

Health *for* Life

PRESENTED BY KERN MEDICAL

Fall 2016



Graduating on Time

A Teen's Dreams Stay on Track
Thanks to Local Physicians

Meet
Your
**Urology
Team**

going
mobile
The Importance of
Moving After Surgery

SUIDs
What You Need
to Know



Sam's dad had a stroke at the age of 45.

When Sam turned 45, a hospital test found
signs of heart disease, before it was too late.

Today, Sam is grateful because someone still
calls him dad.

 KernMedical | *Health for Life.*

KernMedical.com



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We hope you enjoy this edition of Health for Life. Comments about the publication can be directed to the Marketing & Communications Department:

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greetings

Hello, and welcome to the fall edition of Health for Life. I'm Russell Judd, CEO at Kern Medical. And I'm excited to be facing the awe-inspiring challenges and opportunities that lie before us in this unparalleled era of health care advancement and reform.

I believe the times we face are unique, and it is a privilege to be here at Kern Medical to help forge a successful future. At the same time, Kern Medical has earned a rich place in our community's history, and we take pride in being a part of that legacy. Together, we have accomplished much.

We believe Kern Medical will thrive in today's environment. We're a renowned teaching hospital, attracting top-tier physicians and some of the nation's most promising students.

And we're hard at work deploying fabulous medical teams using the latest in technology. We've opened a range of specialty care practices – including urology, orthopedics, OB-GYN, and general surgery – in new medical offices off Stockdale Highway near Cal State-Bakersfield. As you consider your care options, we hope you'll consider these services.

Meanwhile, we want to keep you up-to-date on all the changes as we bring quality services closer to your home. This edition is packed with compelling stories and facts, all geared toward improving your health by expanding your understanding of the choices available to you. Enjoy the magazine. If you have any comments, questions or suggestions, you can reach me directly at Russell.Judd@KernMedical.com. Thanks for your support.

Russell Judd
CEO, KERN MEDICAL

the Evolution of a Legacy



On June 13, 2016 Kern Medical celebrated its transfer from being owned and operated by the County of Kern to becoming a freestanding Hospital Authority. The transition allows Kern Medical to be more responsive in delivering patient care. The transition was official on July 1 of this year.

Pictured clockwise from top left: A) Associated Veterans VFW Post 7216 presents the colors during the Board of Supervisors meeting in advance of the celebration. B) Kern Medical CEO Russell Judd (left) and Mick Gleason, Chairman of Board of Supervisors, exchange the Authority transition key. C) Bakersfield Mayor Harvey Hall talks to nurses. D) Jacey Cooper (left), assistant deputy director of health care delivery systems at the California Department of Health Care Services, and Elsa Martinez, chief deputy Kern County administrative officer, attend the event. E) Kern Medical's Kristie Heraghty distributes frozen fruit bars from La Rosa.

Caring for the Caregiver

Caregivers can risk their own health by putting a loved one's needs first



Contributed Content by Julie Juarez-Ceja
*Community Liaison & Educator for the
Alzheimer's Disease Association of Kern County*

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There are more than 11,000 individuals in Kern County living with Alzheimer's Disease – By 2030, this number is expected to double.

Statistics show that in the United States, an estimated 21 percent of households are impacted by caregiving responsibilities (NAC, 2004) and that 83 percent are family caregivers. (FCA, 2005). Further studies show that caregivers report having difficulty caring for their own needs and often enough their health has declined due to caregiving.

The statistics are alarming and I'm sure everyone can relate to feeling overwhelmed as a caregiver at some point in their life. Never fear, there is hope!

The first step is to become self-aware of the symptoms you are experiencing and knowledgeable of the resources available to help manage your surroundings.

The Alzheimer's Disease Association of Kern County, Inc. (ADAKC) offers the following tips for preventing caregiver burnout and getting back on a healthy track:

Symptoms of Caregiver Burnout

- **Depression** - Feeling hopeless, alone, withdrawn, change in sleeping patterns.
- **Exhaustion** - Less energy for everyday tasks, trouble concentrating, forgetfulness.
- **Irritability** - Lack of patience, yelling, frustration, anger.
- **Health Problems** - Weakened immune system, stress related illnesses, changes in weight, developing a chronic disease.

If you are experiencing any of these symptoms, consult with a physician immediately.



Caregivers must become alert to any symptoms of their own.



Tips for Preventing Caregiver Burnout

- **Depression** - Educate yourself on your loved one's disease process. Understanding what to expect and how to manage the symptoms will help you feel less anxious about the future.
- **Resources** - Become informed about the resources available in the community to assist with daily activities such as respite care, transportation, in-home care, and meals.
- **Healthy Living** - Stay active by incorporating at least 15 minutes of exercise a day. Eat healthy, drink 8-10 glasses of water a day, get plenty of rest, and maintain your own doctor appointments.
- **Build Relationships** - Reach out to family members, close friends, or neighbors as support systems. Be specific about what role you need them to take (i.e. prepare meals, carpool, respite).

- **Join a Support Group** - Attending a support group offers many positive outcomes. Support groups offer encouragement and practical advice, helping people feel less alone and improving their coping skills.
- **Boundaries** - Establish healthy boundaries for yourself and others. It's ok to say "NO". Set realistic expectations for yourself based on resources and time. Try not to be the answer to everyone's problems.

For information about support groups, educational classes and additional resources contact, Alzheimer's Disease Association of Kern County, Inc. (ADAKC), 5300 Olive Drive Bldg 1, Bakersfield, CA 93308 or call (661) 393-8871 or online at www.adakc.org.

Breastfeeding

IS A HEALTHY START

Breastfeeding is one of the best ways a mother can protect the health of her infant

Contributed Content

Kern Family Health Care

Benefits of Breastfeeding

- Children are less likely to become overweight or obese, even as adults
- Protects infants from many infections and lowers the risk of asthma and diabetes
- Can benefit the mother by helping her lose weight
- Cheaper than formula



Breastfeeding When You Return to Work or School

You can still breastfeed when you return to work or school. Breastfeed before you leave and again when you are back with your baby. Between feedings, you can pump or hand express your breast milk into a bottle for feeding to your baby later. Breastfeeding keeps your baby healthier. It is also a great way to be closer to your baby when you return home.

How to Prepare:

- At least two weeks before you return to school or work, start to build your supply of frozen breastmilk by pumping and storing your milk between feedings.
- When your baby is about 4 weeks old, ask a family member to feed your baby a bottle of breastmilk. This helps your baby get used to being fed by someone else.
- A week before you go back to work or school, leave your baby with a family member or caregiver for two or three hours. Give them a bottle with 2 ounces of your breast milk. Explain to them how to know when your baby is full. Let them know that any leftover milk in a bottle should be thrown out.

When You Return to Work or School:

- Your workplace must give you break time to pump and find a private area other than a toilet stall for you to pump. It's the law.

- Store your pumped breastmilk in a refrigerator. Breastmilk should not be kept at room temperature for more than five hours.
- Ask a family member or caregiver to bring your baby to work or school to be breastfed.
- Ask if you can work fewer hours or have a more flexible schedule. This may help you and your baby get used to being away from each other.

Want to Know More?

Before childbirth, talk to your doctor about your plans to breastfeed and take a breastfeeding class. Learn how to breastfeed comfortably and overcome challenges. Get off to a good start by breastfeeding as soon as you can after birth. If you have any questions about breastfeeding or need help overcoming challenges, talk to your baby's doctor, your OB-GYN, or your midwife. You can also contact your local WIC office. They can provide you with information about breastfeeding and help you find a lactation consultant or a support group. You may be able to get a breast pump from your local WIC office or your health plan.

Kern Family Health Care provides high quality health care coverage to more than 237,000 Medi-Cal beneficiaries throughout Kern County and is dedicated to improving the health status of its members through an integrated managed health care delivery system.





TEAM FOCUS

Drives Urology Practice

Norm Bell STAFF WRITER

Kern Medical welcomes one of the area's premier urology teams to its Stockdale offices

In an office park across Stockdale Highway from the campus of California State University-Bakersfield, a world-class urology practice is redefining the state of the art in Central California.

Meet the Kern Medical Urology team. The practice's three doctors come from different backgrounds and form a potent medical mix.

One is a native of London who did a stint at the Cleveland Clinic; another is a Los Angeles native who went east for medical training; and the third is a former Air Force surgeon with significant experience in war zones.

There's a fourth member of the team—a state-of-the-art daVinci robotic surgery system that sets the standard for minimally invasive surgery.



Pictured left to right: Dr. Hillyer, Dr. Nalesnik and Dr. Trang

The result is a practice that delivers high-tech solutions and bedside care that matches what any patient would receive with trip to Los Angeles.

Dr. Jeffrey Nalesnik, the Air Force veteran, is the team leader and the person who assembled the group. He has served as head of urology at Kaiser. Now he holds the Kern Medical titles of vice chair, Department of Surgery; chief, Division of Urology, and director, Robotic Surgical Services.

Dr. Vinh Trang is a native of Los Angeles. His medical training includes a fellowship at the University of South Carolina, a center known for its leading-edge work in pelvic reconstruction. Today, Dr. Trang offers a set of services

not available elsewhere in the Valley, including neuromodulation and even Botox injection therapy for the bladder.

Dr. Shahab Hillyer's route to Bakersfield was the shortest, a drive up I-5 from his adopted home of Los Angeles. But training took the London native on quite a tour of the U.S. After receiving an undergraduate degree from Georgia State University, he earned his MD from the University of Texas Medical Branch at Galveston. He did a residency in urology at Brookdale University and Medical Center in Brooklyn, N.Y., then took a fellowship in robotic and advanced laparoscopic surgery at the Cleveland Clinic.

The trio has been working together

for five years but the common bond is really the fourth member of the team – the daVinci unit, a multimillion-dollar technological marvel. It doesn't perform surgery, but it allows the surgeons to make smaller incisions while having 10 times the vision of a surgeon performing a classic open procedure with a scalpel.

For the patient, that means less blood loss, less pain, quicker recovery and less time in the hospital.

"In 90 percent of our surgeries, the patient is home the same day," said Dr. Nalesnik.

And he's talking about a case file that runs the gamut from office procedures to hysterectomies and about 150 sophisticated daVinci surgeries a year. That volume places the team at the high end of daVinci teams across the nation.

"In 90 percent of our surgeries, the patient is home the same day."

DR. JEFFREY NALESNIK

All three urologists use the daVinci robot to perform a range of surgeries from kidney removal to tumors, to prostate conditions, to complex issues of the bladder.

"The daVinci is only limited by the surgeon's skill and imagination," said Dr. Hillyer.

And Kern County's alarming rate of diabetes and obesity is providing plenty of occasions for the doctors to use their skills.

"Diabetes takes quite a toll on the urology system," said Dr. Nalesnik. "Patients are more prone to infections of the kidney and bladder." He sees those effects on a daily basis.

That's one reason the doctors are aggressive about prevention techniques that start with counseling and diagnostic testing. Patients who might be susceptible to kidney stones receive counseling on prevention techniques. Medical management of urinary tract infections and hormone therapy are also available. (Continued on Page 10)



The daVinci Xi surgical unit.



WHEN TO SEE A UROLOGIST

- You spot blood in your urine
- You're straining to urinate
- You're leaking urine
- Blood tests show a rise in PSA levels
- A strong family history of urologic cancers

The new suite of Kern Medical's westside offices brings some of the new technology closer to the patient. It provides the ability to perform many procedures in an office setting – vasectomy, cystoscopy, prostate biopsy, uro-dynamic testing and testosterone treatment.

A new surgical center expected to open in the future will further expand the range of services available at the Stockdale Highway facility. Shockwave and laser treatments for kidney stones, for example, are just around the corner. So is a range of prosthetic and microsurgical procedures well suited to a same-day surgery approach.

When complex surgery is needed, the daVinci is ready to help. "And the access to the support team at Kern Medical gives us the backup, the confidence, to tackle more complex procedures than had previously been possible in Bakersfield," said Dr. Hillyer.

Dr. Nalesnik points out that the rapidly growing Kern County population has a shortage of urologists. "Data suggests the ratio should be one urologist for every 30,000 population," he said.

Today, fewer than a dozen urologists are practicing in Bakersfield, trying to serve a regional community that's grown past 860,000. Some of those urologists are sending patients to Los Angeles for complex treatments. But that approach means an uncomfortable ride home after surgery and sometimes follow-up by a doctor other than the surgeon.

Kern Medical's Urology Center is the only local practice that brings access to the latest technology, world-class surgeons and continuous care by the same doctor, all in Bakersfield.

The practice group has been serving the Kern County community for five years. Moving to Kern Medical brought the doctors access to the latest

daVinci technology and the opportunity to serve a larger segment of the community that was struggling to find quality urology care.

The team has put down deep roots in the community. For recreation, Dr. Nalesnik is a skeet shooter and enjoys standup paddle boarding. Dr. Trang enjoys fishing. Dr. Hillyer enjoys scuba diving and playing basketball.

It seems only daVinci isn't getting out to enjoy what California has to offer. It's understandable. It's on-call 24/7.

The urology practice is accepting new patients. To make an appointment, call 661-664-2200.

RAY OF HOPE

For Walt Ray, managing his prostate cancer just got easier thanks to Kern Medical's urology team



Walt Ray has been battling prostate cancer for most of a decade.

He's made the drive down I-5 to Los Angeles more times than he cares to remember. He's had surgery and he's managing his condition with drugs and hormones, just as his doctor in LA directed.

But the self-employed seller of business forms knows he is living under a dark cloud. Sudden problems are a possibility. And he thought that because of the complexity of his case, he would need to continue to seek care outside of Bakersfield.

But last year, when he had a sudden health crisis, he needed help NOW.

A friend suggested he try Kern Medical's new urology team. He did and Ray found exactly what he needed in Dr. Shahab Hillyer, who saw him the same day.

Ray was impressed that Hillyer's background and training closely paralleled the doctor he'd been seeing

in Los Angeles. Hillyer promptly read through about 175 pages of Ray's case files and quickly was up to speed on Ray's condition and what needed to be done.

"He had no doubts, no hesitation about dealing with the issues. He was fully enthusiastic and engaged," Ray recalled.

Dr. Hillyer said Kern Medical's urology team is committed to the philosophy that "no patient will be turned away because the case is too complex or too much trouble. If we don't have the answer, we'll find someone who does."

Ray faces "a tough road," Dr. Hillyer said, adding the Kern Medical's oncology team "has become his best friends."

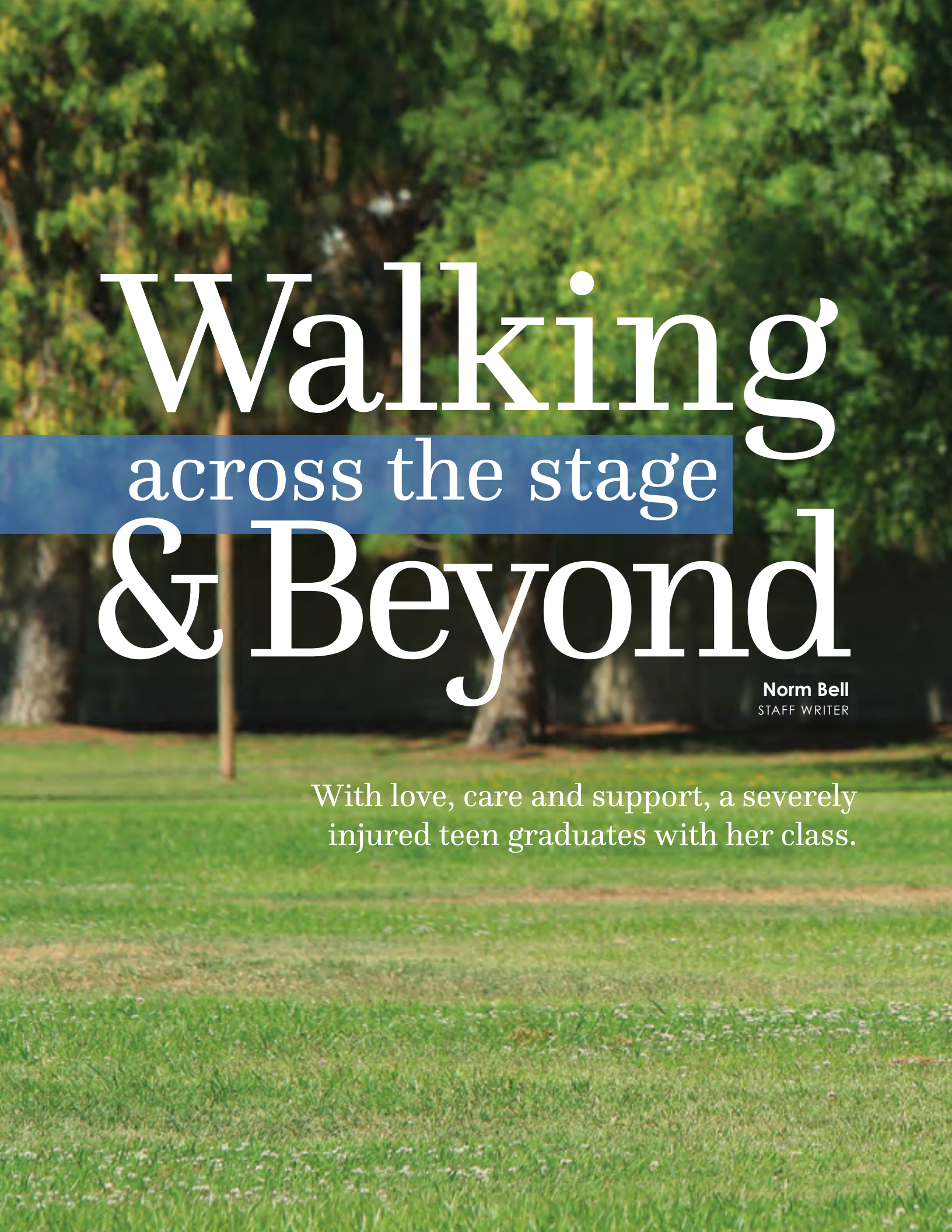
Dr. Hillyer said he was glad he could help Ray but would like to be able to serve a wider range of urology patients before they commit to traveling to Los Angeles for care. "We have the training and state-of-the-art technology to provide world-class care right here in Bakersfield," he said.

Ray has lived in Bakersfield for 33 years and witnessed the small town's growth into California's ninth largest city. He said he is delighted to see Bakersfield's health care capabilities growing too.

That drive to Los Angeles is torture when you're in pain. Now he and others needing urology care have an attractive option right here at home.

"We have the training and state-of-the-art technology to provide world-class care right here in Bakersfield."

DR. SHAHAB HILLYER



Walking across the stage & Beyond

Norm Bell
STAFF WRITER

With love, care and support, a severely injured teen graduates with her class.



Libby Offen (centered) walks with her father Alex and mother Beth.

W

hen Libby Otten walked across the Liberty High School stage and collected her diploma June 2, she put an exclamation point on Bakersfield's feel-good story of the summer.

Yes, she is still using crutches and, yes, she has months of rehabilitation ahead. But she is back and walking, thanks to a skilled surgical team at Kern Medical and the support of family, friends and complete strangers who responded to the messages behind the Facebook hashtag #LibbyStrong.

It wasn't that long ago there was doubt Libby would survive, much less walk.

On April 24, a day after serving as maid of honor at her sister's wedding, Libby was thrown from a Jeep, which then rolled back over her, crushing her legs and shattering her pelvis.

It took an agonizing two hours before a rescue helicopter arrived at the rural scene. Libby's mom, Beth, recalled she kept walking away from the scene to avoid further upsetting her injured child. Dad Alex worked off his nervous energy by shooting photos.

After a 10-minute trip by air to Kern Medical's Level II Trauma Center, a team led by Dr. Ruby Skinner, chief of the trauma center, stabilized Libby while orthopedic surgeon Dr. Andrea Snow implanted steel rods in her legs. The pelvis injuries were so severe they'd have to wait for separate surgical repair.

For years, a patient with injuries as severe as Libby's would have been taken to surgeons in Los Angeles.

That's no longer necessary, said Dr. Arturo Gomez, chief of orthopedic surgery at Kern Medical. The Kern Medical team of orthopedic surgeons can handle the toughest cases right here in Bakersfield.

For Dr. Gomez, Libby's high-profile case also puts the spotlight on an unsung part of Kern Medical's portfolio. The hospital is well known for its trauma center, but its specialty practices – such areas as pediatrics, urology and orthopedics – also have brought to Kern doctors who are at the top of their fields.

Meanwhile, Libby's case turned even tougher when internal bleeding forced Dr. Gomez to abort his first effort to repair her shattered pelvis.

"I guess I was naïve," recalled Libby's mom. Beth said she thought that Libby's injuries were just to the bones – and bones heal. News of Libby's complications hit her hard. There was Dr. Gomez, telling her that the survival rate in such cases was at best 50 percent.

"The room was spinning and the floor was falling away," Beth recalled. "Then Dr. Gomez gave me a hug."

His compassion made all the difference to Beth.

And the Kern Medical team's expertise made all the difference for Libby. Dr. Skinner's team repaired the blood vessels and Dr. Gomez used an elaborate ring of steel to put the pelvis back into shape and start Libby on the path to recovery.

Meanwhile, something special was happening in and around Kern Medical's surgical intensive care unit. While Bakersfield is California's ninth-largest city, it's still a small town at heart.

A friend of the Ottens who'd been through a health crisis urged the family to use Facebook to keep family and friends updated.

A school counselor who had worked with three of Libby's siblings is married to a graphic artist. They swung into action and produced a box of #LibbyStrong T-shirts.

Soon, #LibbyStrong T-shirts were everywhere, including on staff nurses. Facebook rallied support from around town and across the nation. Long-lost friends and complete strangers were praying for Libby. Get well cards covered a wall.

The outpouring of support was both touching and surprising, said Beth, who credited her faith for getting her through the roughest days. "People were amazing," said Libby. "I'm so appreciative."

Facebook updates were the unifying force and Libby gave her dad "an A+" for learning the technology.

The signs of support also touched the hospital staff. Dr. Gomez said it didn't take long to realize Libby wasn't going to be the average patient. Nurses

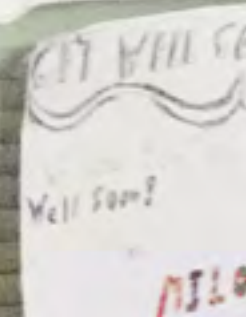
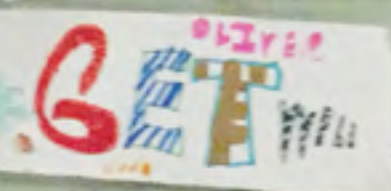
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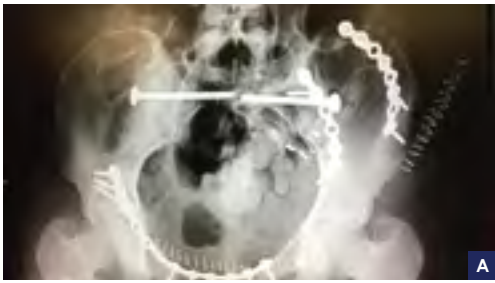
“Then Dr. Gomez gave me a hug.”



One of Libby's surgeons,
Dr. Arturo Gomez







A



B



C



D



E

Opposite Page: Cards and letters adorn Libby's hospital room wall.

From Top Left: A) An X-ray shows the reconstruction of Libby's pelvis. B) Dr. Andrea Pakula, of Kern Medical, sits with Libby in the hospital. C) Libby is surrounded by friends and family at the hospital. D) Libby walking up to accept her diploma at her high school graduation ceremony. E) Libby with her sister, Kate, and mother.

and doctors felt they were part of something special.

For Libby, the hardest part of the experience was her loss of independence, she recalled. Suddenly she was dependent on nurses and family 24 hours a day.

It didn't get easier once she left the hospital for a rehab facility. The wait for bones to heal was long and learning to walk again was not easy. She walked in the family swimming pool. A walker and then crutches became her allies.

A teacher from Liberty High came by once a week to bring assignments and go over work. The school was gracious in not requiring Libby to make up missed time, Beth said, so Libby could graduate on time with her class.

Still, independence seemed a long way off. Before the accident, she had been deep into planning for her freshman year at California Baptist University in Riverside, where she wanted to study to become a speech pathologist. Then, that became uncertain.

For Beth, the summer was one of mixed emotions. As she cheered on her daughter's recovery, she knew every step moved Libby closer to leaving home.

The bones have healed and the only limitations are based on how quick-

ly Libby is able to regain her strength, said Dr. Gomez. For every day in the hospital, a patient needs two days of rehab just to stay even. In Libby's case, learning to walk again increases the time needed.

There was no need to rush a decision on college. Officials at California Baptist were understanding, Libby said. She could start a semester later if she had not been physically ready to go in time for fall classes.

But she was. She went to CBU early in September for her first year of college after a summer of continual improvement.

"Praise the Lord," said her father, "for an answered prayer."

more than skin deep

With nine surgeries for melanoma, David Zachery has made real changes to his exposure to the sun

Norm Bell
STAFF WRITER

Veterinarian David Zachery, DVM, with Follie at his office on Sillect Avenue in Bakersfield.

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For more than 50 years, David Zachery has had a strained relationship with the sun.

As a child, he longed for the bronze tan that was a symbol of summer in the '60s and '70s. But his fair complexion seemed to burn long before a tan appeared.

After college, as a veterinarian working with large animals, his job meant a lot of time in the sun. So did time as a volunteer fireman.

Now 69, he recalls a particularly nasty sunburn he received in 1980 and declaring it would be his last.

He shifted to long sleeves and broad-brimmed hats.

But the damage may have already been done.

For the past 20 years, he's been a frequent visitor to his dermatologist's office. Sometimes the visits were routine; sometimes they weren't. On seven occasions, suspicious skin needed to be biopsied and removed. Most were on his back; some were on his forehead. A few were serious enough to require a trip to UCLA for treatment.

The eighth occurrence, in the spring of 2015, was different. His dermatologist cut and tested a small sample, but the sample revealed trouble edge to edge. Zachery needed more serious surgery to treat his melanoma.

Zachery understood melanoma is serious and scary but he wasn't eager to make the trek to Los Angeles.

"There's a specialist at Kern Medical who can do it. He's really good," Zachery recalls his dermatologist saying. And he was right.

Dr. Tung Trang was recruited by Kern Medical in 2009 for just such cases. Back then, Dr. Trang was chief of the Division of Head and Neck Oncology in the Department of Otolaryngology at MetroHealth Medical Center, Case

School of Medicine, in Cleveland. He'd done his internship and residency there but his wife, a Californian, was eager to return to the West Coast.

A chance to be the only head and neck cancer surgeon in Kern County seemed to be the right fit.

Today, he is chief of otolaryngology and head & neck oncology at Kern Medical. He specializes in the endoscopic removal of skull base tumors. He also handles general ear, nose and throat surgery including cases such as chronic ear disease. Dr. Trang also performed the first implantable hearing aid in Kern County.

He leads the team that earned Kern Medical a high performance ranking by U.S. News & World Report as among America's Best Rural Hospital in ear, nose and throat surgery.

Dr. Trang's review of Zachery's case confirmed surgery was required. Zachery recalls going in for X-rays about 10 a.m. Radioactive dye was used to identify lymph node involvement. By 5:30 p.m., Zachery was in recovery getting ready to go home.

The surgery had replaced a strip of his forehead – roughly 3 inches by 2 1/2

inches – with skin from his thigh. Three lymph nodes had been removed from under his right ear.

It had all been done as same-day surgery in Bakersfield, and Zachery would be back in his own bed that night.

Thigh skin on your forehead? The skin is a shade lighter, but that's not a problem, said Zachery. He passed on Dr. Trang's offer of plastic surgery to better blend the skin.

"He's a wonderful person," Zachery said of Dr. Trang.

Some years ago, Zachery shifted to treating smaller animals at Sillect Care Animal Hospital. He's trying to stay out of the sun for the most part but that's not easy here in Bakersfield. He has found a wardrobe of shirts and slacks that block most of the sun's rays.

Fighting melanoma is an ongoing battle, Zachery said, adding that he has now had his ninth surgery for deviant cells.

He's been appreciative of the support from friends and family. After all, he said, "Bakersfield is really just a small town with a lot of people." And that's the way he likes it.

Dr. Trang's rules for sun care

- Start with sunblock, "SPF a million," he jokes. He suggests SPF 50
- Reapply it every two hours, more often if swimming or exercising
- Wear a broad-brimmed hat
- Avoid the sun's most intense rays, roughly noon to 4 p.m.
- Stay vigilant for signs of trouble
- See your dermatologist often

Dr. Tung Trang is Chief of Otolaryngology and Head & Neck Oncology at Kern Medical



PATIENT MOBILITY

Specialized equipment safeguards nurses, patients

"Up Sooner, Safer" is a comprehensive patient mobility and safe patient handling program that is an initiative made possible by the generous gift from Kaiser Permanente. The program includes technologies like the Sara Combilizer, as well as patient lift devices, that will be available to Kern Medical patients in both the inpatient and outpatient setting.



The Sara
Combilizer

Getting surgical patients moving speeds recovery. But as nursing staffs age and patients grow larger, early mobility increases risk for shoulder, elbow and back injuries among nurses, while patient safety concerns also heighten.

Kern Medical has responded with the Sara Combilizer, a technological marvel that moves patients from hori-

zontal to vertical – or positions in between – for therapy and reducing recovery time and improving overall health. At \$17,000, it's now at work in intensive care, with more perhaps on the way, along with other specialized equipment.

Quicker Recovery After Surgery

It's important to get patients moving, but it takes special equipment and training.

- Kern Medical's first Sara Combilizer makes it easier for intensive care patients to move.
- Nationwide, graying nursing staffs and larger patients pose safety hazards.
- Nurses doing more to help surgery patients regain mobility.



*Dr. Quynh Huynh,
Medical Director of the
Rheumatology Infusion
Clinic at Kern Medical*

ADVANCES IN RHEUMATOLOGY

EXPERT RHEUMATOLOGY SERVICES NOW CLOSE TO HOME

Everyone experiences muscle and joint pain from time to time. But when muscle and joint pain isn't improving, a rheumatologist should evaluate your condition. Joint damage can occur if symptoms are ignored or not treated properly over a period of time. Dr. Quynh Huynh of Kern Medical specializes in the latest diagnostic and treatment options in rheumatology.

Dr. Huynh treats musculoskeletal and systemic autoimmune conditions commonly referred to as rheumatic diseases, which affect muscles and bones causing pain, swelling, stiffness, deformity, and may even affect the eyes, skin, nervous system, and internal organs. She also performs joint aspirations and injections as well as injections for bursitis and tendinitis. Conditions treated include:

- Rheumatoid Arthritis
- Systemic Lupus Erythematosus
- Inflammatory Muscle Diseases
- Psoriatic Arthritis
- Inflammatory Bowel Disease-Associated Arthritis
- Osteoporosis
- Osteoarthritis
- Gout and Other Rheumatic Disorders

 **KernMedical** | *Health for Life.*

661.664.2200

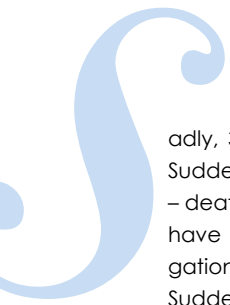
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THE



of
INFANT SLEEP
SAFETY



adly, 3,500 babies die each year from Sudden Unexplained Infant Death (SUID) – deaths in infants under 1 year old that have no obvious cause before investigation. That number includes 1,500 from Sudden Infant Death Syndrome (SIDS) – in which no cause of death can be determined even after careful study.

Kern Medical is committed to making sure babies are safe when they sleep – so much so that we offer a SUID education program to make safety easier for moms. The program has helped more than 100 families, but we've also learned that education is crucially important in promoting safe sleeping environments.

That's why we're redoubling our efforts to stage safety seminars for community audiences.

In the meantime, please learn and understand some of the essentials: the ABC's of infant sleep safety:

A is for Alone

- Babies should sleep alone, not with mom, another caregiver or other children.
- Parents should share their room, not their bed. With room sharing, you can keep watch over your baby, while preventing accidents that might happen in an adult bed or a couch.
- Nothing should be in the crib with the baby; no pillows, bumper pads, blankets, stuffed animals or other soft objects, or toys.

B is for Back

- Babies should be placed on their backs for sleep, not their tummy or side.
- When awake, babies must have supervised "Tummy Time" to develop shoulder and neck muscles.

C is for Crib

- Use a safety-approved crib, bassinet or play yard. Use a firm mattress and a fitted sheet.
- If your baby falls asleep on a bed, couch, armchair, or in a swing or other carrier, put your baby in a crib to finish sleeping.
- Don't use bumper pads, and be sure the mattress is flush with crib rails.

For more information, visit KernMedical.com/safebabies



Crib

A Crib Designed for Safety First

Back

Put Baby on His or Her Back

Alone

Baby Should be Alone in the Crib

TAKING CARE OF YOU & YOUR BABY

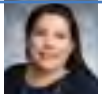
Kern Medical, in partnership with First 5 Kern and Kern County Department of Public Health, is committed to making sure moms have all the tools they need to provide their babies a safe sleeping environment. One of the most important things is that your baby sleeps alone, in his or her own safety-approved crib.

Kern Medical can help with providing a safe place for babies to sleep. Families that deliver at Kern Medical can now participate in our SUID educational program. And with education and screening, all families that need assistance will receive a port-a-crib.

Call 661-326-2606 or visit KernMedical.com/safebabies for more information. Thanks, and we look forward to taking care of you and your baby.



WASCO GETS IN THE GAME



Erica Easton
*Executive Director of
Kern Medical Foundation*

Stay in the Game, a program designed for student athletes, has expanded into Wasco because of the generosity of The Wonderful Company. The Kern Medical Foundation received a gift from Wonderful Community Grants for \$25,000 to fund the program. The Wonderful Company grows, harvests, bottles, packages, and markets a diverse range of healthy products, including fruits, nuts, flowers, water, wines and juices.

Stay in the Game is a comprehensive program tailored to ensure the safety and wellness of our local student

athletes. The program has three parts: student athlete physicals, physicians on the sidelines during sporting events and education for coaches and parents.

- By giving physicals to young athletes before they participate in sports, physicians can rule out medical conditions that can be dangerous when undetected. Since the program launched, the Kern Medical team has identified conditions in several students that might have been dangerous, such as heart murmurs, and were able to fast-track any care necessary.
- A Kern Medical physician is on the sidelines for all of the Wasco High home football and soccer games. In recent years, soccer has received more attention for the occurrence of concussions in both male and female students.
- A key aspect of the program is education. Since our physicians can't be at every game or practice, we want

to make sure coaches and parents have the knowledge needed to identify concussions and other conditions so they can make sure students receive medical attention without delay.

As the program expands, we hope to include nutrition information for both students and their families. Many residents in our community suffer from diabetes or other chronic illnesses that can often be prevented by healthier lifestyles. These conditions are becoming more prevalent in the younger generations.

Our hope at Kern Medical is to prevent as many emergencies as possible. We want to keep our community well. Stay in the Game is one way we are doing that for the kids of Kern County.

Kern Medical Foundation is a nonprofit corporation as provided under section 501(c)(3) of the Internal Revenue Code. Contributions are tax deductible in accordance with state and federal regulations. For more information, visit KernMedicalFoundation.com



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