

Wellspring

YOUR HEALTH

to

Z

BLOOD

WAIST MEASUREMENT

ASTHMA

VISION

LIVER

RHEUMATOLOGY

TRAUMA

DIABETES

JOINT REPLACEMENT

FAST

YEAST INFECTION

X-RAY

PREVENTION

UROLOGY

GASTROENTEROLOGY

ENDOCRINOLOGY

ORTHOPEDICS

QUIT SMOKING

PULMONARY

CANCER

NEUROSCIENCE

SHINGLES

ZIKA

INFLUENZA

MOTHER-BABY

X-RAY

KIDNEY STONES

HEART & VASCULAR



The Road Ahead

When I became CEO of NorthBay Healthcare I had just turned 33, and everyone was older than me. Time ticked by, and with it an unsettling feeling has started to grow. You see, 35 years later, most everyone is younger.

Although that was not the pivotal reason, I realized it was time for me to hand over the reins and spend some time on other interests. It was not, however, a decision easily made.

After all, I was here when we launched our first keynote medical service, our Neonatal Intensive Care Unit in 1985. And I felt like I had given birth—not that I can ever appreciate what that is truly like—when we opened NorthBay VacaValley Hospital in 1987.

There also were some critical milestones I wanted to ensure were met before I stepped down from leading this wonderful, community-focused health system:

- ▶ Earning membership in the acclaimed Mayo Clinic Care Network;
- ▶ Opening the VacaValley Wellness Center on our Vacaville campus;
- ▶ Unveiling HealthSpring, our new medical fitness center;
- ▶ Relocating the NorthBay Cancer Center; and
- ▶ Breaking ground on a “hospital of the future,” the modernization of NorthBay Medical Center in Fairfield.

With that checklist complete, my attention quickly turned to a smooth transition to the next generation of leadership.

When I ride off into the sunset (maybe on a beach somewhere) at the end of March, I will be confident that, despite what challenges lie ahead in America’s health care future, this organization will be able to overcome the obstacles and remain the leader in Solano County and beyond.

It’s all about the people. And we have a competent, compassionate, laser-focused team to care for you on your journey—from preventive care to primary care to emergency care to hospital stay to returning home.

I am but one of nearly 2,650 proud NorthBay Healthcare professionals who are bringing new and advanced medicine to Solano County. And no one, I believe, is prouder today of what we have become.

In this issue of *Wellspring* we’ll tell you—from A to Z—about how we care for our community. Please enjoy.

Gary Passama
President and Chief Executive Office



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Gastroenterologist Mounzer Al Samman, M.D., battles diseases, disorders and syndromes to keep his patients in good health.



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Two Solano County women are grateful to have their lives back, thanks to the hard work of their neurosurgeon Edie Zusman, M.D.

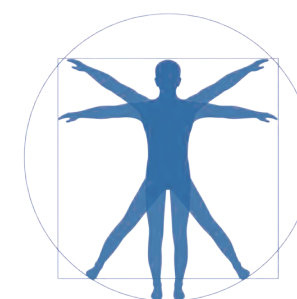
NorthBay presents The ABCs of Health Care

You may not know the difference between an abdominal aneurysm and Zollinger-Ellison syndrome, but don’t worry. As long as you have NorthBay Healthcare in your back pocket, we’ll make sure you know what you need to know, when you need to know it.

Our medical experts in local hospitals as well as primary and specialty care practices work hard to stay on top of the ever-changing, technologically advancing world of medicine.

In the meantime, the guide you hold in your hands may shed light on some of the basics of health care: from tips on how to quit smoking, to information about the three basic blood tests your annual checkup should include.

In this issue of *Wellspring*, you’ll find the facts on diabetes, kidney stones, shingles and more. From asthma to zika, **NorthBay Healthcare is here for you, offering compassionate care and advanced medicine, close to home.** ☒



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Dwight Eisenhower was president, a gallon of gas was 24 cents and a group of Solano County woman began fundraising efforts to help build a hospital. That was the beginning of the NorthBay Guild, which turns 60 in February.

Wellspring is published quarterly by NorthBay Healthcare, Solano County’s locally based nonprofit health care organization.

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YOUR HEALTH to Z

The ABCs of health care could fill volumes. The good news is that you don't need to memorize a medical dictionary to live a healthy life. A little knowledge can be quite useful, however, when it comes to making everyday decisions on things like diet and exercise, to knowing when it's time to schedule a colonoscopy or mammogram. In this special guide, we offer education and information, from asthma to zika, to keep you in the know.

A IS FOR ASTHMA

Helping Patients Breathe Better

For Loc Tan Nguyen, M.D., an internal medicine physician at the Center for Primary Care in Fairfield, the battle to help his patients overcome asthma is personal. He was just a baby in South Vietnam when his mother, Loi Pham, began suffering debilitating asthma attacks. His father, an attorney and army officer, had been taken prisoner by the communist government and the family fled to the countryside in 1975 when Saigon fell, living in huts carved into the hillside.

When the evenings grew cold, his mother's body would be wracked with severe coughing fits. Dr. Nguyen vividly

remembers being 3 or 4 years old, standing by his mother's bedside with his four sisters as they cried and prayed. "It was very traumatic," he recalled. "I felt helpless."

Out of that experience came the determination to become a doctor, and to specialize in treatments to help people like his mother.

Two years after coming to the United States, his mother's symptoms disappeared. It turned out her asthma was caused by a viral infection. "We had no access to medicine for all those years. Once she received treatment, her condition improved," he said. "That's the hope I want to bring to my patients. I don't want any of them to have to go through what we went through as a family."

Asthma is a chronic disease in which the airways narrow and swell and produce mucus, making breathing difficult.

It is often triggered by an allergic reaction, but can also be triggered by viral infections or even exercise. Solano County is a particularly challenging place for asthmatics, with a large number of allergens—from weeds and grasses—floating in the air. According to California Breathing, a program of the California Department of Public Health, approximately 89,000 people (21 percent) in Solano County have been diagnosed with some form of asthma.

Many children develop asthma before the age of 5. And although there is no cure, once it is diagnosed, a treatment plan can be created to help the patient take control.

"Each of my patients is different," said Dr. Nguyen. "I create a unique plan for every individual patient that will help them be successful."

Smoke is one of the strongest triggers of asthma, and some of his patients are admittedly smokers. "I know it seems impossible, but we have ways of helping these folks stop smoking," said Dr. Nguyen. "I give them the medication, the support and the encouragement they need to stop. It may take two months, it may take six months, but if they want to improve their quality of life, I'm here to help them."

And, he has a 70 percent success rate helping patients kick the habit. "Some people think it can never happen, but it can. When they feel that we treat them with compassion and respect, they take it seriously and try hard," he said. "I'm here to help them take back control." ❧



Loc Tan Nguyen, M.D.

B IS FOR BLOOD

Three Basic Tests to Protect Your Health

Blood tests are one of the most valuable diagnostic tools your doctor uses. Because blood travels throughout the body, and because so many elements in blood can be analyzed, blood tests can provide information on diseases, medical conditions, infections and the health of various body systems.

There are three basic blood tests your annual checkup should include that can literally save your life. They are a blood count, blood chemistry and a cholesterol check. These simple tests can reveal potential health problems before they become serious.

Complete Blood Count (CBC)

A "CBC" is the most common blood test doctors order. Blood is made up of several different types of cells carried in fluid called plasma. This test measures how much blood is in your system and analyzes the three major types of blood cells: red blood cells (hemoglobin), white blood cells and platelets.

This count can reveal if you are anemic, have abnormal blood cells or poor nutrition. It also reveals signs of infection. Anemia, a low red blood cell count, is a sign of many underlying health problems. When hemoglobin levels are low, there are fewer cells to carry oxygen throughout your body.

Blood Chemistry Test

A basic blood chemistry test will screen for diabetes, kidney function, and the level of sodium and potassium in your blood. A more extensive chemistry test evaluates your liver function and calcium level, among other things.

Cholesterol Test

Cholesterol is a waxy, fat-like substance present in every cell in the body and in some foods. While some cholesterol in the blood is necessary, too much can lead to heart disease. One in five people have high cholesterol, even those who are fit and exercise regularly. Genetics, as well as diet, may be a factor in high cholesterol counts.

A total cholesterol count of 200 or higher is an indication of high cholesterol. Sometimes changes in lifestyle and diet can lower cholesterol. When this doesn't work, your doctor may prescribe a drug that successfully lowers cholesterol.

Check Your Blood Pressure

Blood pressure is the force of blood against the walls of the arteries. Blood pressure is measured as two numbers—the systolic pressure (as the heart beats) and the diastolic pressure (as the heart relaxes). It is recorded with the systolic number on top and the diastolic number below, such as 120/70.

High blood pressure is often called the "silent killer" because there are no symptoms. In fact, one third of those with high blood pressure don't know they have it. Untreated, high blood pressure can lead to stroke, heart attack, heart failure, kidney failure and, in some cases, blindness. ❧



A blood count, blood chemistry test and cholesterol check can reveal potential health problems before they become serious.





James Long, M.D., and Teresa Langley, assistant vice president, Oncology, show the new NorthBay Cancer Center infusion bays.

C IS FOR CANCER

Thirty Years of Top-Notch Care

It has been 30 years since the NorthBay Cancer Center started serving Solano County cancer patients with compassionate care, close to home. Since then, more than 14,000 cancer cases have been handled by NorthBay oncologists and hematologists, nurses and pharmacists, technologists and therapists using state-of-the-art technology and access to cutting-edge research protocols.

In 1996, the American College of Surgeon’s Commission on Cancer first approved NorthBay’s Community Hospital Cancer Program, making the center the first non-military, community-based cancer program in Solano County.

In 2016, the Cancer Center made its move from Fairfield to a sparkling new location anchoring the VacaValley Wellness Center on the NorthBay VacaValley Hospital campus.

Radiation Oncology occupies the first floor, and features a linear accelerator, which arrived in pieces from around the globe. It was assembled and calibrated to deliver precise treatments in less time to radiation patients.

On the third floor, spacious private and semi-private bays with sweeping views are used for patients receiving infusion of chemotherapy. Just down the hall is the pharmacy that prepares the medications. “It’s all about putting the patient experience first,” said oncologist and hematologist James Long, M.D.

“We looked to some of our industry leaders in patient experience and borrowed heavily from their playbook. The goal is to make each visit as calm, comfortable and healing as possible.”

To assist patients as they start their complex cancer journey, NorthBay offers oncology nurse navigators to patients and family. Navigators not only expedite appointments and organize test results but serve as a resource for information about support groups and clinical trials.

In May 2016, NorthBay Healthcare became a member of the Mayo Clinic Care Network. This gives oncologists the ability to consult with Mayo eClinic experts for second opinions on complex cancer cases.

“It’s absolutely free for the patient, doesn’t even involve seeking insurance approval, and the response is quicker than it would take to refer a patient to a regional cancer center in California,” said Dr. Long. ☒

D IS FOR DIABETES

Solano County’s Dubious Distinction

In Solano County, the number of people with diabetes is shrinking, and that’s a good thing. Ranked No. 1 in the state for the highest number of people diagnosed with diabetes in 2011, the county has dropped to No. 13. Still, close to 10 percent of its population has diabetes, and that matches the national average, according to Deborah Murray, M.D., director of NorthBay Center for Diabetes & Endocrinology.

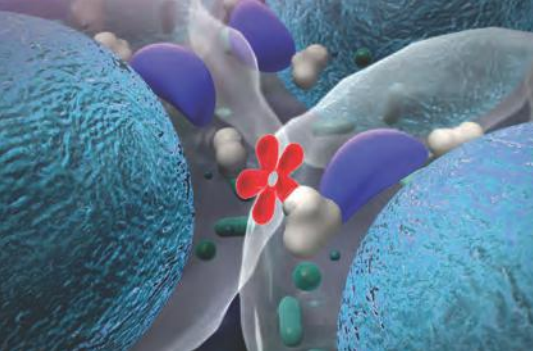
“We have the same risk factors here that the nation faces. People who are overweight, sedentary, eat poor quality foods, and have an ethnic disposition—such as Hispanic, African American, South Asian, Asian American or Pacific Islander—are at greater risk. But, we also have access to better health care in Solano County, so people at risk are being diagnosed earlier,” she said.

The goal of the NorthBay Center for Diabetes & Endocrinology is to bring those numbers down even more, and the best way is to educate our residents about those diabetes risk factors, Dr. Murray stressed.

Risk factors include:

- 👉 Age 45 or older
- 👉 Overweight
- 👉 A parent, brother or sister with diabetes
- 👉 Family background is African American, Hispanic/Latino, American Indian, Asian American or Pacific Islander, South Asian
- 👉 History of gestational diabetes
- 👉 Blood pressure of 140/90 or higher, or history of high blood pressure
- 👉 Cholesterol levels are not normal; HDL is less than 35, or triglyceride level is higher than 250
- 👉 Fairly inactive, or physically active less than three times a week
- 👉 Have a history of polycystic ovary syndrome (PCOS)

An even greater number of people have pre-diabetes, a condition where their blood glucose levels are higher than normal, but not yet high enough to be called diabetes. An estimated 86 million Americans over age 20 have pre-diabetes. People with pre-diabetes are more likely to develop diabetes within 10 years and they are more likely to have a heart attack or stroke. If you have concerns, discuss them with your primary care physician. ☒



It’s just hormones.

For an endocrinologist, that’s what it is all about: hormones and the diagnosis and treatment of diseases that involve them and the glands and tissues that produce them.

Those glands include the adrenal, hypothalamus, pituitary, pancreas, thyroid, ovaries and testes. Hormones produced by these glands affect so many different systems in the body

E IS FOR ENDOCRINOLOGY

In the ‘Gland’ Scheme of Things, Hormones Regulate Your Body

that just a small change in one gland can impact parts of the body far from that gland.

Common problems an endocrinologist may treat include diabetes, osteoporosis, menopause, metabolic disorders, thyroid diseases, infertility, excessive or insufficient production of hormones, and some cancers.

If the adrenal gland is secreting too much of its hormones, for example,

you might experience raised blood pressure, over-nervousness and sweating. And if the thyroid gland secretes too little hormone, your metabolism will slow.

That’s why a visit to an endocrinologist may involve their checking your heart rate and blood pressure, examining your hair and skin for dryness or acne, or ordering blood or urine samples. ☒

F IS FOR F.A.S.T.

Learn Symptoms of Stroke

Prompt treatment is the key to preventing death and disability when someone has a stroke. A simple acronym can help people recognize the early warning signs of stroke and improve response times: F.A.S.T.

Remember to act **FAST**

- FACE** Does one side of the face droop or is it numb?
- ARMS** Ask the person to raise both arms. Is one arm weak or numb?
- SPEECH** Ask the person to repeat a simple sentence. Are the words slurred? Is the person unable to speak or hard to understand?
- TIME** If the person shows any of these symptoms, time is important. Call 911 or get to the hospital fast.

Today, thanks to early detection, aggressive treatment and new intervention therapies, more stroke patients than ever are returning to normal life with limited to no disabilities.

NorthBay Healthcare helps to spread the word on recognizing stroke symptoms and acting quickly. “The faster you get to a hospital and the faster you get treatment, the more you improve outcomes after a stroke,” explained Beth Gladney, R.N., NorthBay Healthcare’s Stroke Program manager. “Time is brain and brain matters.”

Stroke is the fifth leading cause of death in the U.S. According to the Centers for Disease Control, about 800,000 Americans will suffer a stroke this year. ☒

“Time is brain and brain matters.”

~Beth Gladney, R.N.



What is a Stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or it bursts. When that happens, part of the brain cannot get the blood and oxygen it needs.

So the brain begins to die.

The brain is an extremely complex organ that controls various body functions. If a stroke occurs and blood flow can’t reach the region that controls a particular body function, that part of the body won’t work as it should. So it is critical that patients get to a hospital as soon as possible.

NorthBay Healthcare is certified as a primary stroke center by The Joint Commission and has earned the “Silver-Plus” designation from the American Heart/American Stroke Association.



Trust Your Gut Reaction



Mounzer Al Samman, M.D., holds the unique GI Pill Cam.

“You can’t do much about genetics but you can control what you eat. So try to eat a healthy, balanced diet.”

~Mounzer Al Samman, M.D.

If you have ever undergone a colonoscopy, fought heart burn, or suffered from an ulcer, you’ve likely been introduced to gastroenterology—the study of the normal function and diseases of the digestive system.

A gastroenterologist is a physician trained in the management of diseases of the gastrointestinal tract and liver. Mounzer Al Samman, M.D., a gastroenterologist with NorthBay Medical Group, said some of the most common disorders he sees in his practice include acid reflux disease, irritable bowel syndrome, inflammatory bowel disease, hepatitis C, and chronic constipation. Gastroenterologists are also called to treat conditions such as colon polyps and cancer, peptic

ulcer disease, colitis, gallbladder and biliary tract disease, nutritional problems and pancreatitis.

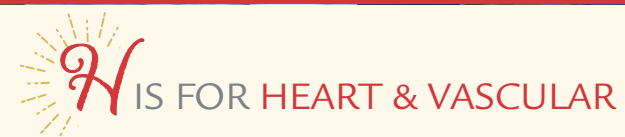
How is a patient to know whether their indigestion is a sign of something more serious? Dr. Al Samman said one clue can be how often and for how long the indigestion occurs. “If it is not often, say less than once a week, it may be something you ate or perhaps you were over eating,” he explained. “But if it is more frequent, more than twice a week, or is accompanied with serious weight loss and it interferes with your work or sleeping, you should see your doctor and get it checked out.”

Advances in medicine and technology are improving options in the diagnosis and treatment of gastroenterological issues. For example, for several years now, Dr. Al Samman has offered his patients the leading-edge technology of the GI Pill Cam. The Pill Cam is a small capsule that patients simply swallow. A tiny camera in the capsule transmits thousands of images of the small intestine as it passes through. An advantage of the GI Pill Cam is that the procedure does not require the patient to be sedated and they can perform their regular activities while it is working. Any gastrointestinal condition identified is treated separately.

Dr. Al Samman said there are steps you can take to maintain good gastrointestinal health. “Everyone over 50 needs to get checked for colon cancer (get a colonoscopy) every 10 years and if there is a history of colon cancer in their family, start getting checked even earlier,” he said. “You can’t do much about genetics but you can control what you eat. So eat a healthy, balanced diet.”



Nurse practitioners Dana Gill, left, and Sherry Ramirez explain the intricacies of heart health, as part of NorthBay’s Heart Failure Academy, to Ernest Maligaya.



Heart Failure Academy: Your Partner for Life

No one plans to have a heart attack, but if you have one in Solano County, you’re in close proximity to a comprehensive, high-tech, full-service treatment facility.

NorthBay Medical Center is Solano County’s only designated Chest Pain Center and is equipped with highly skilled cardiac experts and medical staff ready to save your life and then coach you every step of the way in your journey back to health.

The surgical program offers the latest techniques in a state-of-the-art operating suite, including off-pump coronary artery bypass, valve repair and valve replacement surgery.

Chest pain doesn’t always lead to open heart surgery. In many cases, interventional cardiologists can investigate whether a stent or balloon can open up blocked arteries and prevent a heart attack.

NorthBay offers a full battery of diagnostic testing to assist physicians in making timely decisions, including the 12-lead EKG, the echocardiogram, Trans Esophageal Echocardiogram (TEE) and treadmill stress testing.

The sad truth for cardiac patients across the country is that there’s a

40 percent chance they’ll be readmitted to the hospital in the weeks and months after they’ve gone home.

“That’s because it is difficult for people to not only change their eating habits, but their entire lifestyle, on their own. You need the education and ongoing support to make the necessary adjustments to stay on a path to heart health,” said Travis Head, practice manager for the NorthBay Heart & Vascular Center.

That’s why Travis and his team and NorthBay Cardiac & Pulmonary Rehabilitation have established a Heart Failure Academy to teach those recovering from cardiac events what they need to do to ensure they won’t end up back in the hospital. Launched in the fall of 2016, the academy offers recovering patients four specific classes in diet, nutrition and exercise.

“The Heart Failure Academy provides you with the tools and hands-on guidance to make the lifestyle changes needed for living with heart disease,” said Travis simply. “When you go home from the hospital, it’s easy to return to old habits. We started the Academy to give you a place to learn

The academy offers recovering patients four specific classes in diet, nutrition and exercise.

successful lifestyle strategies, a chance to ask lots of questions, share tips and to connect with others, like you, who are living with heart failure. It keeps you in close proximity to your care team who are available to immediately address any questions or concerns.”

Because readmissions are a global issue, NorthBay Healthcare decided to create a multidisciplinary team to address patient issues.

“It’s important that our patients know they are not alone. Your NorthBay team is, and will be, right there with you,” said Travis. “Of course you will still see your cardiologists. The Heart Failure Academy complements that care. We show you how to monitor fluid and salt intake, exercises you can incorporate at every stage and how all of this affects your health. We also stay connected to our patients throughout the program, personally calling to check in and support your heart health journey. It’s about letting you know we’re your partners for life.”

IS FOR INFLUENZA

Is It Flu or a Cold?

Once you have a bout with the flu, you'll no longer wonder if you just have a cold.

"The flu often hits like a bolt of lightning," said Mercille Locke, R.N., infection prevention program manager at NorthBay Medical Center and NorthBay VacaValley Hospital. "The flu comes on suddenly with a fever, headache, fatigue and muscle aches, along with a sore throat and dry cough."

Cold symptoms are usually above the neck: runny nose, sore throat, congestion, and sneezing. The cold usually lasts about a week and you're most contagious during the first three days. The flu can make your body ache all over and it takes longer than a week to recover.

"We highly recommend flu shots," Mercille said.

"Each year the flu vaccine is manufactured to combat the most likely strains of flu predicted for the season. And while you may still get the flu after you've been vaccinated, it likely will be a much weaker illness."

If you have the flu, the best way to treat it is to get to your doctor fast. Prescription medications such as Tamiflu and Relenza must be taken within 48 hours of the start of your symptoms. The medication can help you recover quicker and will decrease your chances of developing complications such as pneumonia. Without treatment, you may feel a general malaise for some time. Flu can be dangerous for people who have weakened immune systems or people who are very young or elderly. It also poses a risk for people with pulmonary or heart problems.

Unlike the flu, there is no specific treatment for the cold virus. You can treat the symptoms with Tylenol for fever and body ache, and/or use saline gargles for a sore throat.

Whether you have a cold or the flu, there are some definite things to avoid, Mercille added. "Don't take a variety of cold medications because you could accidentally double-dose on certain ingredients," she advised. "And, don't take antibiotics, because they have no effect on the viruses that cause cold and flu."

What's the best way to prevent getting a cold or flu at this time of year? It's still not too late to get a flu shot thru March 31. Frequent hand washing is always a good practice to avoid spreading germs. Practice hand hygiene often by using friction for at least 15 seconds with either soap or water or hand gel. And observe respiratory etiquette and always cover your cough. ❧



Mercille Locke, R.N.

Cold symptoms are usually above the neck: runny nose, sore throat, congestion, and sneezing. The cold usually lasts about a week and you're most contagious during the first three days. The flu can make your body ache all over and it takes longer than a week to recover.

IS FOR JOINT REPLACEMENT

Hips & Knees Don't Have to Hurt

When your knee or hip pain can no longer be controlled and your quality of life is suffering, joint replacement surgery is an option to consider. The surgery can improve your mobility and relieve your pain.

The NorthBay Joint Replacement Program at VacaValley Hospital offers hip and knee replacement surgery with a two- to three-day hospital stay. The joint replacement experts have carefully planned every step of the patient's care to promote a successful and speedy journey to recovery.

The first day is surgery and the following days focus on getting the patient up and walking. A friend or family member serves as "coach" to help the patient and to learn about post-surgical care. When the patient goes home,

he or she is visited by a home health nurse who helps with rehabilitation exercises until the patient is ready to attend outpatient rehabilitation.

Partial knee replacement, designed for patients with limited knee arthritis, is also offered. This conservative procedure is less invasive than traditional knee replacement surgery and is an outpatient procedure.

For a list of surgeons participating in the program, or more information about the NorthBay Joint Replacement Program, call Cynthia Giaquinto, R.N., manager of the Joint Replacement Program, at (707) 624-7600. ❧



K IS FOR KIDNEY STONES

This, Too, Shall Pass

It may only be the size of a grain of sand, but a kidney stone can feel like it's the Rock of Gibraltar if you're trying to pass it, say those who've survived the experience. And once you've had one, there's a 50 percent chance of recurrence within five years if you haven't taken preventive measures, noted Herkanwal Singh Khaira, M.D., a urologist with NorthBay Medical Group.

Kidney stones can range in size from a sugar crystal (a few millimeters) up to a ping pong ball (6 centimeters). Most people won't even know they have one in their kidney, but it will become painfully clear the moment it moves around or slips into your ureter—the tube that connects the kidney to the bladder.

Kidney stones are created when certain minerals and salts in urine join together and crystallize in the kidney. The most common stones are made of calcium compounds, while others are mostly made of uric acid. Their formation can be triggered by a host of things—from eating too much protein or not drinking enough water, to urinary tract infections or taking certain medications or supplements.

"Fad diets are notorious for increasing kidney stone formation," Dr. Khaira said. Discovering what the stones are made of will help determine what type of preventive steps you can take to avoid getting them again.

"Hydration, hydration, hydration! Drinking at least eight glasses of water daily is the best way for people to prevent stone formation," Dr. Khaira added, as water helps dilute the minerals that collect in your kidneys.

"Drinking at least eight glasses of water daily is the best way for people to prevent stone formation." ~Herkanwal Singh Khaira, M.D.

Avoiding certain foods such as chocolate, nuts, spinach, beets, animal protein and tea and reducing your intake of salt, alcohol and Vitamin C may also help. Maintaining a healthy weight is also advised, as obesity is linked to an increased risk of kidney stones.



Is That Kidney Stone Pain?

Kidney stones may not cause any symptoms until they move around in the kidney or become lodged in your ureter. If that happens, you may experience:

- Severe pain in the side and back, below the ribs
- Pain that comes in waves and fluctuates in intensity, or spreads to the lower abdomen and groin
- Painful urination
- Cloudy, foul-smelling or pink, red or brown urine
- Nausea and vomiting
- Persistent need to urinate
- Fever and chills if an infection is present
- Urinating in small amounts

You should seek immediate medical attention if the pain is so intense that you can't sit still or find a comfortable position, have pain that is accompanied by nausea, vomiting, fever and chills, if you have blood in your urine or have difficulty passing urine. ❧



Body's Favorite Filter Performs Many Jobs

Everything we eat and drink gets the once-over as it passes through the liver, one of the largest organs in our body. The liver has many important jobs. It's a filter that works with the pancreas, gallbladder and intestines to digest, absorb, and process our food. It removes harmful substances from our blood and eliminates them through our urine or stool. It detoxifies chemicals and metabolizes drugs. The liver also makes bile, which helps us digest foods, especially fat, and makes proteins that help our blood clot. And, it stores glycogen, which our bodies use for energy.

So, it stands to reason that we should do all we can to keep our liver healthy. "The most common problems with the liver are alcoholic liver disease, fatty liver and hepatitis C," according to Mounzer Al Samman, M.D., a gastroenterologist at NorthBay Medical Group. "You can keep your liver healthy by avoiding alcohol or using it in moderation. With fatty liver disease, weight loss is important, as is eating a low-fat diet. If you are at risk for hepatitis C, get checked."

There are several types of hepatitis, Dr. Al Samman said, and you should avoid contracting it if at all possible. Hepatitis A comes from drinking water or eating food that has been contaminated with the virus. Hepatitis B and C are spread through contact with blood and body fluids. To be safe, don't share toothbrushes, razors, needles or have unprotected sex.

There is a vaccine for hepatitis A and B, but not for hepatitis C. "Today, all children must get vaccinated for hepatitis A and B," he added. "For adults who did not get the hepatitis A vaccination as a child, it is recommended when you travel to countries where the disease is common. The hepatitis B vaccine is recommended for people at risk, such as people in the medical field who may get punctured by a needle."

Your liver can also be damaged by medications. Cholesterol drugs or painkillers with acetaminophen can cause liver problems. Be sure to read the labels of any drugs you use, as acetaminophen can be found in cold medicines and prescription pain medications. ❧



When It Comes to Parenthood, We Deliver Daily

Every time a baby is born at NorthBay Medical Center, the "Happy Birthday" melody is played through the hospital's public address system, and that tune is heard about 1,350 times a year, according to Katie Lydon, director of Women and Children's Services. "While there are no speakers in the patient rooms, we often hear the waiting room erupt in excitement when they know the 'Happy Birthday' song is for their baby," she said.

Hearing that happy tune is one of many memorable moments the entire NorthBay Mother-Baby team strives

to celebrate with their families, Katie said. "We realize that we in Labor & Delivery have the ability to make memories for our patients. We don't just punch a clock and come to work, we are creating families!"

Expectant mothers can expect to receive the highest level of care at Fairfield hospital. Board-certified OB/GYNs are in the hospital around-the-clock, available to support a baby's delivery no matter the time of day.

That turned out to be good news for David and Jamie Shipley of Suisun City, whose little girl, KatelynAnne, surprised her parents by deciding to arrive several weeks early. "It was a typical Saturday; we were just doing housework and yard work when my wife said her water broke," said David. By the time they presented at NorthBay Medical Center's Emergency Department, Jamie was bleeding from a torn placenta. She was whisked up to the Labor & Delivery operating room, and KatelynAnne was delivered by emergency cesarean, just 8 minutes later.

"Oh my goodness, we could not have had a better experience here," David said. "The whole team worked together so calmly. That group of nurses did a fantastic job."

Little KatelynAnne Shipley's swift arrival may have surprised her mother, Jamie, but NorthBay Medical Center's Mother-Baby team, including Lactation Support Specialist Christi Tenret, are at the ready 24/7.

New moms are encouraged to spend at least a full hour of skin-to-skin contact immediately after birth to initiate breastfeeding and bonding.

"I wasn't even aware of the gravity of the situation until the next day," Jamie said. "The nurses were so calm, I had no clue."

And if any newborn needs extra support, as KatelynAnne did, NorthBay Medical Center is also home to a Level III Community Neonatal Intensive Care Unit (NICU), staffed with a skilled NICU team and board-certified neonatologists.

"KatelynAnne was only in the NICU for about an hour," David said. "I think that's because the nurses were so quick, so professional."

About 180 babies a year will spend some time in the NICU, Katie noted.

NorthBay Medical Center was the first hospital in Solano County to earn the Baby-Friendly designation in 2014. It achieved the distinction because its Mother-Baby staff has undergone special training to educate and support new mothers in their breastfeeding experiences. Here, new moms are encouraged to spend at least a full hour of skin-to-skin contact immediately after birth to help initiate breastfeeding and bonding, and to have their healthy baby stay in their room, 24 hours a day. Five certified lactation consultants are available for one-on-one sessions, outpatient support groups, and consultations even after mom and baby have left the hospital.

There are nine Labor & Delivery rooms at NorthBay Medical Center, Katie explained, and staff strives to make the pre- and post-birthing experience as memorable and accommodating as possible for the entire family. Having a baby is not a pain-free experience, and nitrous oxide has recently been added as an option for patients coping with pain during labor. And, Katie added, "Visitors are welcome at all hours in Labor & Delivery, since babies don't make appointments."

Obstetrical services available through NorthBay Health-care cover more than just the day the baby is born or postpartum care. NorthBay's pregnancy and childbirth specialists can also offer pre-conceptual counseling, family planning and infertility screening. "Our entire team truly enjoys working together and feels honored to be part of something so special," Katie said. "Our nurses are continually focusing on how we can be an even better place to have a baby." ❧





Marge Buckner, left, and Nancy Martin, right, are grateful to neurosurgeon Edie Zusman, M.D., for helping them regain a quality of life.



Marge Buckner participates in water therapy class at NorthBay HealthSpring Fitness.

N IS FOR NEUROSCIENCE

Different Solutions, but Same Happy Outcome for Two Women

Nancy Martin of Fairfield had given up driving because the pain in her neck was so bad she couldn't turn her head. Marge Buckner of Vacaville could barely sleep, much less get through the day without high doses of pain medication, because of a fall she'd taken nearly a decade ago.

For Nancy, diagnosed with degenerative arthritis, the solution was therapy and exercise. For Marge, it was minimally invasive spine fusion surgery, which left her virtually pain-free.

Both women say they owe their lives—and quality of life—to neurosurgeon Edie Zusman, M.D., medical director for the NorthBay Center for Neuroscience. “People are often surprised at the level of sophistication we have here at NorthBay Healthcare,” said Dr. Zusman. “We can treat neurological conditions involving the brain, spine and nervous system with state-of-the-art equipment and cutting-edge treatments.”

But that doesn't mean everyone needs major surgery, she pointed out. “Every patient is different, and we cater our treatment to fit their needs.”

Nancy was relieved she didn't need surgery, and fully committed herself to a rigorous exercise program. “I was determined to get back to who I was,” she said. “I did the rehab, the water aerobics, and my home exercises just as prescribed and it worked!” she exclaimed. In less than three weeks, she could feel the difference. She knows that by taking control of her diet and exercise, she's serving as a role model for her 17 grandchildren.

Marge, who was in agonizing pain before the surgery, understood her huge responsibility in her recovery. That meant building strength, even before the surgery. She participated in “pre-hab” first, and “rehab” after surgery and she's currently in water therapy classes at NorthBay HealthSpring Fitness to keep her muscles strong. She's eager to walk as much as she can now that she is able to. “I am committed to doing everything my doctors tell me so I can be well. I've worn braces, a bone stimulator, used a walker, whatever it takes; it's worth the effort.”

“Every patient is different, and we cater our treatment to fit their needs.”

~Edie Zusman, M.D.



Specialists Have You Covered, from Cranium to Metatarsal

Whether you're a weekend warrior who has been injured playing softball or you suffer from arthritis or carpal tunnel syndrome, you will most likely visit an orthopedist for care. Orthopedics is the medical specialty that covers diagnosis and treatment of disorders or injuries to the skeletal system and the muscles, joints and ligaments associated with it.

At NorthBay Healthcare, a cadre of orthopedic specialists are trained to treat everything from broken fingers to broken femurs, to replace hips, knees and even shoulders, and to help patients manage their arthritis, bursitis, or any manner of injuries suffered while at play or on the job.

The NorthBay orthopedic teams are located in Vacaville, close to the Ambulatory Surgery Center and VacaValley

Wellness Center, and also in Fairfield. Later this year the Fairfield team will relocate to a newly designed medical office at Hilborn Health Plaza, 2500 Hilborn Road in Fairfield. To enhance patient convenience, the offices will be located next to Rehabilitation and X-ray services. Occupational and Employee Health are also located on the same campus.

Having all the services in close proximity to surgery centers, rehabilitation facilities and post-treatment care is more convenient for patients, says Joelyn Gropp, assistant vice president of Real Estate and Facilities Development.

Patients can also meet with their rehabilitation partners during a pre-operative visit with their orthopedic surgeon so they will receive a comprehensive plan for their care.

P IS FOR PREVENTION

Time to Take Charge of Your Health

Making healthy choices and reducing risky behavior can help you stay healthy and avoid many serious illnesses. Some of the most common chronic diseases and conditions, including cancer, heart disease, stroke and diabetes are the most preventable of all health problems. The Centers for Disease Control and Prevention estimates that half of all adults have one or more chronic conditions. Working to improve your health can increase your odds of living a long and productive life. Here are 10 ways you can help yourself:

Check your blood pressure. High blood pressure is called the silent killer because it has no symptoms. It can lead to stroke, heart attack, kidney damage, vision loss and even death. Normal blood pressure is in the range of 120/80 or less.

Get moving. Physical inactivity is one of the biggest threats to your health. Simply walking for at least 15 minutes a day can make a difference. You should aim for 30 to 45 minutes of activity, five days a week.

Quit smoking. It's never too late to quit smoking and you will experience an immediate improvement in your health. Food will start to taste better and your breathing will be easier.

Screen for diabetes. Type 2 diabetes (high blood sugar) is a major health problem in the United States. It is the leading cause of kidney failure, lower-limb amputations (other than caused by injury) and blindness. Yet, caught early it can often be controlled by diet and exercise.

Watch your weight. Obesity puts a lot of stress on your body. Excess weight can lead to diabetes, coronary heart disease, stroke, gallbladder disease, and osteoarthritis (a breakdown of cartilage and bone within a joint).

Watch your alcohol intake. Moderate alcohol use for healthy adults means up to one drink a day for women of all ages and men older than age 65, and up to two drinks a day for men age 65 and younger.

Improve your diet. Poor nutrition robs your body of the nutrients it needs to maintain your health. Eat more fruits and vegetables, less sugar and salt.

Know your family history. A family medical history is a record of health information about a person and his or her close relatives. It can tell you what, if any, conditions run in your family that you should watch for.

Update your immunizations. Having an up-to-date vaccination record is important. This record tells you and your doctor if you're protected against vaccine-preventable diseases. Vaccines not only protect you, but reduce the chance you'll spread illness to other people.

Schedule a wellness visit. Visiting your doctor when you are well is an opportunity to find potential health problems before you feel sick. By finding problems early, your doctor can help you get the care you need to stay healthy.



Q IS FOR QUIT SMOKING

Snuff Out That Dirty, Dangerous Habit

About 14 percent of Solano County adults still smoke, despite the increased awareness of the health risks associated with the habit. Tobacco use remains the single largest preventable cause of death and disease in the United States, according to the Centers for Disease Control and Prevention (CDC).

"I encourage my patients to quit smoking because their health starts to improve immediately," said Ehsan Ghods, D.O., who practices family medicine at the Center for Primary Care in Green Valley.

Quitting is not easy because nicotine is highly addictive. There are more than 5,000 chemical components found in cigarette smoke and hundreds of them are harmful to human health, according to the CDC.

"The average smoker tries to quit smoking eight times before being successful," Dr. Ghods added. "The important thing to remember is that it's never too late to quit."

"I encourage my patients to quit smoking because their health starts to improve immediately."

~Ehsan Ghods, D.O.



Still trying to decide to quit? There are many healthy reasons to give up the habit.

As soon as you stop smoking, your blood pressure decreases, your pulse rate lowers, and more oxygen gets into your blood. You will have more energy for physical activity. Just three months after quitting, your circulation will have improved and your lung function will have increased by as much as 30 percent.

You'll also sleep better. Smokers are four times more likely to report feeling unrested after a night's sleep than nonsmokers.

Without a cigarette, food will taste better, because smoking dulls the acuteness of your senses. And, your teeth will be whiter. The tar and chemicals in cigarettes and other tobacco products cause the teeth to turn a stained yellow color.

You'll protect your other senses as well. One study shows smokers are four times more likely to become blind due to age-related macular degeneration than those who have never smoked. Smokers have a 70 percent greater chance of losing their hearing than nonsmokers.

And think of the money you'll save to reward yourself for quitting! ☘



R IS FOR RHEUMATOLOGY

Joints, Tissues and Muscles, Oh My!

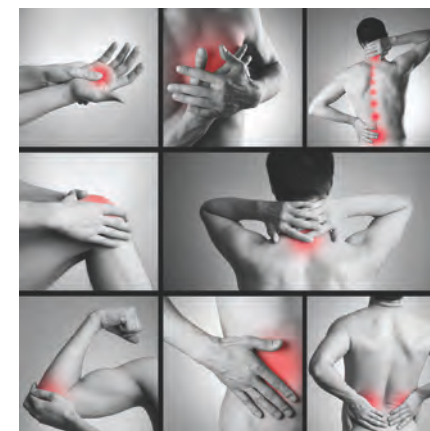
Rheumatology involves the care of patients with conditions that affect the body's joints, muscles and connective tissues. Melissa Schoenwetter, D.O., leads the NorthBay Medical

Group rheumatology program and offers patients experience treating complex autoimmune diseases. These conditions are often complex, and can affect the joints, muscles, bones and even the internal organs and brain.

"It is important to look at our patients as a whole when assessing a patient for a rheumatologic disease," said Dr. Schoenwetter. "While labs and X-rays are helpful, listening to a patient's history is one of the most important parts of a rheumatologic evaluation."

The following are some conditions Dr. Schoenwetter sees:

RHEUMATOID ARTHRITIS is a long-term (chronic) disease that causes inflammation of the joints. The inflammation can be so severe that it affects how the joints and other parts of the body look and function. It may cause deformities in the joints of the fingers, making it difficult to



move your hands. Lumps, known as rheumatoid nodules, may form anywhere in the body. The exact cause is not known. It is an autoimmune disorder, the body's immune system attacks its own healthy cells and tissues.

OSTEOARTHRITIS is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage on the ends of your bones wears down over time. Although it can damage any joint in your body, the disorder most commonly affects joints in the hands, knees, hips and spine.

LUPUS is a chronic inflammatory disease that occurs when a body's immune system attacks its own tissues and organs.

Inflammation caused by lupus can affect

many different body systems including your joints, kidneys, skin, blood cells, brain, heart and lungs.

FIBROMYALGIA is a condition that causes pain in muscles and soft tissues all over the body. It is a chronic condition. It is often associated with fatigue and non-restorative sleep, meaning you sleep but do not feel rested in the morning. ☘

S IS FOR SHINGLES

A Pox Upon This Dreaded Rash

Shingles is a painful skin rash caused by the same virus that causes chickenpox, varicella-zoster virus. In fact, the only way someone can get shingles is if they already had chickenpox.

But, not everyone who has had chickenpox will get shingles, according to Archana Goyal, M.D., an internal medicine physician at the Center for Primary Care in Green Valley. "A good way to understand how shingles develops is to imagine a hibernating bear," she said. "Once a person gets chickenpox, the virus goes to 'sleep,' and if it wakes up later in life, it can cause a painful, blistering rash."

There is no way of knowing if you will get this painful rash, but there are risk factors to consider. "The risk increases, especially for those over age 50," Dr. Goyal said. People with weakened immune systems are also at risk of acquiring shingles, as are those who are under a great deal of stress.

Shingles starts with a burning or tingling pain on one side of the body or face, usually in a small area. At the

outset, you might also experience chills or a fever. A few days later a red rash appears that turns into fluid-filled blisters. "It is important to see a physician as soon as possible once a rash occurs, because there is a window of treatment, generally within the first 72 hours after symptoms have started."

Treatment includes anti-viral and pain medications. "Often, over-the-counter pain medications, such as Tylenol or ibuprofen, can't relieve the pain," she explained. "For very painful shingles, your physician may prescribe a stronger medication."

It takes about 10 days for the blisters to dry up. While it's not contagious at this point, it's still important to stay away from anyone who has not had chickenpox or who has a weakened immune system, as it is possible to catch the virus and then get sick with chickenpox.

A shingles vaccine is available for those age 60 and older. It is a safe, one-time shot that lowers your chance of getting shingles, even if you have had them once. Ask your primary care physician if you're a candidate for the injection. ☘

T IS FOR TRAUMA

Every Second Counts When Lives are at Risk

In trauma care, every second counts. A severely injured patient's best chance of survival comes when treatment occurs within the first "Golden Hour" after the injury.

Since 2012, residents and visitors to Solano County have come to rely on NorthBay Medical Center's trauma team for high-speed treatment at a moment's notice. The Fairfield trauma center's central location means it can be quickly accessed from most locations.

In 2014, the trauma center was verified as a Level II center by the American College of Surgeons. The first trauma unit in the county to earn that designation, it means critically injured patients receive the highest level of care available outside a university medical center.

In addition to trauma-trained and certified staff and physicians, general surgeons and anesthesiologists are promptly available to take critically injured patients to a state-of-the-art trauma operating room. Most adult trauma cases requiring surgical, neurosurgical, cardiovascular, obstetrical and orthopedic care can be treated without delay.

Children suffering major injuries are stabilized and transferred to specialized pediatric trauma centers in Sacramento or Oakland. ☒



Ophthalmologist
Bradley Sandler, M.D.



IS FOR VISION

Optometrist vs. Ophthalmologist

Maintaining a lifetime of good vision starts with regular visits to an optometrist or ophthalmologist. Both are eye doctors, so how do you choose which professional is right for you? Both optometrists and ophthalmologists examine eyes and prescribe eyeglasses and contact lens. Both are trained to detect and diagnose eye diseases.

If your eyes are healthy, the type of eye doctor you choose is a matter of personal preference. "Ask your friends and family members who their eye doctor is," advised Bradley Sandler, M.D., an ophthalmologist with Solano Eye Specialists in Fairfield and Vacaville. "A good referral is often the best way to find an eye doctor. But if you have a vision problem, or family history of eye disease, you may want to visit an ophthalmologist."

An optometrist has earned the Doctor of Optometry (O.D.) degree after completing four years of optometry school after college and is trained to examine eyes for both vision and health problems. In California, optometrists can prescribe medications, perform certain procedures and order medical tests for the diagnosis of conditions or diseases of the eye. If a serious condition is detected, the optometrist may refer the patient to their primary care physician for referral to an ophthalmologist.

An ophthalmologist is a medical (M.D.) or osteopathic (D.O.) doctor who specializes in eye and vision care. He or she has received at least eight years of medical training after college and is licensed to practice medicine and surgery. Ophthalmologists care for all eye diseases and some have additional, in-depth training to hold subspecialties in diseases such as glaucoma, retina, cornea care or pediatrics.

To keep your eyes healthy, adults should plan to visit an eye doctor every two years.

Opticians Fit Eyeglasses

Another medical professional is the optician—a technician trained to design, verify and fit eyeglass lens and frames or contact lens prescribed by ophthalmologists or optometrists. Opticians do not test vision or diagnose and treat eye diseases. ☒



IS FOR WAIST MEASUREMENT

Numbers Can Predict Your Risks

Measuring your waist is a simple way to predict your risk of developing heart disease, diabetes, and other diseases. A large waist measurement can even predict a shorter life span.

Studies have shown that abdominal obesity (the traditional apple shape, beer belly or "spare tire") is much more dangerous to your health than fat stored in the hips and thighs. That's because abdominal fat begins inside your body, around your organs, while fat stored in the hips and thighs tends to be right under the skin. Abdominal fat is much more active than fat stored elsewhere on your body.

Women should have a waist measurement of 35 inches or less, while men should measure 40 inches or less. "Measuring your waist is another tool to help you learn about your health," advised Michelle Katzaroff, D.O., of the NorthBay Center for Primary Care in Green Valley.

To measure your waist, find your natural waistline, which is below the ribcage and above your hipbones. Use a cloth tape to get the most accurate measurement. If your waist is the same size as your hips or larger, it will be hard to find. Drop your arms at your side and take the measurement where your elbow hits your body. ☒



Michelle Katzaroff, D.O.



IS FOR X-RAY

Diagnostic Tool Survives Test of Time



An X-ray is the most common imaging test used to help doctors view the inside of the body. Your physician may order an X-ray to diagnose a broken bone, view an area where you are experiencing pain or to monitor the progression of a disease, such as osteoporosis.

X-rays use invisible electromagnetic energy beams to make images of the

bone and surrounding soft tissues. While today X-rays are just one of a cadre of imaging modalities available in medicine, their discovery in 1895 was a marvel.

German physicist Wilhelm Conrad Röntgen was the first person to observe X-rays. Röntgen figured out that X-rays penetrate human flesh but

X-rays are an important diagnostic tool, allowing doctors to see inside the human body without surgery.

not higher-density substances such as bone or lead and that they can be photographed.

His discovery was labeled a medical miracle and X-rays soon became an important diagnostic tool, allowing doctors to see inside the human body for the first time without surgery.

At NorthBay Healthcare, X-ray services are available at the Centers for Primary Care in Fairfield and Vacaville, at both NorthBay Medical Center and NorthBay VacaValley Hospital, and through Solano Diagnostics Imaging in Fairfield and Vacaville. ☒

U IS FOR UROLOGY

When No. 1 is No. 1

Urology is the branch of medicine that focuses on the male and female urinary tract system, as well as the male reproductive organs. The disorders that may be treated by urologists include those involving the kidneys, the ureters (tubes connecting the kidneys to the bladder), the adrenal glands, the bladder and the urethra (the tube that passes urine out of the body from the bladder). In males, a urologist may also treat conditions of the testes, epididymis, vas deferens, seminal vesicles, prostate and penis. ☒



Zika infection can cause birth defects, including microcephaly and other severe fetal brain defects, as well as impaired growth, hearing and vision.

Z IS FOR ZIKA

Education is Best Way to Prevent Risky Disease

When the World Health Organization announced in November that the Zika virus was no longer a public health emergency, it sounded like good news. But a closer look at the findings from an emergency committee on Zika show that it will remain “a significant, enduring public health challenge” for years to come.

That means that education will continue to be important so people can protect themselves, especially when traveling to parts of the world where Zika is a higher risk, said Greg Warner, D.O., NorthBay Healthcare’s infectious disease expert. It is most prevalent in Central and South America and the Caribbean.

The virus is primarily transmitted by two species of mosquitos, which are not native to the Bay Area. In addition, Zika can also be transmitted through sexual contact, or from a woman to her fetus.

“The CDC has recommended that men who have traveled to these areas refrain from sex or use condoms for six months after travel or for at least six months from the start of developing Zika symptoms,” said Dr. Warner. “For women, the recommendation is to abstain from sex or have a partner use condoms for at least eight weeks after travel, or eight weeks from the start of Zika symptoms.”

The biggest risk, of course, is for pregnant women and their babies. Zika infection can cause birth defects, including microcephaly and other severe fetal brain defects, as well as impaired growth, hearing and vision.

Only one case of Zika has been recorded in Solano County, in May 2016. Dr. Warner reports that five NorthBay Healthcare patients who had travelled to infected areas have sought testing, and none were positive for the virus. As of mid-November, nearly 4,500 cases have been reported in the United States, about 1,100 involving pregnant women.

Symptoms

- ▶ Fever
- ▶ Rash
- ▶ Joint Pain
- ▶ Red Eyes
- ▶ Muscle Pain
- ▶ Headaches



Greg Warner, D.O.

“We have posted information on NorthBay.org and shared handouts with patients so they’ll be vigilant and know the risks, especially if they travel.”

For more information, visit www.cdc.gov/zika.



NorthBay Healthcare
President/CEO Gary Passama

End of an Era

Longtime CEO Reflects on 35 Years in Health Care

It was 1981 and a gallon of gas cost \$1.25, Ronald Reagan was president and Inter-community Hospital in Fairfield was happy just to offer basic medical care.

It was a small, one-hospital system, opened in 1960, but unequipped medically to handle complex trauma cases or severe heart attacks. All sick and premature infants were routinely sent out of county for care. There was only one part-time rehabilitation therapist and pharmacy services were contracted out.

Then Gary Passama became CEO. Over the course of the next 35 years, everything changed. “The mindset at the time was that we are happy being a small hospital, but the board of directors had very different plans, and so did I,” admitted Gary, who is planning to retire March 31.

“I came thinking it would be a great stepping stone in my career, but it turned out that all the great opportunities were happening here.”

In that 35-year window, Gary has seen construction of a second hospital, creation of a cancer center, establishment of the centers for neuroscience, heart and vascular and trauma, as well as a Neonatal Intensive Care Unit, a Wellness Center, a physician group that now has more than 110 providers, and much more.

When he was hired, his board of directors had two imperatives: Help the hospital get with the times by offering more advanced medicine; and take care of the “Vacaville problem.”

He took the job and quickly realized that the medical staff needed some young blood. “I ruffled some feathers in the beginning, but it had to be done. I brought in younger doctors with fresh ideas. It wasn’t just making a hire or two—it was really changing the culture.”

It was also about challenging the competition.

Continued on Page 20...

Y IS FOR YEAST INFECTION Itching, Burning, But Easy to Treat

They are common, and uncomfortable. Vaginal yeast infections will plague most women at some point in their lives. Symptoms include burning, itching, and a thick, white discharge.

We normally have yeast all over our bodies, but when an imbalance occurs in the normal environment—such as wearing tight or synthetic underwear, over-using over-the-counter feminine hygiene products, being overweight, eating a diet high in sugar, or being on antibiotics or steroids—yeast can grow heavier and an infection can ensue, according to Shanna Snow, D.O., an obstetric/gynecologist at the NorthBay Center for Women’s Health.

Frequent yeast infections are also a sign of undiagnosed diabetes, she added.

Thankfully, with medical treatment, the infections are easy to treat. However, it’s important to see your doctor because the symptoms are similar to other vaginal infections and sexually transmitted diseases.

Yeast infections can also occur in other places of the body, and not just in women. The most common places are the mouth (thrush) and on the feet (athlete’s foot). And, men can get a yeast infection from their sexual partners.



Moving through time, above from left, NorthBay Healthcare President/CEO Gary Passama introduces VacaValley Hospital; with four early Guild presidents; sharing plans for NorthBay Medical Center with local politicians; announcing the Heart & Vascular Center; showing support for the Pink Heals fire truck; enjoying the annual Adopt-A-School program; and, announcing that NorthBay Healthcare joined the Mayo Clinic Care Network.

End of an Era ...Continued from Page 19

Gary noticed quickly the number of tiny babies being sent to San Francisco for care. Having to travel to be with their newborns placed a huge burden on the families. But when NorthBay decided it wanted to start a neonatal intensive care unit, officials from Mount Zion Hospital protested loud and long.

“I got tired of being told we can’t do it. Even our own staff had to adopt a new mindset. We had to fight for it; we had to recruit neonatologists, including Dr. Richard Bell, who is still with us today,” notes Gary. “But we did it, and we have a great NICU. It just made sense and it was the right thing to do.”

Today, he adds, NorthBay Healthcare’s NICU has handled nearly 6,000 tiny infants in 32 years. And Mount Zion? It’s no longer in business.

Gary’s next big hurdle was the “Vacaville problem.” A good number of his board members were from Vacaville, which was the largest city in the state at that time to not have a hospital. “We opened an urgent care facility in 1983 and had an open house on a Saturday. We were swarmed! People literally lined up around the block to come and visit the building. I was shaking my head in disbelief,” he says. “I remember thinking, ‘Maybe we should be thinking bigger.’”

At the time, plans were in the works to expand NorthBay Medical Center. A vote of the board came fast and furious, and plans were scrapped in favor of resolving the “Vacaville problem” by building a hospital there. It was no easy task.

At the time, the state was operating with very strict standards for allowing new hospitals to be built. But then-Gov. George Deukmejian instructed his staff to be more lenient with approvals, as long as it was consistent with a community’s need.

Vacaville had a 50-bed need, so the proposal was made for a 50-bed hospital. “We had two books filled with letters of support. We had a public hearing and the place was packed. We even had one doctor who opposed our plan. But in the end, after a three-hour hearing, we got approval,” Gary recalls.

The next big step was to get permission from the Office of Statewide Health Planning and Development. “We had no meeting scheduled, but we decided to strike while the iron was hot,” says Gary.

“We got Vacaville City Manager Walt Graham to clear his schedule. He went to Sacramento with me and our chief planner and we sat and sat in the director’s office. At some point, I told his secretary that we had the Vacaville city manager with us, and half an hour later, the director came out with our paperwork in hand.”

After that, it was a matter of finding the money. “Three years later, the hospital was built,” he notes. It opened July 1, 1987.

NorthBay Healthcare Corp. was formed to manage the two hospitals. Intercommunity Hospital in Fairfield became NorthBay Medical Center. And while it remains the mother ship, “VacaValley Hospital has always been my baby,” says Gary. “How often has any CEO been able to create a brand new hospital from the ground up?”

That same year, the NorthBay Cancer Center opened in the Gateway Medical Building (on the NorthBay Medical Center campus) with a comprehensive array of services. It flourished in Fairfield for nearly 30 years, before making its move last summer to the VacaValley Wellness Center in Vacaville. Since it opened it has

served more than 14,000 cancer patients in Solano County.

Western Health Advantage (WHA) was developed in the mid-1990s because NorthBay’s leadership realized a competitive, local health plan was needed. “We partnered with several organizations in the area and spent three to four years developing it with Mercy/Dignity Health and the UC Davis Health System.”

In addition to serving Solano County, WHA has grown to include customers in Sacramento, Yolo, El Dorado, Placer, Marin, Napa and Sonoma counties.

Trauma was another specialty Gary was told NorthBay simply couldn’t offer. “But we became a Level III trauma center in 2012 and we were accredited as a Level II by the College Board of Surgeons in 2014,” he pointed out.

Other accomplishments include the creation of a Heart & Vascular Center, which opened in 2009. Shortly thereafter NorthBay Medical Center became certified as a Chest Pain Center and a Stroke Center. Open heart surgery and preventive cardiac procedures became part of everyday life in the hospital in the years that followed.

The latest in the long list of accomplishments include the opening of the Center for Neuroscience and the VacaValley Wellness Center, complete with a medical fitness center, the only one in Solano County.

“We are on the forefront, not just emphasizing wellness to our patients but giving them the tools to achieve it,” he says with pride.

NorthBay HealthSpring Fitness is a full-service center open to the general public. Highly educated trainers work with members to help create individualized fitness programs to meet their needs.

In May 2016, NorthBay announced its membership in the Mayo Clinic Care Network. Now our physicians can collaborate with Mayo Clinic specialists on complex medical cases.

“We want our friends, families and neighbors in Solano County to live longer, happier, healthier lives through access to the highest-level of medical knowledge and expertise,” said Gary. “Collaborating with others to provide patients with the best care possible is part of Mayo Clinic’s culture and part of ours.”

Reflecting back, Gary says he has been able to reach so many milestones because he always had a board of directors willing to let him make mistakes and learn from them, and the leadership of four visionary chairmen of the board, starting with B. Gale Wilson, who at the time also served as Fairfield’s City Manager.

“B. Gale really wanted to do things. He knew in order to be successful that we’d have to brand ourselves. He didn’t micromanage,” Gary remembers. “When I got here, there were three senior managers. I knew if it was going to work, I needed to build a senior team. It was a hard sell. I went to the board and asked to double the number of senior leaders. They said, ‘That’s a lot of money.’ But B. Gale said, ‘We brought him here to do a job and he’s telling us what he needs to do it. Let’s give it to him.’ You know what?” asks Gary. “I had my team in place by the end of the month.”

Other board chairmen included George Tomasini, Russ Albers, and the current Chairman of the Board Ben Huber, a former Fairfield councilman and businessman who has served in the role since 2005.

Continued on Page 22...

“VacaValley Hospital has always been my baby. How often has any CEO been able to create a brand new hospital?”

~Gary Passama, CEO

“Our best times are ahead of us. We’re breaking the mindset. We are nimble enough to hear the voice of the community and to be able to put together a quick response.”

~Gary Passama, CEO

End of an Era ...Continued from Page 21

“Gary has positioned NorthBay well to help us take on all challenges.”

~Konard Jones

“I’ve seen the statistics,” said Ben, “and the typical hospital administrator in a system of our size averages 3.5 years. Gary has done 35. That’s phenomenal.”

Ben said Gary’s marching orders have been to make NorthBay one of the best community-based, independent health care providers in the country. “He’s done just that,” he noted.

As for the future, Gary is confident NorthBay Healthcare will be in good hands. He recommended the board consider appointing Konard Jones, who is currently president of the Hospital Division. His recommendation was accepted.

Konard was first hired by Gary in 1995 to serve as vice president of human resources. He left after 10 years, but carried on in health care, honing his skills as president and CEO of Broadline Medical Inc., and at UC San Francisco Benioff Children’s

Hospital in Oakland, where he was vice president of professional and support services.

Konard knows the culture, the challenges and the “NorthBay Way,” says Gary. Konard says he also understands that there is much work to do, especially with so much uncertainty in health care.

“But Gary has positioned NorthBay well to help us take on all those challenges,” says Konard.

“So as we come to the end of one great era and begin a new one, I will commit all my energy and passion to keeping this extraordinary health care system the leader in Solano County.”

And that’s exactly how Gary wants it. “We’re not a little hospital,” insists Gary. “Our best times are ahead of us. We’re breaking the mindset. We’re nimble enough to hear the voice of the community and to be able to put together a response in quick fashion. That’s not going to change.”

Conference Center Named for Donors

The recently opened VacaValley Wellness Center’s conference center was named after an area couple who made a significant donation to NorthBay Cancer Center, as a way of acknowledging the excellent care received for cancer treatment.

The James E. Lawrenz and Heidi Y. Campini Conference Center was officially dedicated in October, and the Vacaville couple’s donation was the largest in NorthBay history.

“At first Jim and Heidi wanted to keep their gift anonymous,” noted NorthBay Healthcare Foundation Board Chairman Chris Sweeney. “But they realized they might be able to inspire others to give if they shared their story.” Although Jim, a long-time Foundation board member and former chairman, lost his battle with melanoma in 2013, he and Heidi were very pleased with the compassionate care and advanced medicine he received from the NorthBay Cancer Center.

“Jim would have been delighted to see this new, state-of-the-art cancer center open here in Vacaville,” Heidi said, “in a place where patients will be treated by kings and queens.”



Heidi Campini

NorthBay Selects Vice President for Ambulatory Division

Wayne Gietz, NorthBay Healthcare’s executive director of primary services, became vice president of NorthBay Healthcare’s Ambulatory Division last fall.



“Since his arrival, it has become clear that he is a visionary leader and an expert in ambulatory/out-patient operations,” said Aimee Brewer, president of the Ambulatory Division.

“We want to serve the patients when they need it, and where they need it.”

~Wayne Gietz

“He is passionate about providing the highest quality of care to our patients, and he is dedicated to our staff, physicians and community.”

Before joining NorthBay Healthcare in May 2016, Wayne held leadership positions as senior associate executive director at NYC Health and Hospitals Corp., and vice president of outpatient services at Brookdale University Hospital in Brooklyn.

“We have tremendous potential to grow here at NorthBay Healthcare,” said Wayne. “My focus will be on total access—making sure we are meeting the needs of the community.” He said he will delve into patient needs, trends and opportunities to integrate sub-specialties, when appropriate.

“We want to serve the patients when they need it, where they need it,” he said. “It’s about the right care at the right time in the right place.”

Wayne earned his bachelor’s degree in health care administration and a master’s in organizational leadership from Bellevue University in Nebraska.

Dr. Seth Kaufman Named Chief Medical Officer



Seth Kaufman, M.D.

Dr. Seth Kaufman, M.D., is the new chief medical officer for NorthBay Healthcare. He assumed his new role on Feb. 13. “Dr. Kauffman is a dedicated clinician and an exceptional physician leader,” said Aimee Brewer, president of the hospital division of NorthBay Healthcare Group. “He has the energy, the experience and the compassion that this position and our community require, and we’re thrilled he has accepted the job.”

Dr. Kaufman has been affiliated with NorthBay since 2005, most notably in the Emergency Department as a staff physician and medical director of TeamHealth and Solano Gateway Medical Group. He has represented NorthBay Healthcare on the Solano Emergency Medical Services Cooperative Board of Directors, an agency that oversees the county trauma system and EMS response network. He was also on the board of NorthBay Health Advantage.

Dr. Kaufman earned his medical degree from the University of California, San Francisco. He completed his residency in emergency medicine at the University of Chicago. He is a diplomat of the American Board of Emergency Medicine and a fellow of the American College of Emergency Physicians.



Diamond Anniversary



1957

Local women form a guild; a charter is later signed.

Sixty years ago, a group of “civic-minded clubwomen” (as they were described in a Vacaville Reporter newspaper article) gathered in Dixon to discuss forming a group of volunteers to support Northern Solano County’s only hospital. At the time it was just a 15-bed facility and seriously overcrowded.

The group formed a guild on Feb. 7, 1957, and began a fundraising effort to help build a larger facility. The collaboration of volunteers represented wives of physicians, judges, and civic and business leaders and their mission then remains today: to provide hospital service, community service and fundraising activities to benefit health care in the area. In the years since, those women and thousands of others’ efforts have raised more than \$4 million to support NorthBay Healthcare.

That early group’s first pledge was to collect \$75,000 to help build what would become the 32-bed Intercommunity Memorial Hospital, on Pennsylvania Avenue. “It was the hardest work I’ve ever done,” recalled Catherine Zimmerman, one of the guild’s charter members in a *Wellspring* story published in 2007. “We went door to door in Fairfield, asking for donations to build the hospital.”

They also raised funds through cookie sales, fashion shows, penny wraps, brunches and dances, a theatrical play, sales of gently used goods and even a cookbook.

Today, the NorthBay Guild—and its more than 275 members—continues to be one of the most consistent donors to NorthBay Healthcare Foundation, the fundraising arm of NorthBay Healthcare.

1971

Guild pledges \$15,000 to pay off the hospital’s mortgage.

1975

Guild pledges \$200,000 for a new hospital which opened in 1976, along with the Guild’s first gift shop.



2007 NorthBay Guild President Carol Chadbourne, center, takes a look back at Guild history with charter members Mabel Loney, of Woodland, left and Catherine Zimmerman of Fairfield.

Guild volunteer’s efforts have contributed to every construction project undertaken to expand and then replace what is now NorthBay Medical Center, as well as the construction of NorthBay VacaValley Hospital and, later, its Emergency Department expansion.

Guild funds come from the NorthBay Guild Golf & Tennis Classic, as well as sales from its Secondhand Rose Thriftique and the gift shops in both hospitals. Each year, volunteers vote on how to spend the money, based on wish lists submitted by NorthBay Healthcare departments. They’ve supported countless programs, such as NorthBay Hospice & Bereavement, the A Baby is Coming (ABC) program, the NorthBay Cancer Center, Cardiac and Pulmonary Rehabilitation programs, NorthBay Alzheimer’s Resource Center and Adult Day Center and, for the past six years, NorthBay’s Trauma program.

In addition to fundraising, Guild members serve in the hospitals as way finders and errand runners, and goodwill ambassadors to patients, family members and visitors.

“It has been and continues to be my honor and privilege to be part of the 60-year history of the Guild, their contributions, their hours of service and their financial commitment to the success of our organization,” said Jane Hilliard, director of Volunteer Services. “Today’s volunteers not only represent a group of truly caring individuals, but a legacy of volunteers who have given hundreds of thousands of hours and millions of dollars to support the mission of NorthBay Healthcare.”



1983

The first Golf & Tennis Classic is held at Green Valley Country Club.

1984-85 Guild donates \$20,000 for a neurosurgery program and pledges \$400,000 for construction of NorthBay VacaValley Hospital and expansion in Fairfield.



1987

Solano Wine & Food Jubilee is organized to support newly established NorthBay Hospice & Bereavement.

1992

Guild pledges \$200,000 to the NorthBay Medical Center’s capital campaign.

1996

NorthBay Alzheimer’s Resource Center opens and is staffed by trained Guild members.

2002

NorthBay Medical Center’s new emergency department opens, thanks in part to funds from the Guild’s Golf & Tennis Classic.



2007-8

Guild donations help open the Emergency Department at VacaValley Hospital and purchase simulation center equipment.

2011

Guild’s Golf & Tennis Classic committee pledges a five-year commitment to support NorthBay Trauma programs, accruing more than \$260,000.



2013

NorthBay Guild Thrift Shop moves and blooms into Secondhand Rose Thriftique.



2016

Guild opens new gift shop in the Welcome Pavilion at NorthBay Medical Center.



Grant Funds Support Pediatric Care

When it comes to providing funds to purchase equipment that improves care for NorthBay Healthcare's littlest, most vulnerable patients, the Solano Community Foundation can be consistently generous. The foundation's Leslie Anderson and Virginia May Anderson Fund, which specifically supports pediatric causes, awarded a \$25,300 grant to the NorthBay Healthcare Foundation for the purchase of several pediatric items.

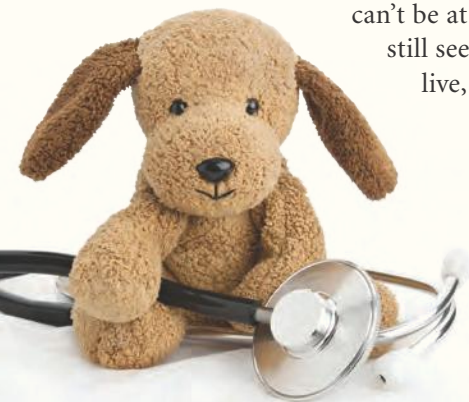
Anderson funds were used to purchase supplies to outfit eight pediatric Code Blue crash carts, four weighted blankets to help calm NICU babies struggling with drug withdrawal, and several cameras and a video system for beds in the NICU, so that parents and loved ones who can't be at the infant's bedside can still see their babies through a live, secure feed.

"Babies, because of their medical condition, are often agitated, tremulous and have difficulty organizing their sleep/wake cycles,"

noted Kathy Smith, an occupational therapist and NICU specialist. "These weighted blankets are well-made, soft and look very appealing to parents. Calming these babies will allow them to interact more appropriately with their families, to feed better and sleep more comfortably and, hopefully, to go home sooner. I'm very grateful for the grant that funded this purchase."

"When babies are admitted to the NICU, there can be a sense of loss for families," noted Katie Lydon, director, Women and Children's Services. "These cameras will allow mom and dad to go home and get their needed rest and yet still be able to see their baby with the click of a button. And, they can share the link to the NicView website, allowing family and friends across the globe to see their sweet baby grow."

During the past six years, the Anderson Fund has awarded NorthBay Healthcare Foundation more than \$145,000 to purchase such things as incubators, a metal-free MRI ventilator, a pediatric weighing gurney and cardiac monitor, thermometers and scales, a Berkeley suction device for Labor & Delivery and sophisticated surgical monitoring equipment. ❧



Nominate a NorthBay Nurse for a DAISY Award

Has a NorthBay Healthcare nurse helped you or a loved one through a difficult time with kindness and compassion? Now you can honor them with a DAISY award, part of an international program that recognizes outstanding nursing care.

The DAISY (Diseases Attacking the Immune System) Award was created in memory of J. Patrick Barnes to express his family's gratitude for the skillful and amazingly compassionate care he received from his nurses when he was hospitalized with the auto-immune disease Idiopathic Thrombocytopenic Purpura (ITP) in 1999. He died eight weeks later at age 33.

The award honors the work nurses do every day in thousands of health care facilities throughout the United States and in 14 other countries. NorthBay Healthcare

invites patients and families of patients to nominate a nurse who went above and beyond the call of duty.

Award-winning nurses must establish a special professional connection with parents and families through trust and emotional support, demonstrate professionalism, exemplify NorthBay's mission and values, and collaborate with the health care team to meet the patient's needs and goals. Other criteria include use of critical thinking skills, excellent interpersonal skills, the ability to educate patients and their families

while modeling empathy and a caring attitude.

Nomination forms can be found at the front desk at NorthBay Medical Center in Fairfield, and NorthBay VacaValley Hospital in Vacaville and at all NorthBay medical office buildings or online at NorthBay.org/DAISY. ❧



Cinco K Taco Fun Run

NorthBay Healthcare will again be the presenting sponsor for the annual Cinco K Run and Taco Fiesta May 6, at the renowned Anheuser-Busch Visitors Center, 3101 Busch Drive, Fairfield.

The event is a Cinco de Mayo themed celebration featuring a festive, family atmosphere with a 5K run/walk, 10K run and 1 mile walk. Proceeds benefit the Fairfield Police Activities League and the Matt Garcia Youth Center.



Mexican food, music and entertainment punctuate the event, located at the Anheuser-Busch visitor's center, including mariachi bands, dancing and more.

Race fees range from \$15 for children to \$35 for adults and include tacos, the official race T-shirt, and for adults, the beer garden experience.

To see videos of Cinco K and to sign up, visit www.luckyrabbitevents.com/ckr. ❧

Expand Your Heart Knowledge

February isn't just for chocolate hearts, it's Heart Health Month, too. To celebrate and educate, NorthBay Healthcare is launching a series of heart-healthy events at the VacaValley Wellness Center in Vacaville that will span into March.

For starters, Eric Hassid, M.D., will discuss healthy living at 5:30 p.m. on Feb. 16 in the conference center. On Facebook, #OurDocTalk in February will feature a heart-related expert. "Like" our Facebook page and watch for details coming soon. A Super Saturday on March 4 will offer health screenings from 9 a.m. to noon and fitness classes between 11 a.m. and 2 p.m., free of charge and open to the general public at NorthBay HealthSpring Fitness, also at VacaValley Wellness Center.

A heart-healthy nutrition class will be offered from 2 to 3 p.m. on March 1 and again from 5:30 to 6:30 p.m. on March 15 by Registered Dietitian Laura Hitt in the conference facility. And finally, cardiologist Mil Dhond, M.D., will lecture on heart health and answer questions on Doc Talk Live coming up at 5:30 p.m. on March 22 in the VacaValley Wellness Center conference room.

Watch www.NorthBay.org for updates. ❧

Hospital Advisory Council Seeks Members

To improve the patient experience, NorthBay Healthcare is creating a team of patients and family members of patients who are willing to share their time and opinions as part of NorthBay's first-ever Patient and Family Advisory Council (PFAC).

"At NorthBay, we want to get things right for every patient, every encounter, every time," explained Jennifer Shoemaker, program manager for patient experience.

"Patients and their families are often the most knowledgeable members of the care team and can offer unique perspectives and valuable feedback regarding the care they receive."

Jennifer and a team of NorthBay leaders are inviting interested individuals to submit an application, which can be found online at NorthBay.org/PFAC.

The council meets for two hours every other month and provides insights across a variety of medical disciplines. The team consists of patients, family advisors, physicians, nurses, safety and service specialists and managers.

The council will serve as an advisory resource to NorthBay on many of its programs. It will focus on improving relationships and communication between patients, families and staff.



Welcome New Physician



Levon Tchakmakjian, M.D., practices internal medicine at the Center for Primary Care in Fairfield. Dr. Tchakmakjian earned his medical degree from Technion-Israel Institute of Technology Faculty of Medicine in Haifa, Israel.

He completed a postdoctoral fellowship at the University of Medicine and Dentistry in Newark, New Jersey. He is board-certified in internal medicine. In addition to English, Dr. Tchakmakjian is fluent in Hebrew and Armenian. To make an appointment, please call the Center for Primary Care at (707) 646-5500. ☎

Urgent Care Makes House Calls

Flu season hit Solano County with a vengeance, often keeping already-busy emergency departments at NorthBay Medical Center and NorthBay Vacaville Hospital, along with Care 'til 8, bursting at the seams. That means wait times can be lengthy. But there is a convenient, affordable option for nonlife-threatening situations.

ER Direct, part of DIRECT Urgent Care, makes house calls in Solano County. Western Health Advantage (WHA) members have copays, based on their plan, that are often not much higher than a copay for a regular physician appointment.

The current introductory rate for non-WHA members is \$150, which may still be less expensive and more timely than a visit to the Emergency Room.

Visit www.directurgentcare.com for more information or call (855) 755-0446 to schedule a house call. When call volumes are heavy, please leave a message. You can expect a call back within the hour. ☎



30th Solano Wine & Food Jubilee Returns to Vacaville



A nostalgic Vacaville amusement park, which closed its doors in 2009, is getting a new lease on life as it becomes the grand stage for the 30th annual Solano Wine & Food Jubilee on May 20. Thanks to a collaboration between NorthBay Healthcare Foundation, the City of Vacaville and Dunhill Partners, Nut Tree's management entity, the Harbison Event Center at the Nut Tree will be gussied up to host Solano County's largest fundraising event that benefits the programs of NorthBay Hospice & Bereavement.

As in years' past, 2017 Jubilee ticketholders can sample an array of foods, wines, brews and non-alcoholic beverages offered by a number of Solano County's most generous restaurateurs, breweries and wineries. Multiple bands will perform throughout the evening.

But, before dancers take the floor, the top prize in the Jubilee Raffle will be announced. That lucky ticketholder can choose from one of three brand new cars, offered by Rami Yanni of Vacaville Buick GMC, Vacaville Nissan, Vacaville Dodge and Vacaville Hyundai: either a 2017 Hyundai Sonata, Nissan Altima, or Buick Verano.

In addition to the choice of cars as a top prize, \$10,000 in cash will be awarded, as well, according to Wendy Jackson, raffle chair. Raffle tickets are \$50 each or buy two and get the third for free. They can be purchased by calling (707) 646-3133; with a credit card by fax at (707) 646-3135; or in person at the NorthBay Healthcare Foundation office at 4500 Business Center Drive in Fairfield, or at Jackson Medical Supply on Main Street in Vacaville.

Odds of winning something are about one in 100, Jackson adds, as only 2,500 tickets will be sold. Presenting Sponsors are Al and Patt Shaw, Freeman Family & Cosmetic Dentistry, Rami Yanni of Vacaville Nissan, Dodge, Hyundai and Buick GMC, Western Health Advantage, DPR Construction and Brett and Mimi Johnson.

The event gets under way at 6:30 p.m. Tickets, for those ages 21 and over, are \$125 (plus an Eventbrite service fee) and must be purchased in advance by going to www.wineandfoodjubilee.org. For more information, call (707) 646-3133. ☎

Community Health Education Classes

Healthier Living • A six-week class offered several times during the year, taught in conjunction with Solano Public Health and the Area Agency on Aging. Classes are free but space is limited. Call (707) 646-5469.

Caregivers' Support Group • For anyone involved in caring for a loved one with Alzheimer's disease or a dementia-related illness. Meets second Wednesday of month, 7 to 9 p.m. at the Adult Day Center. Cost: Free. Call (707) 624-7971 or (707) 624-7970.

Grief and Bereavement Support Groups • Adult support groups meet every other Wednesday, 12 to 1 p.m., in Fairfield. Cost: Free. Please call (707) 646-3517.

SAND (Support After Neonatal Death) • Friendship and understanding for parents experiencing grief for the loss of a pregnancy or infant. Cost: Free. Call (707) 646-5433.

Widows Grief Support Group • Support group meets every first and third Tuesday 12 to 1 p.m. Cost: Free. Call (707) 646-3517.

Compassionate Care Knitters • Meets second and fourth Mondays, 10 a.m. to noon. Cost: Free. Call (707) 646-3517.

Adult Grief Support Class, Journey Through Grief • Class meets weekly for eight sessions. Limited to 12 people per group. Participants follow a step-by-step approach using a book and journal. Cost: Free. For schedule and to register, call (707) 646-3517.

Loss Due to Suicide Support Group • Meets first and third Mondays from 6 to 7:30 p.m. Cost: Free. Call (707) 646-3517.

Veteran's Grief Support Group • A grief support group for men meets on the second and fourth Thursdays from 10 to 11 a.m. Cost: Free. Call (707) 646-3517 for dates.

Pulmonary Education Series • Three-session course meets on Tuesdays from 12:30 to 2 p.m. at NorthBay Medical Center in Fairfield. A new course begins each month. Cost: Free. Call (707) 646-5072.

Laugh Out Loud • A class on urinary incontinence. Learn the latest treatment options, including pelvic floor exercises. Cost: Free. Call (707) 646-4150 for class dates.

Congestive Heart Failure Class • Class meets every Wednesday from 12:30 to 1:30 p.m. at NorthBay Medical Center. Cost: Free. Call (707) 646-5072.

New Beginnings Support Group • For stroke survivors, caregivers and family members. Third Tuesday of the month, 10 to 11:30 a.m. at NorthBay Vacaville Health Plaza, Suite 240, Vacaville. Cost: Free. Call: Elizabeth Gladney, (707) 646-4034.

Maternal/Child Health Classes

All prenatal and maternal child health classes are free if you are delivering at NorthBay Medical Center.

Sign up at NorthBay.org or call (707) 646-4162.

Labor of Love

A four-week prepared childbirth class for moms and dads or coaches.

Labor of Love—Weekend Class

A prepared childbirth class for moms and dads or coaches. Held Friday evenings and Saturdays.

Newborn Care

Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. One-session course.

Maternity Orientation and Tour

A tour of NorthBay Medical Center's maternity unit. Information about hospital registration, birth certificates, and other pertinent information is provided.


Breastfeeding the Baby-Friendly Way

Babies are born to breastfeed. Learn normal newborn behavior and what to expect from a lactation expert. Support persons are encouraged and welcomed.

Car Seat Class

Educates expectant parents on the choosing and proper use of infant and child car restraints.



 For complete schedule of classes and events, visit NorthBay.org/calendar.

Partners Take on Operation PROMises Again

NorthBay Healthcare and Soroptimist International of Vacaville are once again teaming up with a number of local businesses to put together a special one-day event called "Operation PROMises" for local teenage girls who cannot otherwise afford to attend their proms.

Donations from the public of gently used formal gowns, shoes, jewelry and wraps are welcome. Donations are tax deductible and can be dropped off at Secondhand Rose Thriftique, 322 Parker St., in downtown Vacaville by Feb. 24. Organizers are inviting seamstresses to volunteer, either in advance or on the day of the event, March 11.

"We have some dresses that, with slight modifications, could make for a perfect prom gown," said coordinator Jessica Johnson.

Last year, nearly 80 girls from schools in Vacaville, Fairfield, Dixon, Suisun City and Vallejo received dresses through the program. Businesses donated dinners, hair styling and manicures, and more to support the program.

Girls must receive an invitation to attend through their high school. Organizers are working with the schools to get the invitations delivered this month. To nominate a deserving young lady for an invitation, call Jessica at (707) 646-3303. ☎



c/o NorthBay Healthcare Group
1200 B. Gale Wilson Boulevard
Fairfield, CA 94533-3587
Telephone (707) 646-3336
NorthBay.org

The
30th
Annual

Solano



WINE & FOOD JUBILEE

Nut Tree Plaza | Harbison Event Center

Join us!

A gala fund-raising event featuring
many local vendors serving the area's best wines, brews,
sweet and savory foods — to benefit the programs of
NorthBay Hospice & Bereavement!

May 20, 2017 • 6:30 p.m.
Harbison Event Center
at Nut Tree in Vacaville

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