several years ago, we began addressing our community's future by purchasing 40 acres adjacent to the existing hospital because we knew then what we are seeing now — that our community is growing and so are its health care needs. Today we're moving forward with our plans to address those needs. The creation of Sutter Amador Hospital's new Outpatient Services Center is proof of this. Sutter Health's vision to preserve and improve health care within Northern California and its commitment to investing in this vision helps make our ongoing mission achievable.

In addition, we celebrated National Doctor's Day earlier this year. In May we celebrated National Hospital and Healthcare Week and National Nurses Week. Our many dedicated employees and physicians play vital roles in the delivery of the health care we provide. From the employees who change the sheets on beds to the technicians who keep our computer-driven medical services up and running to the nurses and doctors who stay by our patients' side day and night . . . Everyone's efforts make a difference in our patients' lives and are truly appreciated.

I hope you enjoy this issue of *Your Health*, which includes news from your local hospital along with information that will help you and your family develop and maintain healthy lifestyles.

Sincerely,

Anne Platt
CEO, Sutter Amador Hospital



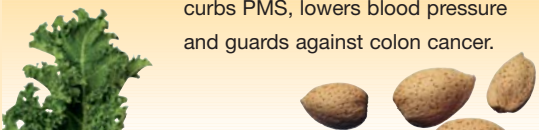
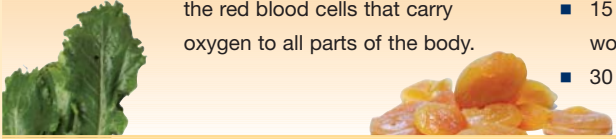
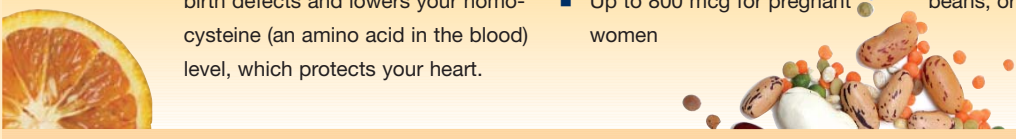

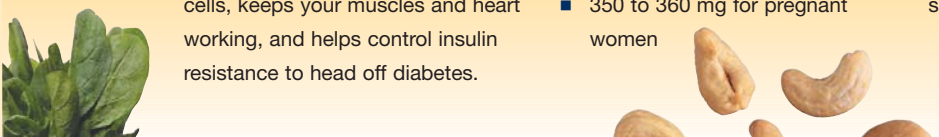
"We're moving forward with our plans to meet the community's growing health care needs."

—Anne Platt, CEO

Are You Getting Enough of These Vitamins and Nutrients?

A woman's body chemistry can make it harder to retain some vitamins and nutrients. But you don't always have to take a supplement to get what you need. "The best way to get your daily dose of vitamins is through the food that you eat," says

Diane Pege, M.D., medical director of Sutter Lakeside Hospital. Here are the vitamins and nutrients women often lack, how much women need and the foods women should eat to get them.

Vitamin/ Nutrient	Why You Need It	How Much You Need	Where to Get It
Calcium 	Calcium helps prevent osteoporosis, curbs PMS, lowers blood pressure and guards against colon cancer.	<ul style="list-style-type: none"> 1,000 mg for women of childbearing age 1,200 mg after menopause 	<ul style="list-style-type: none"> Low-fat yogurt, milk or cottage cheese Nondairy choices include kale, almonds and fortified orange juice.
Iron 	Your body uses iron to help create the red blood cells that carry oxygen to all parts of the body.	<ul style="list-style-type: none"> 8 to 10 mg for all adults 15 to 18 mg for menstruating women 30 mg for pregnant women 	<ul style="list-style-type: none"> You absorb iron best from meat and fish. Nonmeat options include beet greens, dried apricots and nuts.
Folate 	Folate, or folic acid, prevents some birth defects and lowers your homocysteine (an amino acid in the blood) level, which protects your heart.	<ul style="list-style-type: none"> 400 mcg every day Up to 800 mcg for pregnant women 	<ul style="list-style-type: none"> Dark leafy green vegetables, navy beans, oranges and fortified grains
Vitamin C 	Vitamin C helps your body make connective tissues, strengthens blood vessels, boosts infection-fighting cells and possibly protects against other diseases.	<ul style="list-style-type: none"> 75 to 90 mg for women Up to 125 mg for smokers 	<ul style="list-style-type: none"> Citrus fruits, cantaloupe, papaya, kiwi, green peppers and broccoli
Magnesium 	Magnesium produces energy in your cells, keeps your muscles and heart working, and helps control insulin resistance to head off diabetes.	<ul style="list-style-type: none"> 310 to 320 mg for women 350 to 360 mg for pregnant women 	<ul style="list-style-type: none"> Whole, fresh, nutrient-dense food such as spinach, nuts and bran

Watch Your Health — on TV! Did you know that some women need more than just calcium for bone health? Learn more by tuning in on Sunday, June 4, at 6:30 p.m., on KCRA Channel 3.





Clear the Airways

Sutter Health helps children with asthma enjoy healthy, active lives

Asthma is the number one reason that children miss school and the number one reason that children go to the emergency room and are admitted to the hospital. Not surprisingly, it is also the number one chronic illness among children in the United States. What's more, California has the highest percentage of children with asthma in the nation.

But things are changing for the thousands of children with asthma served by Sutter Health hospitals and the nearly 1,400 affiliated pediatricians and family practitioners. Thanks to Sutter Health's Childhood Asthma Sutter Initiative (CASI), thousands of these children are leading healthier, more active lives. The program was created by Sutter Health asthma and pediatric experts to help children and their families take control of asthma.

A Team Approach to Managing Asthma

"Asthma can be terrifying to parents, but living with asthma shouldn't be difficult. When appropriately diagnosed and controlled, children can enjoy their normal activities," says Kellen Glinder, M.D., pediatrician and CASI physician leader at the Palo Alto Medical Foundation's Palo Alto Clinic. "The first step is to meet with your child's physician and develop an asthma action plan. You must also learn what you can do to help prevent or reduce asthma attacks."

The CASI team has developed useful asthma management tools for Sutter Health providers, as well as for parents and children. "Our goal is to teach parents and children how to gain control over their asthma," says Dr. Glinder.

Tools You Can Use

To better understand and control your child's asthma, go to www.kids.sutterhealth.org and click on "Parent's Guide to Asthma" for an online asthma guide and printable CASI asthma action plan. These are also available through Sutter Health-affiliated pediatricians and family practitioners. For more information about childhood asthma, talk with your child's physician.

Not Just for Kids

Asthma can develop at any age. Common symptoms include:

- Wheezing (a whistling noise when you breathe)
- Coughing
- Tightness in your chest
- Shortness of breath or trouble breathing
- Trouble sleeping
- Tiring quickly when exercising

Symptoms can occur daily, or they can come and go. They may get worse at night or during colds or allergies. If you experience these or other breathing problems, contact your physician.

All That Glitters in Our Community

Successful Fund-Raiser Benefited Sutter Amador Hospital's New Outpatient Services Center

More than \$72,000 was raised at Sutter Amador Hospital's (SAH's) third annual Jeans and Glitter Mardi Gras dinner dance in February. Thanks to the 250 attendees and many generous sponsors, the SAH Foundation Board exceeded its fund-raising goal by more than \$20,000 and helped make this year's Mardi Gras a very special event.



Robyn Fonbuena, SAH's Family Birth Center director, enjoys the festivities with her husband, Jessie.

The Grand Ballroom of the Jackson Rancheria Hotel was the setting for the festive night. In the spirit of Mardi Gras, guests were greeted with beads and invited to accessorize further with hats, tiaras and masks while enjoying Kelson Creek champagne. In addition to being an enjoyable time, the event was also an effort to raise funds for SAH's new Outpatient Services Center. Foundation Board Chair Eileen Swett expressed her appreciation to the guests and drew their attention to the colorful CDs at every place setting. They served as both the evening's program and a souvenir of classic jazz music.

After a New Orleans-style steak and shrimp dinner served with local wines and handmade chocolate truffles from Chocolate Inspirations, auctioneer Frank Halvorson helped raise \$7,800 through a live auction of five packages. Afterward, the popular Treasure Chest drawings were held for cash prizes of \$400, \$600 and \$1,000. From then until the lights went out at 11 p.m., guests enjoyed dancing to the tunes of the Favoritz.

"Thanks to the efforts of the Foundation Board's Special Events Subcommittee, guests were able to

enjoy a spectacular evening out, and we were also able to raise funds toward our facility expansion project," says Tom Truax, director of physician and business development, marketing, and fund development.

Currently serving on SAH's Foundation Board are Eileen Swett; David Carlson; Marge Chisholm; Sue Dimmers; Richard Forster; Kathy Glunt; Lucy Hackett; Margaret MacLeod, M.D.; Sylvia Martinez; Betty Saterlie; Paul Sobon; Susan Staggs; David Thomas; Sylvia Wolin; and Steve Zalkind.

It's no wonder that the live auction packages were such successes. Here's what they included:

The Best of Amador — A basket of certificates and items for nearly 20 local attractions donated by Kirkwood Mountain Resort, Chocolate Inspirations, Larry Cenotto, Roaring Camp, Underground Adventures, TeaEras Tea House, Sorensen's Resort, Kennedy Mine Foundation, Coldwell Banker Award Realtors, Jackson Rancheria Hotel, Main Street Theater Works, Mace Meadows Golf Course, Sue Sparks, Lake Camanche and Castle Oaks Golf Club.



Saddle Creek Getaway — A \$600 certificate toward a Golf Getaway Package at Saddle Creek Golf Resort was donated by Wurm and Frye Investment Advisory Group, plus another mid-week twosome of golf was donated by Saddle Creek Golf Resort.

Day on the Bay — A day on San Francisco Bay on Lance Jagers' 33-foot catamaran sailboat included a barbecue dinner, overnight stay on-board, Sobon Estate wine and breakfast at the DipSea in Mill Valley.

South of the Border — Barbara King donated a week for two at Villa del Par Mar Resort in Cabo San Lucas, Mexico, and Richard and Laurie Forster donated \$500 cash toward travel expenses.

A Taste of Tahoe — Included four midweek ski tickets to Northstar, two tickets for a sunset dinner-dance cruise on the MS Dixie and two nights for up to four people at the Ridge Tahoe. This was donated by ATM Mortgage Sacramento, Betty Costa of Travel Professionals and David Carlson. Thanks to Hav and Susan Staggs for completing this package with a bottle of Karmere wine.

Our Generous Sponsors

Ruby – \$5,000

- American Legion Ambulance
- Ledger Dispatch
- Sutter Health
- Unger Construction

Emerald – \$2,500

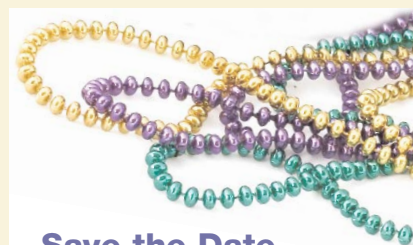
- Walt and Sue Dimmers
- HMC Architects
- Jackson Rancheria
- Sutter Medical Center
- Valley Emergency Physicians Medical Group

Sapphire – \$1,000

- Amador Anesthesia Medical Group
- Home Town Radio
- Van Hulzen Asset Management

Amador Vintners Donors

- Amador Cellars
- Bray Vineyards
- Cooper Vineyards
- Dobra Zemlia
- Drytown Cellars
- Kelson Creek Winery
- Montevina
- Shenandoah Vineyards
- Sobon Estate
- Vino Noceto



Save the Date

Mark your calendars for next year's
**Jeans and Glitter Mardi Gras on
 Saturday, February 17, 2007!**

Hot, Hot, Hot!

Have a *Fun, Safe*



1

Use Your Sun Smarts

You don't have to sunbathe every day to be affected by the sun. Whether you lie on the beach, go for a drive or just walk to the mailbox, you're being exposed to the sun's harmful rays. If you don't protect your skin from the sun, you increase your risk of developing skin cancer.

"Today, we're in the midst of a skin cancer epidemic. More than 1 million people in the United States get skin cancer every year," says James Beckett, M.D., dermatologist for Sutter Santa Cruz. "A suntan is the result of UVA and UVB rays damaging your skin. Protecting yourself from the sun can save your life."

Here are some things you can do to help protect yourself from skin damage:

Tory Wilson has always enjoyed the sun, but after James Beckett, M.D., treated her for skin damage, she has a new outlook on protecting her skin — and her health. As you get ready for the coming summer, remember — safety first!

Summer

Avid surfers Tory Wilson and James Beckett, M.D., use their sun smarts while surfing in Santa Cruz.

2

Avoid the Summer Swelter

In the heat of summer, it's important to exercise with caution and pay attention to your body. Overdoing it may lead to heat cramps, heat exhaustion or heat stroke, causing your body to lose its ability to sweat.

Age plays an important role in heat-related illnesses. Older adults, infants and people with a chronic illness are more susceptible.

Heat cramps are caused by muscles becoming dehydrated. To treat heat cramps, stop what you are doing, move to an air-conditioned or shady spot, and drink cool liquids.

Heat exhaustion can cause flulike symptoms, including fatigue, nausea, headache, dizziness, muscle cramps and irritability. People with heat exhaustion first appear flushed and then pale. Their skin becomes cold, and they may shiver. These are dangerous signs that should be heeded quickly.

To treat heat exhaustion, stop what you're doing immediately and move to a cool area. Drink cool — but not iced — liquids; avoid caffeinated and alcoholic beverages. Apply a cloth soaked in lukewarm water to your neck, armpits and groin area.

Heat stroke is the most serious heat condition and can be life-threatening. Skin first becomes hot and dry. This is followed by a rapid pulse, possible delirium or fainting, seizures, and hallucinations. Then all sweating stops. Call 911 if someone displays these symptoms.

3

Watch the Bull's-Eye

"The deer tick's bite is relatively painless," says Sutter Medical Group family practice physician Gerry Lee, M.D. "But the real dangers are in the viruses, bacteria and other organisms the tick may transfer."

Deer ticks can spread Lyme disease — an infection that can affect the skin, joints, brain, heart and other organs. More than 15,000 cases of Lyme disease are reported every year in the United States.

It's easy to overlook the early symptoms, which can include a bull's-eye rash around the bite that generally appears within three to 30 days. The rash, which can last three to five weeks, is not usually painful or itchy. About half of individuals with the bull's-eye rash may develop more skin lesions similar in appearance during or after the initial rash. Flulike symptoms — fatigue, headaches, chills, muscle aches and a low-grade fever — may also occur.

Found in its early stages, Lyme disease can almost always be treated. If you remove a tick within 24 hours, your chance of getting Lyme disease is greatly reduced. After removing a tick, mark the date on your calendar and watch the site of the bite for 30 days for early signs of Lyme disease.

- While people with fair skin should be especially careful in the sun, African Americans and other dark-skinned people can get skin cancer, too. Pay special attention to sun protection if you have many moles or freckles, have a history of skin cancer in your family, have already had skin cancer or are often outdoors.
- UV rays are strongest between 10 a.m. and 4 p.m. Try to avoid being in the sun for long periods during this time.
- Wear tightly woven clothing, a broad-brimmed hat and UV-protective sunglasses.
- Apply a broad-spectrum sunscreen with a UVA/UVB SPF of 30 or higher.
- Protect children ages 6 months or younger with clothing and shade instead of sunscreen.
- Check your skin for signs of skin cancer. Talk with your doctor if any moles or birthmarks change in appearance.

5 Steps for Summer Cookout Safety



Grilling can be fun, healthy and easy, but if you're not careful, it can also be dangerous. "Bacteria, like *E. coli*, love the hot, humid days of summer and grow faster than at any other time of the year," says Nancy Henn, R.D., clinical dietitian at the San Leandro Hospital Campus of Sutter Health-affiliated Eden Medical Center. "When serving foods outdoors in hot weather, skip the risky foods with mayonnaise, such as potato salad." Here are five steps to a safe cookout:

- 1. Start with a clean grill.** And heat the grill before you put food on it. To avoid cross-contamination, cook vegetables first, then meats.
- 2. Thaw food thoroughly.** Defrost meat fully before you grill it. Frozen meat can stay cold on the inside, even though it gets charred on the outside.
- 3. Keep food separate.** Use one plate to carry raw meat to the grill and a different plate to carry cooked meat to the table. This keeps juice from raw meat away from the food you're ready to eat.
- 4. Use a meat thermometer to check the temperature.** To minimize the risk for *E. coli* and other bacteria, cook all meat thoroughly.
- 5. Keep leftovers cold.** Refrigerate or freeze leftovers within one-and-a-half hours to prevent food poisoning. Discard foods left out for more than this time.

Nancy Henn's Recipe for Success Grilled Lemon-Herb Chicken and Summer Squash

4 main-dish servings

Ingredients

- | | |
|-------------------------------------|--|
| 1 lemon | 4 medium skinless, boneless chicken thighs |
| 1 tbsp. olive oil | 4 medium zucchini or yellow summer squash, cut lengthwise into four spears |
| ½ tsp. salt | ¼ cup snipped fresh chives |
| 1 tsp. dried tarragon | Grilled lemon slices for garnish |
| ¼ tsp. coarsely ground black pepper | |

Directions

- Grate 1 tablespoon lemon peel and squeeze 3 tablespoons lemon juice. In a medium bowl, whisk together lemon peel, juice, oil, salt, tarragon and pepper; reserve 2 tablespoons in a small bowl.
- Add chicken thighs to medium bowl of marinade; cover and let marinate for 30 minutes in the refrigerator. Prepare charcoal fire or preheat gas grill for medium heat.
- Place squash on hot grill rack. Grill squash until it is tender and brown, turning once. Remove squash from grill and keep warm.
- Discard chicken marinade. Place chicken on grill. Cover grill and cook chicken for 10 to 12 minutes or until juices run clear when thickest part of thigh is pierced. Turn chicken over once, removing pieces when they are done.
- Transfer chicken and squash to a cutting board. Cut chicken into 1-inch-wide strips; cut each squash spear crosswise in half.
- To serve, toss squash with reserved marinade. Then toss with chicken and sprinkle with chives. Garnish with grilled lemon slices.

Per Serving

Calories 255
Total Fat 8 g
Protein 29 g
Sodium 240 mg
Cholesterol 100 mg

Get the Skinny on Metabolism

Metabolism is the amount of energy – or calories – that the body burns to maintain itself. Although metabolism plays a large role in controlling weight, it can't take all the blame. A person's lifestyle is far more important than his or her metabolism in managing the waistline.

"Many people think that weight gain is simply a symptom of aging — that your metabolism slows down as you age. In reality, people's metabolism slows down with age because they're not as active as they were when they were younger," says Nita Robinson, R.N., clinical manager of the Sutter Auburn Faith Hospital surgical unit.

Metabolism isn't a mystery. Muscle cells burn more calories than fat cells. So muscular people, with less body fat, have a higher metabolism.

After turning age 30, people gradually lose body cells, especially muscle. Every year, your body loses one-third to one-half pound of muscle tissue. To compensate, you may need to be more active than you once were.

"To jump-start your metabolism, you must gain muscle mass. The most efficient way to do that is with regular exercise," adds Robinson.

What Is a Healthy Weight?

You know that regular exercise is the key to keeping your metabolism from slowing down. It is also the key to managing your weight. But what is a healthy weight for you? Use this body mass index (BMI) chart to find out.

For adults ages 20 and older:

- A BMI below 18.5 is considered underweight.
- A BMI between 18.5 and 25 is considered a healthy weight.
- A BMI between 25 and 30 is considered overweight.
- A BMI above 30 is considered obese.
- A person who has a large change in BMI, even if he or she is not overweight, should be evaluated to determine the cause.

Determining Your BMI (For adults older than age 20)

Weight in Pounds

Height	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29

Underweight
 Healthy Weight
 Overweight
 Obese





Laying the
Foundation
for Enhanced Services

In fall 2005, site work began for Sutter Amador Hospital's (SAH's) new Outpatient Services Center. Progress continued in February 2006 as construction crews created the foundation that the Outpatient Services Center will soon be built upon.

Planned in collaboration with physicians, hospital staff and local community leaders, SAH's 48,000-square-foot, \$22.7 million Outpatient Services Center will emphasize outpatient and ambulatory care. Anticipating changes and advances to come, the center's design is flexible enough to accommodate growth and redesign as community needs emerge and health care delivery evolves. As progress continues, the following are some of the new or expanded services that will be housed in the Outpatient Services Center when doors open in 2007:

Diagnostic Imaging

Some of the most dramatic advances in medical technology are occurring in the areas of diagnostic imaging. Moving SAH's Diagnostic Imaging Department to the new Outpatient Services Center will enable the department to offer:

- A dedicated, fully digitized mammography room. SAH will be among the first hospitals in Northern California to offer this level of diagnostic technology.
- A permanent on-site MRI. Currently the hospital is able to provide this type of imaging only on a part-time basis with a mobile unit.
- A 16-slice CT scanner with enhanced cardiac capabilities, virtual colonoscopy and improved vascular imaging technology
- Bone-density-testing equipment
- Four X-ray procedure rooms
- An additional ultrasound room for a total of three
- An expanded waiting room

Clinical Laboratory

Because lab services provide critical diagnostic information for virtually every clinical department in the hospital, the increase in patient care services at SAH over the past five years has created a strain on space and staff. Lab services in the new Outpatient Services Center will have:

- Nearly double the current space, improving efficiency and flow
- Space for additional blood draw stations to decrease patient waiting times

Community Education Center

SAH believes that education and support play an important role in our treatment plans for patients. The new 1,232-square-foot Community Education Center will be used for health education programs, support groups, employee training and meetings, hospital events, and public activities. It will be equipped with the latest audiovisual equipment to enhance presentations.

Outpatient Diabetes Center

The new location for the Outpatient Diabetes Center will include three private counseling rooms that will be easily accessible to the public.

Women's Services

Currently located off site, the new Women's Services space will incorporate a fresh new look. New equipment and furnishings will provide a more comfortable environment for both practitioners and patients. Being in the same building with the lab, imaging and ultrasound services and being adjacent to the hospital's Family Birth Center will significantly improve the efficiency and effectiveness of Women's Services.

Information Technology

Medical services are increasingly computer-driven. Patient registration, treatment charts and discharge instructions are now created and stored electronically. The new space for SAH's Information Technology Department will house upgraded computer servers that will support cutting-edge programs such as:

eICU[®]. Sutter Health's electronic intensive care unit (eICU[®]) is the first system of its kind to be implemented in the western United States. This technology enables highly qualified critical care physicians and nurses to examine, diagnose and monitor ICU patients in real time from a remote location. Independent studies show that when a physician who specializes in critical care is involved, patients are more likely to survive life-threatening episodes. This system allows patients who would otherwise be transported out of the area to receive treatment here.

Bar-code technology. This is an electronic system being implemented by Sutter Health to better ensure the safe bedside administration of about 30 million medications annually. Before administering a medication, a nurse uses a handheld device to scan bar codes on the patient's wristband, the medication and the nurse's own ID badge. This process ensures that the right medication in the right dose is given to the right patient at the right time.

Electronic health records (EHRs). The EHR is an electronic record of a patient's health history. It includes important information like test and imaging results, medication history, doctors' notes and general health history — from childhood allergies to surgeries. It replaces the paper chart used to store the same information. The electronic version of the record can be made available to the patient's caregivers in different locations, more quickly and efficiently.

Pyxis. This is an automated pharmaceutical dispensing system that reduces medication errors by allowing an off-site pharmacist to verify and distribute medications when the hospital's pharmacist is not on duty.

Picture archiving and communications system (PACS). This is an electronic system that transmits digital images to multiple locations. Physicians can view images from a personal computer without visiting the hospital. It also allows images to be viewed simultaneously by a patient care team that could include a surgeon, referring physician and radiologist. This system also reduces the amount of space needed for storage and retains images at a higher quality than film.

*eICU[®] is a registered trademark of VISICU, Inc.

Schedule of Community Classes

Sutter Amador Hospital offers a variety of educational classes and interactive support groups for community members. For more information on a particular group or to sign up for a class, call the contact number listed.

Better Breathers

- ▶ First Wednesday of every month, except June through August 10:30 to 11:30 a.m.
Amador Senior Center
For more information, call Tim Sammons at 209-223-7581.

Boot Camp for New Dads

- ▶ Part of the Preparing for Childbirth series
May 1, June 14, Aug. 7, Sept. 20, Oct. 30, Nov. 29
6:30 to 8:30 p.m.
Sutter Amador Hospital
For more information or to register, call the Perinatal Department at 209-223-7460.



Breast-Feeding Success Group

- ▶ Every Wednesday 10:30 to 11:30 a.m.
Sutter Amador Hospital
For more information, call the Perinatal Department at 209-223-7460.

Cancer Support Group

- ▶ Fourth Wednesday of every month 10 to 11:30 a.m.
Amador STARS
For more information, call 209-223-1246.

Cardiac Support Group

- ▶ Dates and times to be announced.
For information, call the Education Department at 209-223-7435.

Childbirth Education Classes

- ▶ April 3 to May 15, Mondays
May 17 to June 28, Wednesdays
July 10 to Aug. 21, Mondays
Aug. 23 to Oct. 4, Wednesdays
Oct. 2 to Nov. 13, Mondays
Nov. 1 to Dec. 13, Wednesdays 6:30 to 8:30 p.m.
Sutter Amador Hospital
For more information or to register, call the Perinatal Department at 209-223-7460.

Community CPR Classes

- ▶ Community CPR classes are held on an as-needed basis.
For information on CPR classes or any other classes, call the Education Department at 209-223-7435.

and Support Groups



Diabetes Support Group

- ▶ Fourth Thursday of every month, except December
4 to 5:30 p.m.
Sutter Amador Hospital
For more information, call 209-223-7448.

Gold Country Stroke Support Group

- ▶ First Thursday of every month, except July and August
4 to 5 p.m.
Sutter Amador Hospital
For more information, call Mike Hewitt at 209-295-3485.

Man-to-Man Prostate Cancer Support Group

- ▶ Second Tuesday of every month
6 p.m.
Sutter Amador Hospital
For more information, call the Education Department at 209-223-7435.



Safe Sitter

- ▶ May 20 to 21, Sept. 23 to 24, Nov. 18 to 19
Sutter Amador Hospital
For more information or to register, call the Education Department at 209-223-7435.

Mark Your Calendars!

Sutter Amador Hospital's
12th Annual Health and
Fitness Festival

Saturday, August 26, 2006

9 a.m. to noon

Italian Picnic
Grounds





Always
Accepting

New Patients

The Sutter Amador health centers located in Plymouth and Pioneer offer quality health care in Amador County's rural areas. Board certified family practice doctors, family nurse practitioners and registered nurses in both centers offer basic primary care services for the entire family, including:

- Regular medical care
- Well-child care
- Immunizations
- School and sports physicals
- Pre-employment physicals

- Department of Motor Vehicles physicals
- Injury care (including workers' compensation injuries)
- Referrals for specialty consultations as necessary

Call the nearest health center to schedule an appointment today. Both centers accept most insurance carriers. Discounted services are also available for self-pay patients based on income and family size.

Plymouth Health Center

9279 Locust Street
Plymouth, Calif.
209-245-6968

Pioneer Health Center

24685 Highway 88
Pioneer, Calif.
209-295-5544



*Sutter Amador
Hospital*

A Sutter Health Affiliate

With You. For Life.

*Call 1-800-4SUTTER to find
a physician affiliated with
Sutter Amador Hospital.*