




Sutter Amador
Hospital
A Sutter Health Affiliate

Community Based, Not For Profit

yourhealth

Winter 2006

Bringing Wellness and Health News to Northern California



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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 doctors and hospitals are regional leaders in pediatric, obstetrical, heart and cancer care. *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 any 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.

A Message From Anne Platt, CEO

I hope that you and your family are well and enjoying the New Year. Exciting things have been happening at Sutter Amador Hospital over the past several months, as I'm sure you noticed if you have driven by lately.

In early September 2005, site work for our Outpatient Services Expansion project began. This project will allow Sutter Amador Hospital to continue to advance to meet the growing health care needs of our community. New and improved outpatient facilities will enable us to fulfill our mission of improving the health and well being of the residents of the communities we serve. Our new center will house our Imaging and Laboratory services and will provide space for other outpatient programs, such as our diabetes education program and new physician office space. As we move forward with construction, we will continue to do everything possible to minimize any inconvenience to our patients and visitors.

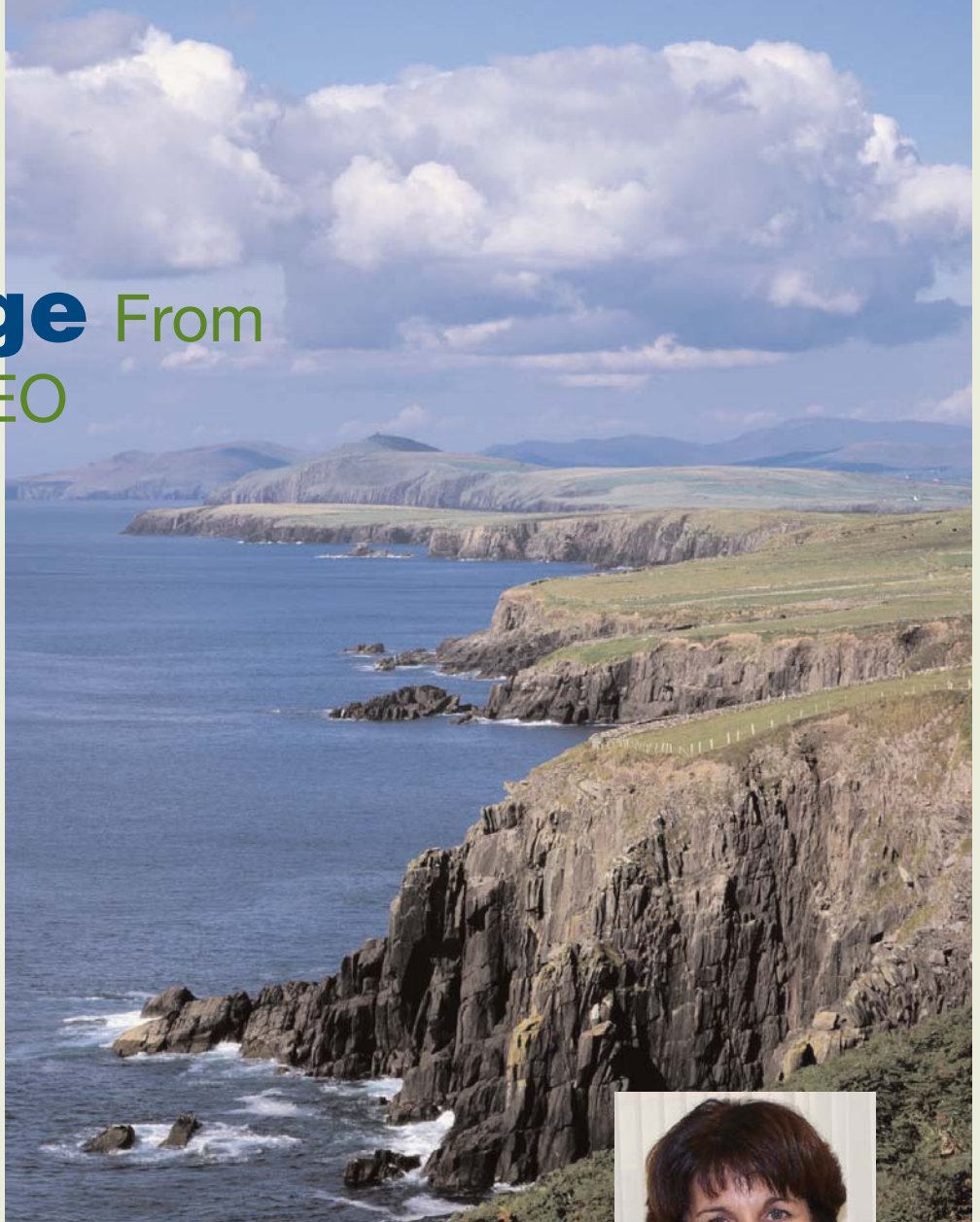
We also welcomed a new oncologist, Gary Shi, M.D., Ph.D., to the medical staff of Sutter Amador Hospital. I am pleased that we are able to support the critical need for local cancer services, and we will continue to provide the most convenient and highest-quality health care to our community.

Sutter Amador is committed to the people we serve. I look forward to keeping you informed through future issues of *Your Health* as we work to improve current services, develop new programs and bring you the best health care.

Sincerely,



Anne Platt
CEO, Sutter Amador Hospital



"Exciting things have been happening at Sutter Amador Hospital over the past several months . . ."

-Anne Platt, CEO



\$22.7 Million **Expansion Project** Breaks New Ground **This Spring**

The site work that started in September 2005 was just the beginning of Sutter Amador Hospital's (SAH's) multiphase expansion project to help the growing health care needs of Amador County. The Sutter Health Board of Trustees approved Phase II of the \$22.7 million Master Facility Project, which includes construction of the new outpatient support building and the breezeway connecting the hospital to the new building. Ground breaking for the new 48,000-square-foot outpatient support building is scheduled for spring 2006.

Some of the services that will be housed in the two-story building include advanced imaging services, a women's health center, diabetes support and counseling center, outpatient lab, medical reference library, community conference center, and several physician suites. Emergency and surgery services inside the existing building will be expanded as well once construction of the new building is complete.

This expansion will help SAH meet the changing needs of our rapidly growing community, keep up with medical technology, and recruit quality physicians and nurses to Amador County — all so that you don't have to travel far for the care you need and deserve.

Welcoming a New Oncologist

Gary Shi, M.D., Ph.D., Joins Our Medical Staff

Sutter Amador Hospital (SAH) is pleased to announce the addition of Gary Shi, M.D., Ph.D., oncologist, to our medical staff. Dr. Shi recently came to Amador County from Key West, Fla., where he provided cancer treatment at the Keys Cancer Center. He fulfills the long-awaited need for chemotherapy and other infusion services for Amador County cancer patients; they previously had to drive out of the county for treatment.

“We understand the need for oncology services close to home, in Amador County, and are pleased that our efforts have succeeded in bringing Dr. Shi to our community,” says Anne Platt, CEO of SAH.



Dr. Shi is board certified in internal medicine, hematology and oncology, and received his M.D. and Master of Medicine from Tongji Medical University in China. From there, he went on to receive his Ph.D. from the Hamburg University of Medicine in Hamburg, Germany. Dr. Shi served his fellowship in hematology and oncology at the prestigious M.D. Anderson Cancer Center at the University of Texas in Houston. According to *U.S. News and World Report*, the M.D. Anderson Cancer Center is “ranked among the nation’s top two cancer hospitals in the nation.” Dr. Shi also did an internship and residency in internal medicine and a residency in pathology at Allegheny University in Pittsburgh.

“Dr. Shi is an extremely well-trained oncologist,” says Tom Truax, who is responsible for physician recruitment at SAH. “We are very fortunate to have him join our medical staff and be a part of our community.”

In addition to being trilingual, Dr. Shi has contributed to an impressive array of publications, book chapters and abstracts. These include *Cancer Genetics and Cytogenetics*, *the American Journal of Hematology*, *Hematological Oncology* and the *M.D. Anderson Manual of Medical Oncology*.

Dr. Shi is currently seeing patients from his new office at 617 New York Ranch Road. To make an appointment, please call his office at 209-257-0292.





Sutter Amador Hospital Registered Dietitian

Receives National Recognition

The American Dietetic Association (ADA)

Legislative and Public Policy Committee has selected Kim Vagt, R.D., director of Food and Nutrition Services and Outpatient Diabetes Education at Sutter Amador Hospital (SAH), as the recipient of this year's Grassroots Excellence Award. Recipients of this prestigious award must go through a rigorous application process after receiving nominations from their colleagues.

The ADA is the nation's largest organization of food and nutrition professionals who serve the public by promoting optimal nutrition, health and well-being. Vagt was chosen for this award from a nationwide membership of almost 67,000 food and nutrition professionals.

Criteria for the award include participation in the ADA's grassroots and political activities at the local, state or federal level and supporting the ADA Political Action Committee. The announcement was made at the ADA's Food and Nutrition Conference and Exhibition in St. Louis and will be presented to Vagt at the Public Policy Workshop in Washington, D.C., March 14 to 16.

All Kinds of Kudos

According to the ADA's publication *On the Pulse*, Vagt's colleagues say that "her work in the legislative arena has fostered positive images of dietitians among legislators." They also describe her as "dedicated and passionate" — qualities that are evident from her work at SAH. ADA Legislative and Public Policy Committee Chair, Alice Lenihan, says that Vagt's "long and successful involvement in grassroots political activities at all levels is truly a model to which all ADA members should aspire."

Working for the Future of Health Care

Vagt's efforts as an ADA member and lobbyist have produced many positive results for the future of health care. One example is the passing of the Medicare Medical Nutrition Therapy Act of 2001, which Vagt worked very hard to help achieve. Because this bill was passed, registered dietitians are now Medicare providers for medical nutrition therapy (MNT).

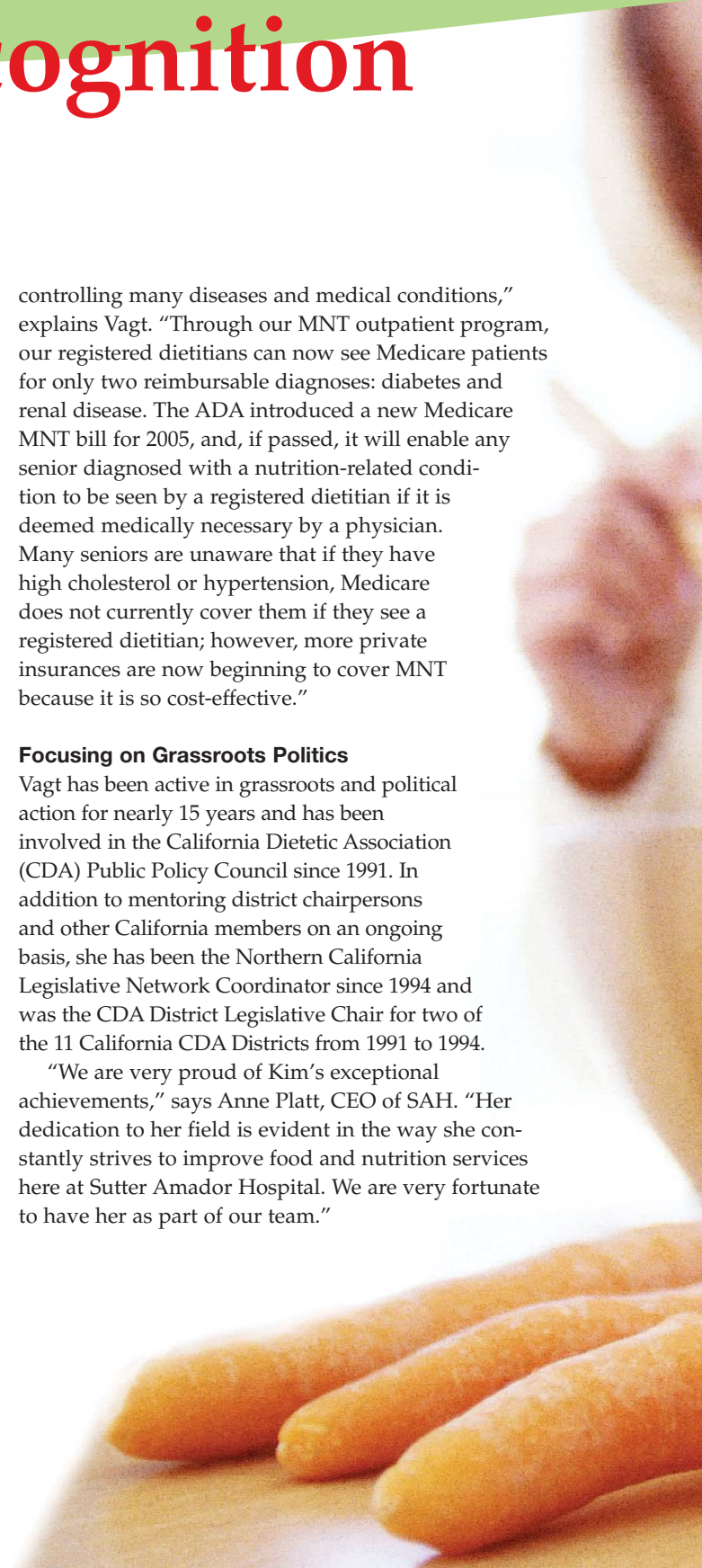
"MNT is a cost-effective way of preventing, treating and

controlling many diseases and medical conditions," explains Vagt. "Through our MNT outpatient program, our registered dietitians can now see Medicare patients for only two reimbursable diagnoses: diabetes and renal disease. The ADA introduced a new Medicare MNT bill for 2005, and, if passed, it will enable any senior diagnosed with a nutrition-related condition to be seen by a registered dietitian if it is deemed medically necessary by a physician. Many seniors are unaware that if they have high cholesterol or hypertension, Medicare does not currently cover them if they see a registered dietitian; however, more private insurances are now beginning to cover MNT because it is so cost-effective."

Focusing on Grassroots Politics

Vagt has been active in grassroots and political action for nearly 15 years and has been involved in the California Dietetic Association (CDA) Public Policy Council since 1991. In addition to mentoring district chairpersons and other California members on an ongoing basis, she has been the Northern California Legislative Network Coordinator since 1994 and was the CDA District Legislative Chair for two of the 11 California CDA Districts from 1991 to 1994.

"We are very proud of Kim's exceptional achievements," says Anne Platt, CEO of SAH. "Her dedication to her field is evident in the way she constantly strives to improve food and nutrition services here at Sutter Amador Hospital. We are very fortunate to have her as part of our team."



Eating for Better Health

Medical nutrition therapy is a key part of wellness and prevention. Here are some questions and answers to help you learn more about this service.

What Is Medical Nutritional Therapy and Who Is Eligible?

Medical nutritional therapy (MNT) is an essential component of the comprehensive health and wellness services available at Sutter Amador Hospital. It is a cost-effective way of preventing, treating and controlling many diseases and medical conditions. A registered dietitian provides individuals with a nutrition assessment followed by nutrition therapy after a physician has deemed a nutrition-related diagnosis medically necessary.

What Is a Nutrition Assessment?

A nutrition assessment includes review and analysis of the following:

- Medical, nutrition and medication histories
- Physical examination
- Anthropometric measurements
- Laboratory test results

What Is Nutrition Therapy?

Nutrition therapy can include:

- Diet or behavior modification
- Counseling, education and goal setting
- Disease self-management skills training
- Specialized nutrition interventions to treat specific illnesses or conditions

Who Can Benefit?

Individuals with a variety of diseases and medical conditions, such as:

- Anorexia
- Cancer
- Coronary heart disease
- Elevated cholesterol or triglycerides
- Gastrointestinal disorders
- High-risk pregnancy
- HIV/AIDS
- Hypertension
- Obesity
- Pre- and post-bariatric surgery counseling
- Renal disease
- Type 1 or type 2 diabetes

For more information or to schedule an appointment, talk with your doctor. Or you can call 209-223-7422.



Photo of person TK

Tired? Out of Breath?

Women — It Could Be Heart Disease

"If I had waited just two more days to go to a doctor, I could have died of a massive heart attack".
—Julie Brunton

The signs and symptoms of heart disease in women have

been getting more attention from the medical community recently. But many women still believe that heart disease is only a man's concern. Some women are just too busy to think about heart health or even to notice the subtle signs of heart disease. Julie Brunton is living proof.

"I Thought I Was Just Tired"

After working a 13-hour day, taking the kids to baseball practice and finishing up evening chores, Brunton was more than ready to settle down for the night. Feeling a bit tired, she escaped to the

barn to do what she loves most — ride one of her horses.

"My horses are my stress relievers," says Brunton, who lives in Cotati, a small town near Santa Rosa. "They help me unwind and calm down." Still feeling exhausted after riding, Brunton attributed her lack of energy to her busy life. In addition to juggling a career and family, Brunton participates in many professional and civic activities. An avid outdoor enthusiast, she also makes time for hiking, skiing and bike riding.

Brunton fell right to sleep that night. But less than an hour later, she

suddenly woke up. "I was having difficulty breathing," she recalls. "I thought I was having an anxiety attack. I finally went back to sleep but was restless much of the night."

"You Need to Go to the Doctor Right Away"

At work the next day, a colleague asked Brunton if she was feeling OK. The co-worker told Brunton that her skin tone looked grayish and that she did not look well. Brunton assumed this was because of her restless sleep the night before. Luckily, Brunton soon received a phone call that may have saved her life.

"I just heard a special report about women and heart disease on the radio," said Brunton's husband. "I think you have many of these symptoms. You need to go to the doctor right away."

That afternoon, Brunton took her husband's advice. Within hours, her physician referred her to cardiologist Harendra Punatar, M.D., of Sutter Medical Center of Santa Rosa. Twenty-four hours later, Dr. Punatar had performed a series of tests on Brunton and made the startling diagnosis: Brunton was at high risk for a heart attack and needed open-heart surgery immediately.

"None of my symptoms led me to believe I was going to have a heart attack. If I had waited just two more days to go to a doctor, I could have died of a massive heart attack," recalls Brunton.

Women's Symptoms Are Different

"The symptoms of heart disease are slightly different in women than in men," says Dr. Punatar. Surprisingly, women do not have as much chest pain. The most common symptom is

shortness of breath, and that's why it's underdiagnosed in women."

Dr. Punatar says his biggest challenge in diagnosing women with heart disease is seeing past the nonclassic characteristics. "Julie is young and doesn't have a family history of heart disease, and her symptoms weren't especially prominent. She did not have the hallmark risk factors." (See list at right for symptoms.)

Brunton is one of an estimated 5.9 million women diagnosed with heart disease. "For years, women have believed their greatest health threat is breast cancer and that heart disease is a man's disease," adds Dr. Punatar. "The truth is, more women die of cardiovascular disease than of all forms of cancer combined."

Don't Put Your Heart Health on the Back Burner

Today, Brunton has a new lease on life. The 47-year-old is back in the saddle after a successful surgery. She's also helping Sutter Health reach more women with the message that heart disease can happen to them. She is one of many women who are telling their stories through Sutter's Women's Heart Advantage Program, an educational and clinical effort sponsored by the doctors, nurses and hospitals of Sutter Health to raise awareness of heart disease in women and improve early detection and treatment.

"Looking back, I had the symptoms of heart disease and I ignored them. I was always tired and short of breath. I encourage women to educate themselves about this disease. Don't put your health on the back burner," says Brunton.

For more information about heart disease risk and treatment, visit www.hearts.sutterhealth.org.

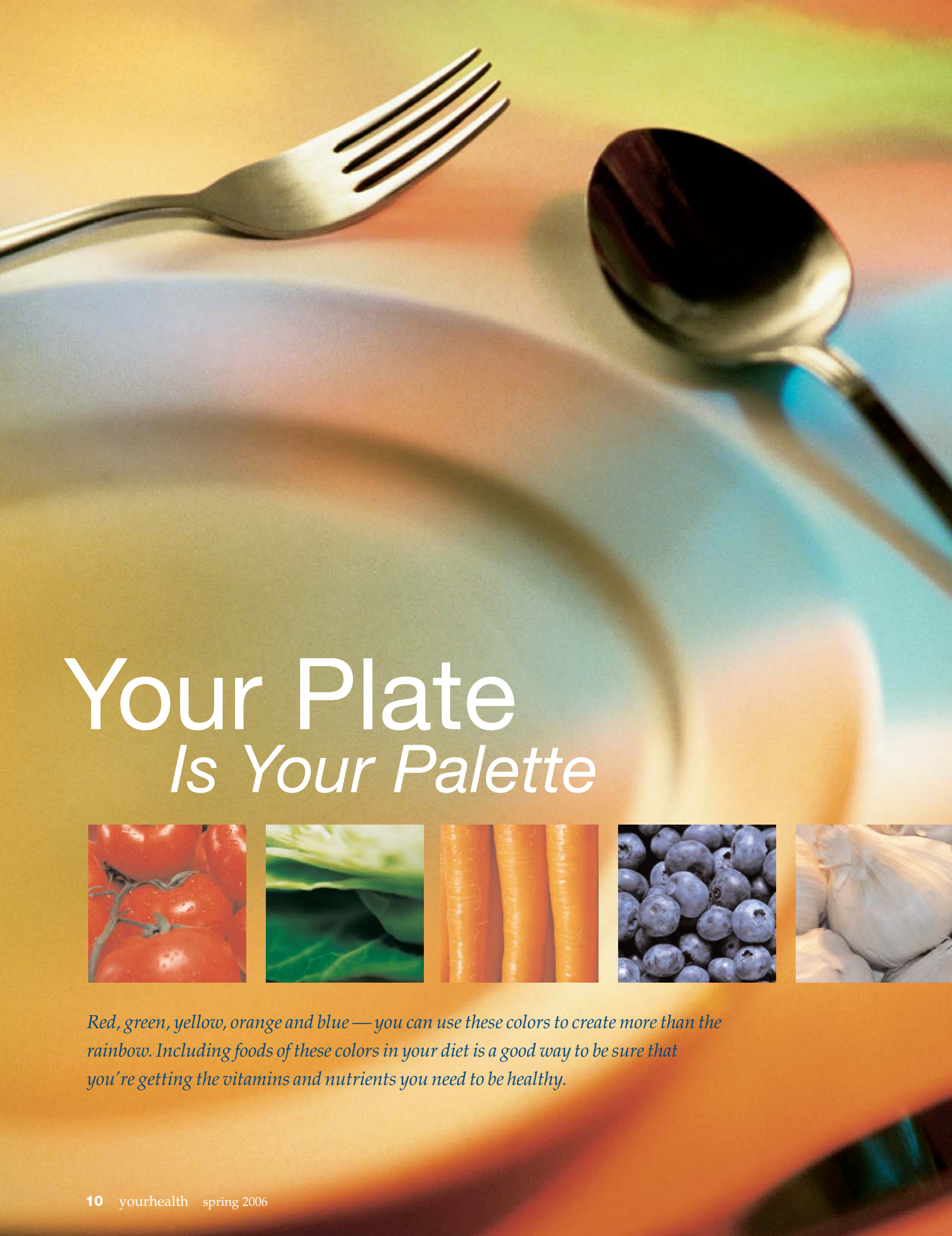
Top 10 Symptoms Women Should Know

- Chest discomfort ■ Shortness of breath
- Unexplained weakness or fatigue
- Pain that spreads to the shoulders, neck, arm or jaw
- Discomfort or pain between the shoulder blades
- Sweating
- Nausea or vomiting
- Indigestion or gaslike pain
- Dizziness or fainting
- Sense of impending doom

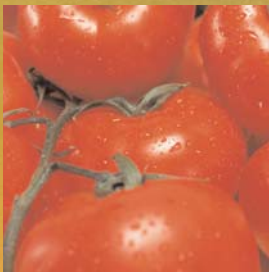
Ask Your Doctor These Critical Questions

If you haven't discussed your risk for heart disease with your doctor, now is the time. Use the questions below as a guideline. They can help you and your doctor explore your personal risk factors and, where appropriate, design your personal plan for heart health.

1. What screening or diagnostic tests for heart disease do I need?
2. If I have a close family history of heart attack, am I at greater risk?
3. What are my numbers, and what do they mean? (Include blood pressure, cholesterol, blood sugar, body mass index and waist circumference.)
4. If I smoke, what is the best way for me to quit?
5. How much physical activity do I need to help protect my heart?
6. What is a heart-healthy eating plan for me?
7. What are the warning signs of heart disease or a heart attack?
8. If I experience signs or symptoms of a heart attack, what steps do I need to take?



Your Plate *Is Your Palette*



Red, green, yellow, orange and blue — you can use these colors to create more than the rainbow. Including foods of these colors in your diet is a good way to be sure that you're getting the vitamins and nutrients you need to be healthy.

Roasted Vegetables, White Beans and Tomatoes With Feta

Serves 4

Ingredients

- Vegetable oil spray
- 2 medium zucchini, coarsely chopped
- 1 medium red bell pepper, coarsely chopped
- 1 medium yellow bell pepper, coarsely chopped
- 1 medium onion (yellow preferred), coarsely chopped
- 12 oz. sweet grape or cherry tomatoes, quartered
- 2 tbsp. capers, rinsed and drained
- 2 tsp. dried basil, crumbled
- 1 15-oz. can no-salt-added navy or cannellini beans
- 4 oz. feta cheese, crumbled (about 1 cup)

sheet with vegetable oil spray. Put the zucchini, peppers and onion on the baking sheet in a single layer. Lightly spray with vegetable oil spray.

Broil the vegetables for five minutes. Stir. Broil for five minutes, or until the vegetables are a rich brown color.

Meanwhile, in a medium bowl, stir together the tomatoes, capers and basil.

Rinse the beans in a colander under very hot water until heated through. Drain well. Transfer to a platter or shallow bowl.

Top with vegetables. Spoon the tomato mixture evenly over all. Sprinkle with feta.

Per Serving:

- Calories 246
- Total fat 7 g
 - Saturated 4.5 g
 - Polyunsaturated 0.5 g
 - Monounsaturated 1.5 g
- Cholesterol 25 mg
- Sodium 449 mg
- Carbohydrates 37 g
- Fiber 5 g
- Protein 11 g

You can find this and other recipes in the *American Heart Association Low-Fat, Low-Cholesterol Cookbook*. This recipe is used with permission from the *American Heart Association Low-Fat, Low-Cholesterol Cookbook* © 2004 by the American Heart Association. Published by Clarkson Potter/Publishers, a division of Random House, Inc. American Heart Association cookbooks are available from booksellers everywhere.

Directions

Preheat broiler. Lightly spray a large baking



Red

Tomatoes are an excellent source of lycopene. A diet high in lycopene may help lower the risk for certain cancers, such as prostate cancer.

Strawberries, raspberries, radishes, red peppers and red cabbage are rich in vitamin C. This powerhouse vitamin is an antioxidant, helps the body repair itself and helps keep the immune system healthy.

Cherries, apples, red onions, cranberries and beets are good sources of anthocyanins. This phytochemical may help control high blood pressure and protect the circulatory system from damage caused by diabetes.



Green

Leafy greens and broccoli are good sources of potassium, which is important to the body's growth and maintenance.

Spinach, Swiss chard and lettuce are good sources of vitamin K. This vitamin helps with blood clotting.

Kiwi and honeydew melon contain lutein. This carotenoid keeps the retinas strong.



Yellow and Orange

Sweet potatoes, butternut squash, mangoes and peaches are high in beta-carotene and vitamin A.

Beta-carotene is an antioxidant that helps keep your immune system strong and may reduce your risk for cancer and heart disease. Vitamin A helps keep the body's specialized tissues, such as those in the retina, strong.

Oranges, grapefruit, tangerines, lemons and yellow peppers are sources of vitamin C and bioflavonoids, phytochemicals that helps your body fight disease.



Blue and Purple

Blueberries, red grapes and black currants are rich in vitamin C and anthocyanins.

Eggplant, plums and raisins contain phenolics. This is another disease-fighting phytochemical.



White

Garlic, onions, leeks, scallions and chives contain allicin. Researchers are studying this phytochemical to learn how it may help lower cholesterol and blood pressure.

There are many other nutritional benefits from eating a colorful diet. So add some color to your plate!



Stay-Young Strategies: Which Ones Work?

The United States is on the brink of a longevity revolution.

By the year 2030, one in five Americans, or about 70 million people, will be age 65 or older.

“Humans have always been searching for that elusive fountain of youth,” says Cheryl L. Phillips, M.D., medical director of chronic care and senior services for Sutter Health and a member of Sutter Medical Group. “Although we may not be able to live forever, there are several steps you can take now to live better longer.” Dr. Phillips suggests the following tips.

Maintain a healthy weight. Obesity is a precursor to many deadly conditions, including heart disease. Exercising regularly and eating plenty of fruits and vegetables can help keep your weight in check and your health on track.

Don't smoke. No “butts” about it. Quitting smoking reduces your risk for heart disease and lung cancer.

Stay away from the dark side. Over time, the collagen and elastin that keep your skin supple begin to break down, causing your skin to sag. Excessive sun tanning can accelerate these changes and cause others, such as liver spots and wrinkles, making you appear older than you are. So wear sunscreen with an SPF of at least 15.

Don't forget to drink. Our bodies are estimated to be about 60 to 70 percent water. We need to drink water because water regulates body temperature, transports oxygen to our cells, removes waste, and protects our joints and organs.

Adjust your attitude. Emotional and mental health affect how you age. Constant stress, depression, social isolation and a negative attitude place you at a greater risk for disease and can make you age faster. Stay connected with other people and stay engaged in activities. This helps both your mind and body stay healthy.

Is Your Commute Making You Sick?

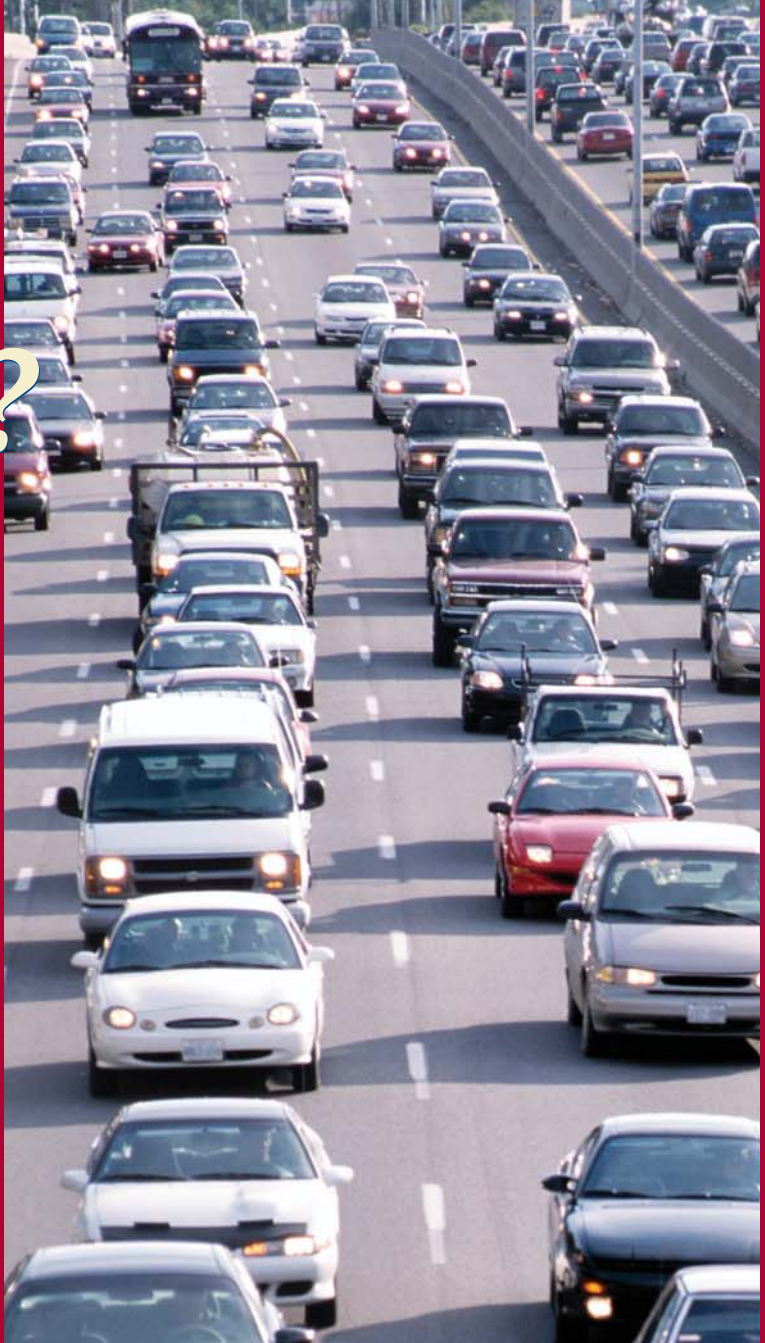
How long does it take you to get to work?

Thirty minutes? Forty-five minutes? Over one hour? Many of us are spending more time behind the wheel, driving greater distances and sitting in longer traffic jams to get to work. In fact, nine of the top 30 cities with the longest commute times are in California — more than any other state in the United States.

“Long commutes can be bad for your health,” says Suzanne Maestas, registered dietitian at Sutter Tracy Community Hospital. “Because we’re eating on the run, many commuters depend on fast food, which can lead to high cholesterol and weight gain.”

Keep an eye on portion sizes, too. It is easy to overeat if you order supersized meals. “You have to control how much you eat and what you eat, especially if you are eating and then sitting in the car for an hour,” says Maestas.

At least one study also shows a link between commute times and blood pressure. The farther the commute, the higher the blood pressure. High blood pressure is a key risk factor for heart disease.



Work Out While You Work

You can balance out the wear and tear of a commute by working activity into your day. Activity is cumulative, so try to incorporate a few of these suggestions throughout your workday.

Stretch at your desk:

- **Arms:** Try stand-up push-ups against a wall. Keep your legs and back straight.
- **Legs:** Try this stretch while sitting in your chair. Put your hands under your thigh and pull your knee toward your chest, then extend your leg slowly.
- **Neck:** Roll your neck in a slow circle, rotating your head in both directions. Try not to raise your shoulders.

- **Shoulders:** Roll both shoulders forward and backward to relieve tension.
- **Back:** Reach your hand over your head to the left, then right. Reach as far as you can and hold for five to 10 seconds.

Get moving at work:

- Take the stairs instead of the elevator or escalator (even part of the way).
- Buy a pedometer and wear it all day. Work to take more steps.
- Talk with colleagues in person instead of using the phone or sending e-mails.
- Replace your coffee break with a walking break.

Schedule of Community Class and Support

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
Feb. 6, March 15,
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

- ▶ Feb. 15 to March 29, Wednesdays
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.



es Groups

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.

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.



Third Annual Jeans and Glitter Mardi Gras

Please join us for Sutter Amador Hospital Foundation Board's Third Annual Jeans and Glitter Mardi Gras on Saturday, February 25, 2006. For tickets or more information, please call 209-257-7617.

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
- Department of Motor Vehicles physicals
- Pre-employment 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.



*Sutter Amador
Hospital*

A Sutter Health Affiliate

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