



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

Non-Profit
U.S. Postage
PAID
Permit #604
Sacramento, CA

Respect • Excellence • Teamwork • Integrity • Stewardship • Community



Living NorthBay...

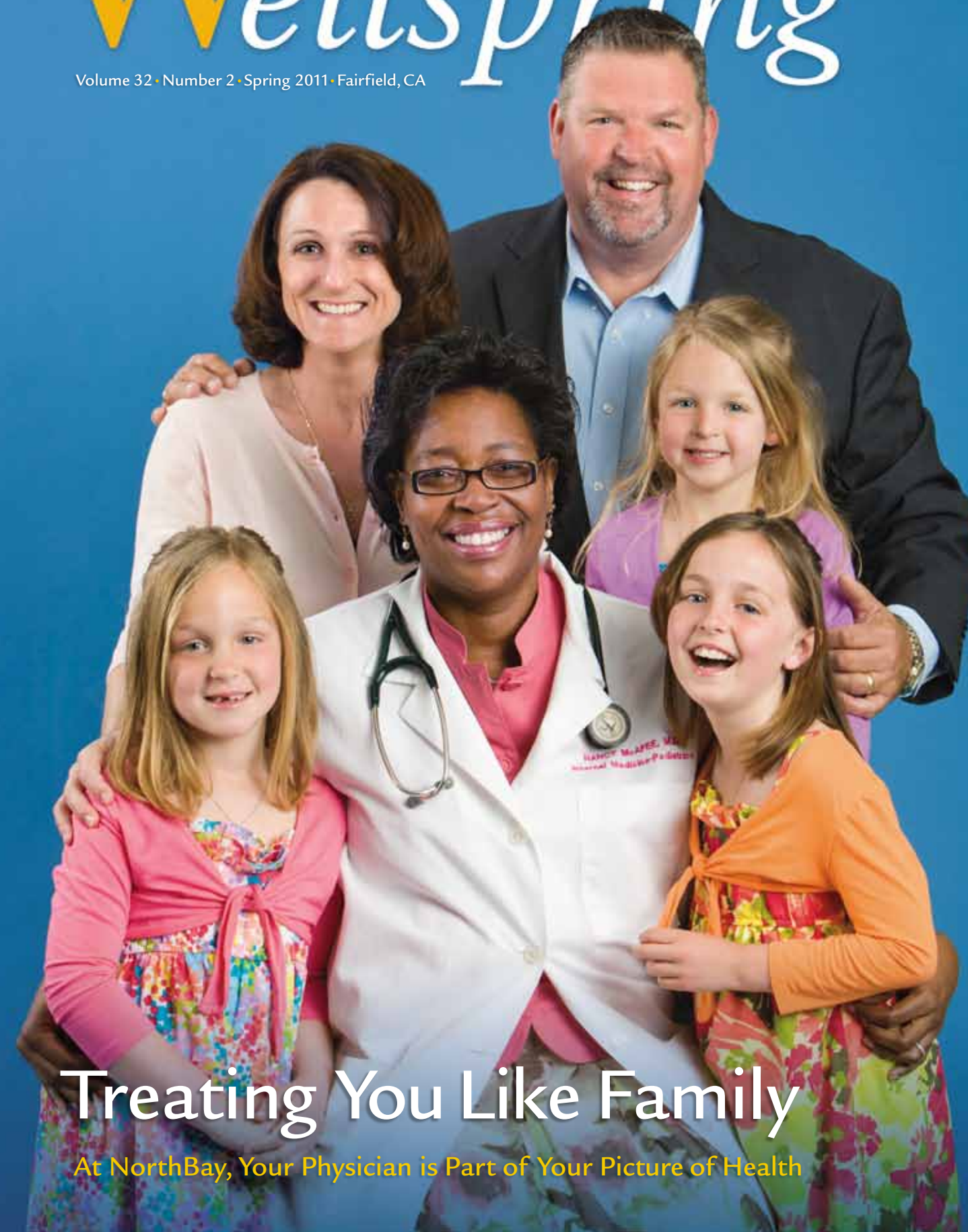
...That's our way of describing
how our employees live our values
and our mission every day.

Compassionate Care, Advanced Medicine, Close to Home.



Wellspring

Volume 32 • Number 2 • Spring 2011 • Fairfield, CA



Treating You Like Family

At NorthBay, Your Physician is Part of Your Picture of Health

3 On the Cover:
Caring for Your Family

Physician Nancy McAfee, center, enjoys caring for the entire Abeling family. Pictured clockwise from top left, Barbara, Bill, Brynna, Tessa and Teagan. Cover photo by Ryan Bates.



18 Five Important Numbers
Knowing these numbers will help you stay healthy.



26 Running 4 Good
More than 200 NorthBay Healthcare employees took their good will to the streets in the third annual Run 4 Good event benefiting the Matt Garcia Youth Center.



Caring for Your Family

- 2 Staying Grounded, on Course
- 3 Family Visits
- 4 Time for the Talk
- 5 Your Child Needs a Checkup
- 6 The Face of ADHD
- 8 A Thing of Beauty
- 9 Hope for Troubling Leg Veins
- 10 Immunizations
- 12 Teaming Up Against Diabetes
- 13 The Scoop on Snoring
- 14 Treating Depression

- 16 Healing Touch
- 17 Shots vs. Shingles
- 18 Five Important Numbers
- 20 Continence & Confidence
- 21 Nursing Know-how

NorthBay News

- 22 Day for Women
- 23 Courageous Efforts
- 24 VacaValley's Big Future
- 25 Trauma Program
- 26 Running 4 Good
- 27 Riding for a Cure
- 28 Strike Out Cancer
- 28 New Doctors
- 29 Oretta Cortland
- 30 Christine's Dream
- 32 Jubilee a Big Success
- 33 Community Classes

Find Wellspring online at <http://wellspring.northbay.org>

Treating Your Family Like Family

At NorthBay Healthcare, we treat your family like family. This philosophy rings especially true for a small, community-based hospital system in which our patients are often our neighbors, friends and colleagues. It speaks of the pride we take in providing the best care possible to nurse you back to health, or to keep you and your family healthy in all phases of your life.

It's a system of lifelong accountable care, from birth to hospice, delivering consistent care, better care, for you and your loved ones.

Health care should be seamless, from labor and delivery, to primary care, to hospital and specialty care, to discharge, to home care and beyond. We are investing time and energy into innovative integration so that the end result is not how much care you received, but how well you were cared for, and how well you are doing today.

Our cover perfectly illustrates this concept. Dr. Nancy McAfee doesn't just treat mom or dad, she treats the whole Abeling family, keeping them healthy, happy and ready for their family portrait. It's the NorthBay way, embracing a lifelong system of care, because when it comes to your family's health, our physicians should be part of the big picture.



6 The Face of ADHD
Michael Ginsberg, M.D., knows firsthand what his patients with ADHD experience, as he was diagnosed with the disorder as a child.



16 Healing Touch
Osteopathic physician Angela Lim, D.O., uses gentle manipulation to help her patients heal.



27 Tour de Cure
Michelle Corbett-Kent and her son Colin, 8, teamed up to ride for a cure for diabetes in the Tour de Cure event in Napa in May.



30 Dream Trip to SF
Christine Franklin and her family were treated to a "Dream of a Lifetime" in San Francisco.

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

Editorial Staff
Steve Huddleston
shuddleston@northbay.org
Diane Barney
dbarney@northbay.org
Marilyn Ranson
mranson@northbay.org
Sally Wyatt
Debbie Hooks

Publication Designer
Page Design Group

Photographers
Henry Khoo, Gary Goldsmith,
Diane Barney



Staying Grounded, Staying on Course

Amid the clamor emanating from political circles (or is it political circus?) these days, it's easy for healthcare leaders to become perplexed by Washington, D.C., and Sacramento.

We can easily become preoccupied with state budget cuts, federal deficit reductions and the haggling over the national debt. We can fret over what politicians will decide, and what it will mean to hospitals, physicians, and ultimately, the patients we treat.

There are important, and perhaps momentous, decisions being made by those who hold the purse strings of programs that many of our friends and family rely on to provide the care they need. In a nation and a state so fiscally challenged to stay afloat, this is an era in which we are being asked to do more with less.

A daunting task, indeed.

How we will succeed in such an undertaking makes for sleepless nights for healthcare administrators. But we will prevail, as we have done in the past when economic times took a turn for the worse. So it's important for us on the front lines to stay grounded and stay focused on the job at hand.

We have the sacred honor of providing healthcare. You put into our hands your life, and your children's lives. That is an awesome responsibility never neglected by any of us at NorthBay Healthcare. We continuously look for ways to improve the care we deliver. And now, we must do it with fewer resources than before.

We must be innovative. In this issue you will learn how we are creating a healthcare continuum that is accountable to furnish the best results. That means connecting primary care with hospital care and home care, leveraging our investment in electronic health records to ensure every provider knows your medical history.

The results we are seeing include a decline in hospital-acquired conditions, such as infections, and a drop in preventable readmissions. As we ramp up our patient education and our community preventive medicine initiatives, we will keep more healthy people from becoming patients in our emergency rooms and hospitals.

That will create a more healthy community supported by a durable healthcare system that enables all to, as Star Trek's Mr. Spock would say, live long and prosper.

Gary Passama
President and Chief Executive Officer



Dr. McAfee with sisters,
from left, Tessa, Teagan
and Brynna Abeling.

Family Visits Streamline Your Healthcare Checkups

Most busy families have finely tuned schedules to manage their time. But what happens when baby has a cold, the kindergartner needs vaccinations and mom wants a check-up? Juggling multiple doctor's appointments is one more stress and parents often ignore their own health needs to make sure the kids get to the doctor.

Dr. Nancy McAfee, of the NorthBay Center for Primary Care in Fairfield, wants to change all that. Trained as both a pediatrician and internal medicine physician, she can treat the entire family in one scheduled visit. With a husband, two small sons and an aging mother, Dr. McAfee understands the demands that come with caring for a family. In fact, she planned her medical training to span the lifetime of her patients.

"In pediatrics, you have to give up your patients at age 18," Dr. McAfee says. "I wanted to care for patients of all ages so I chose the additional specialty of internal medicine to give me the training to care for adult illnesses."

Dr. McAfee worked as a youth leader, which gave her lots of experience with adolescents and young adults. "I understand this age group and they're too old for a pediatrician, yet too young for adult medicine. I wanted to bridge that gap. Now I have the best of both worlds and any given day can find me treating a newborn followed by someone age 80," she says. "And if they can come together for a single visit, I've made their lives much more convenient."

Dr. McAfee encourages her patients to make one appointment for their entire family. In addition to saving time, she says family visits have several benefits: If you're a working mom with three children who all need treatment, it makes sense to bring them in all at once.

It lets mom take less time off, rather than making three appointments. "As a mom, I really understand the time crunch," she says. "Doctor's visits should disrupt your routine as little as possible. And, when you treat an entire family, you're more likely to see fathers too. Whatever you can do to get men into the office is good."

It's valuable to see how the family interacts. "Environment is a big part of disease prevention, and a group visit lets me see how the family functions together," Dr. McAfee says. "Does mom let her pre-teen talk for herself or does mom speak for her? Do the parents spend time bickering, or do they focus on their family? It's also a great way to get honest answers. For example, I can ask if there are any smokers in the family, and the parents say 'no' at the same time the child is saying 'yes.'"

"During a family visit I can also identify health issues the family has as a group and make suggestions without singling out any one family member. This works well if you have a family where everyone is obese. I can ask them to take walks as a family and make suggestions to change their eating habits. This also works well when I can identify a family that shares asthma or allergies. Instead of focusing on 'Sally's asthma,' I can recommend that using a humidifier at home will help all of their symptoms. I find that parents really appreciate making a family connection to a problem."

"A family appointment also makes the visit more relaxing for the child. It takes the fear out of an appointment when a child can see siblings or parents getting examined first." To schedule an appointment with Dr. McAfee, call (707) 646-5500.

The bottom line is getting information to young adults before it's too late.

When it's Time to Have 'The Talk...'

Even the most stalwart parents of pre-teen adolescents can become tongue-tied and knock-kneed at the thought of having "The Talk." At times like that, it's nice to know that Alina Hongsakaphadana, M.D., is in your corner, ready to lead the discussion, or provide support if needed.

"There's no doubt it's a difficult conversation for some parents to have," admits the soft-spoken family medicine physician who is based at the NorthBay Center for Primary Care in Green Valley. "But the information is so important and pre-teens and teenagers need to know. Some of them are already making decisions about sexual activity, and they need to understand there are responsibilities and consequences that come with those decisions."

Dr. Hongsakaphadana (pronounced Hong-saka-putt, but affectionately called Dr. Hong by patients and staff alike) says she's particularly drawn to pre-teens and teens, who seem to feel comfortable talking to her.

Still, it's not always an easy conversation. One of her young patients denied being sexually active, but when results came back positive for a sexually transmitted disease, Dr. Hong knew she'd have to have a serious talk with her. "She needed to talk to someone who could answer her questions seriously and without embarrassment."

Dr. Hong understands that sometimes a third party is better equipped to navigate those tricky conversations. "I'm happy to work with the parents on how we approach the subject," explains Dr. Hong. "I actually prefer that they engage in the discussion, but if they're not comfortable, I'm happy to take the lead.

Others just want me there for support."

The bottom line, says Dr. Hong, is getting information to young adults before it's too late.

"If a parent is not capable of answering questions for any reason, I'm happy to step in, because there's a lot of misinformation out there and kids are confused."

Of course, as a family physician she's also available to handle regular health checks for adults and children of all ages. Dr. Hong accepts patients of all ages in her family practice. She is happy to provide sports physicals, annual exams and check-ups. To schedule an appointment, call (707) 646-3500.

Alina Hongsakaphadana, M.D.



Even When All is Well... Your Child Needs a Checkup



Dr. Judy Yang follows the American Academy of Pediatrics' recommended schedule for well child visits:

- * Birth
- * 1 week
- * 1 month
- * 2 months
- * 4 months
- * 6 months
- * 9 months
- * 1 year
- * 15 months
- * 18 months
- * 2 years
- * Annually until age 18.

Would you wait six months to ask your auto mechanic about that check engine light? Probably not. The same applies to red flags parents may see regarding their child's overall health or development.

Parents can ask about any concerns they may have regarding their child's health when they take him or her to a "well child visit," says Judy Yang, D.O., a pediatrician at the NorthBay Center for Primary Care in Vacaville. Waiting to make these important appointments could postpone a diagnosis of illness or an opportunity to address a developmental delay.

"Unfortunately, sometimes a child will miss months to years of surveillance because the parents didn't understand the importance of regular well child exams," she adds. "And when they return to my care, issues such as developmental delays, dietary problems and behavioral issues have already appeared.

"At well child visits, there are many areas of your child's health that physicians address, and immunizations are only one of them. I encourage families to discuss with me any concerns they have that could prevent their child from receiving other scheduled medical care."

What occurs during Dr. Yang's well child visits? "Basically, we run the whole spectrum. I look at the entire body, from head to toe. We cover nutrition, dental care, safety at home and school, behavioral concerns—for all age groups. I explain what parents can expect in terms of growth and development. There are many developmental milestones tracked, especially during the first few years of a child's life, and interventions could be instituted more effectively if problems are discovered early enough. For teenagers, we also discuss high-risk behaviors,

not only for the teen, but within the family and at school," Dr. Yang says.

Well child visits typically last longer than other appointments, because pediatricians and family physicians want to have adequate time to answer parent's questions and address concerns. And, Dr. Yang encourages parents to bring a list of those questions to the appointment.

"That's even better. Then we won't forget to discuss anything." If there turns out to be an additional concern, another appointment may be scheduled so there is sufficient time to explore it.

Well child visits are different from school physicals, she adds, and if parents know their child may be interested in participating in a sport, she encourages them to not delay in scheduling that appointment. "Parents may not know that we can do a sports physical weeks ahead of when the sport may start, so don't wait until the last minute."

During the sports physical, Dr. Yang will ask about previous injuries, such as concussions or fractures, and will inquire about a family or personal history of cardiac events or asthma. She also thoroughly examines her young athlete's musculoskeletal and neurological systems for potential impairments that may impact their performance.

"Please be consistent in coming to these important appointments," Dr. Yang stresses. "We really are happy to see your child grow and develop well, and want to address any concerns that may come up as soon as possible."

To make an appointment with Dr. Yang, call the NorthBay Center for Primary Care in Vacaville at (707) 624-8500.

The Face of ADHD

Michael Ginsberg, M.D., knows what it's like for the children who enter his office with the diagnosis of ADHD—Attention Deficit Hyperactivity Disorder. *That's because 27 years ago, he was that child.*

His third-grade teacher had given up on him. He was labeled a trouble-maker, incorrigible and difficult. The principal said he was no longer welcome in public school.

"They told my parents they thought I might even be mildly retarded," he recalls with a grimace.

ADHD wasn't in the public's lexicon in those days. No one really knew what it meant, or whether anything could help. "But my parents insisted I was a sweet, smart child and they never once gave up on me," he recalls. They

took him to doctors, psychiatrists and therapists, and he soon began what was then a fairly new revelation in medication: Ritalin.

It worked, although it didn't happen over night. In private school, he received more attention from his teachers. He worked hard, but it was slow going at first.

As he improved, he became what he calls, "The Poster Child" for ADHD. His doctors took him to workshops and conventions, showing him off as a success story.

And when he was a sophomore in high school, it suddenly clicked. "I realized that if I really set my mind to it, I could follow through, turn in my assignments and really do a good job," he recalls.

For the first time, he received all A's on his report card, and scored remarkably well on his Practice SAT. He checked off the box "Send my scores to colleges," and a few months later was stunned to receive a recruitment letter from Massachusetts Institute of Technology.

"You have to remember that I was a kid who thought he'd never go to college. They told me if I really worked hard, I might be able to do community college. But here I was at 16, with straight-A's in one hand, and a letter to MIT in the other. It was unbelievable."

And it didn't stop there. In his senior year, he received acceptance letters from Brown, Yale, Dartmouth, Cornell, University of Michigan, Northwestern, Williams and Stanford.

He chose Stanford. And he made sure his third-grade teacher received every one of those letters. "I've made this my mission to work with kids diagnosed with ADHD," says the pediatrician, who practices at the NorthBay Center for Primary Care in Fairfield.

"When I was diagnosed, people were debating whether ADHD even existed. There was a huge burden of guilt on parents who chose to medicate their children. They were told we were raising a nation of druggies. But I am living proof that medication can make all the difference in the world."

Nearly 5 percent of children worldwide have ADHD. Data shows that the best therapy is medication, combined with cognitive and behavioral therapy.



"Some parents want to try changing diet or exercise, but that's almost never enough," says Dr. Ginsberg. "They usually come back and by then, they're ready to try medication."

A diagnosis is not clear-cut, he says. The best test is to listen to the child's life story, to see if they are struggling with inattention, hyperactivity and impulsivity issues. If they meet six of nine criteria in one or more sections, they can be diagnosed with ADHD.

Most children are diagnosed between the ages of 5 and 10, once they're in school and having trouble following directions or staying focused. "These are not stupid children. There is no correlation between ADHD and intellect," says Dr. Ginsberg. "But for some reason the neurons in the frontal cortex of their brains just don't fire the way they do in other children. They need extra stimulation to produce the same results."

In many cases, medication can level the playing field and help these children exhibit more normal behaviors.

Before ADHD became a diagnosis, these children were marginalized, demonized and often abused.

Dr. Ginsberg is personally committed to making a positive difference in their lives. "I decided a long time ago that I want to work with children so I can help them realize and live their dreams, the way I'm living my dream."

Dr. Ginsberg's pediatric practice is not limited to children with ADHD. He welcomes all children from birth through age 18, and can provide well-child checkups, vaccinations, sports and school admission physicals and more. To schedule an appointment, call (707) 646-5500.



Dr. Michael Ginsberg chats with one of his young patients, Jacob Hanson, 10.

Facts and myths

We don't know exactly what causes ADHD (Attention Deficit Hyperactivity Disorder)," says Michael Ginsberg, M.D., "but we've ruled out a lot of things." During an Advanced Medicine Lecture Series event at NorthBay's Green Valley Administration Center in Fairfield, he explained to a room full of parents, grandparents and children that ADHD is not caused by bad parenting, nor is it related to intellectual ability. Many were surprised to learn that sugar does not exacerbate the condition.

Figuring out what causes it has proven to be a lot more difficult. Anywhere from 2 percent to 18 percent of the population is thought to have it worldwide. While some adults report their symptoms have disappeared as they matured, 4 percent to 50 percent of children with ADHD still have it in adulthood. A diagnosis of ADHD can be determined by a physician if the patient meets at least six of nine criteria in one or both categories of inattention and hyperactivity:

Inattention

- Often fails to give close attention to details or makes careless mistakes in schoolwork, work, or other activities
- Often has difficulty sustaining attention in tasks or play activities
- Often does not seem to listen when spoken to directly
- Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (not due to oppositional behavior or failure to understand instructions)
- Often has difficulty organizing tasks and activities
- Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (such as schoolwork or homework)
- Often loses things necessary for tasks or activities (eg, toys, school assignments, pencils, books, or tools)
- Is often easily distracted by extraneous stimuli
- Is often forgetful in daily activities

Hyperactivity

- Often fidgets with hands or feet or squirms in seat
- Often leaves seat in classroom or in other situations in which remaining seated is expected
- Often runs about or climbs excessively in situations in which it is inappropriate (in adolescents or adults, may be limited to subjective feelings of restlessness)
- Is often "on the go" or often acts as if "driven by a motor"
- Often talks excessively

Impulsivity

- Often blurts out answers before questions have been completed
- Often has difficulty awaiting turn
- Often interrupts or intrudes on others (eg, butts into conversations or games)



A Thing *of* Beauty

Teresa Whitley, M.D., loves all aspects of her job at NorthBay Center for Women's Health, but if you nudge her ever so gently, she'll admit that she's partial to her role as a rejuvenator.

OK, so that's not her formal job description. Nor is she a sculptor or artist, yet all those words seem to fit a doctor whose medical spa practices help her patients to feel more attractive and confident.

Armed with syringes of Botox and other fillers, using laser photo treatments, techniques and more, she works her magic on a group of mostly women and yes, a growing number of men.

"It's great because these patients are not ill, or coming to me in distress," she says. "They want to look and feel better. And most people are pleased with the treatments."

Dr. Whitley's involvement in the medical spa business began in 2006, as a part-time venture. At the time, she was working as a hospitalist at NorthBay Medical Center and raising three children with her husband, Milind Dhond, M.D.

She made the decision to join the NorthBay Center for Women's Health when it opened in January 2010, specializing in internal medicine for women. In February 2011, NorthBay Healthcare incorporated her growing medical spa business into the Center for Women's Health, enabling her to offer a wide range of services to patients from her Fairfield office.

Teresa Whitley, M.D., loves her role as a rejuvenator, now that NorthBay is offering medical spa services.

It is rare for insurance to cover any cosmetic procedures, so nearly all of Dr. Whitley's treatments are offered on a "pay-for-the-day" basis. "You pay by the syringe for Botox or fillers. Frown lines can be removed in a single treatment for about \$250, but extensive work is typically about \$500 for a treatment," she explains. Laser hair removal is about \$55 a treatment for a small area, and more for larger areas, such as legs and arms.

"Most women come in once a month for laser hair removal. After six months of treatment, they've lost 80 to 90 percent of the unwanted hair. For some women, that's satisfactory. Others continue to come back for touchups."

Many women—and men—want to get rid of brown spots (sometimes called age spots or liver spots) on their faces or hands. "I had one patient who was a golfer, and she always wore a glove on one hand. Well, of course the exposed hand was much worse. We did one treatment on both hands, and an extra on the more affected hand, and weeks later, she had a matched set," she says with a smile.

Botox is probably the most well-known treatment, but it's different from the fillers patients can elect to receive. "Botox relaxes the muscle, but fillers fill—they make the lines disappear," Dr. Whitley explains. "You notice a difference immediately."

Most of the filler treatments last three to four months and most clients are repeat customers. The best compliment of all, she says, is from the patient who reported that their coworkers thought they had just returned from vacation, because they look so rested. "People notice they look better, but they don't necessarily know that anything has been done," she says. "Now that's a compliment."

Dr. Whitley is a board-certified internal medicine physician and welcomes new patients into her practice at the same location. To schedule a treatment with Dr. Whitley, call (707) 646-4100.

There's Hope for Troubling Leg Veins

Jane Schilling, 52, thought she'd just have to live with itchy, painful legs. After all, her mother had bad veins. So when her legs started swelling up after she turned 40, she just figured it was her lot in life. "The itching was so bad, I'd scratch my skin raw sometimes," recalls the Vacaville resident.

She visited a number of doctors, who prescribed various topical lotions or sent her to a dermatologist. She even tried some of her grandmother's poultices and some crazy remedies she read about, including one that involved kerosene. "Don't try this at home," she jokes.

It turned out that the gate valves in her veins no longer worked properly. As a result, blood flow would settle in her lower legs, causing the swelling and itching. Her legs, feet and ankles were all swollen. It felt like she was wearing snow boots all the time. She even had a hard time standing up if she'd been sitting for awhile.

It was certainly a problem, because in her job as director of volunteer services for NorthBay Healthcare, she has to be on her toes, keeping the NorthBay Guild and various volunteer programs moving forward.

Then one day, she volunteered to help with the grand opening of NorthBay's Center for Women's Health, and her life changed.

She was assigned to monitor a discussion led by cardiothoracic surgeon Seph Naficy, M.D. His topic was varicose veins and circulation. "I felt like he was speaking directly to me," Jane recalls. "Every symptom he discussed, I had. I started asking questions and practically took over the session."

Later, she visited Dr. Naficy's office, where Karen DeGroot, R.N. and a registered vascular technologist performed some tests that confirmed it. "They told me I hit the jackpot. I was a candidate for venous closure."

Within weeks, the procedure was scheduled. A small incision was made at the back of Jane's knee. A catheter emanating painless radiofrequency waves was inserted and used to collapse the malfunctioning vein. The deep



Karen DeGroot, R.N., right, and Dr. Seph Naficy review a diagnostic test for Jane Schilling.

vein in her leg "took over," delivering blood back to the heart. "The body's pretty smart," says Jane. Forty minutes later, she walked out of the office. "I could immediately tell that my legs didn't feel heavy."

Now she can ride in an airplane without the fear of her ankles swelling. Her legs no longer appear blue, and her varicose veins have disappeared. She has more stamina, can exercise at will, and even punctuates her remarks with a kick, showing off her new-found flexibility.

"I would tell every woman who suspects that she might have this to ask her doctor. You don't have to live with this condition."

Dr. Naficy says that both men and women can experience venous reflux disease, although it is more prominent in women.

"For a problem that affects the general population five to 10 times more than arterial disease, it's surprising how under-reported it is," said Dr. Naficy. "We have the modern tools to address it aggressively and in a minimally invasive manner."

To that end, Karen DeGroot attends health fairs and visits senior citizen communities, educating the public about venous problems and treatment options.

For more information, contact DeGroot at (707) 422-2348.

"I would tell every woman who suspects that she might have this to ask her doctor. You don't have to live with this condition."

Measles, Mumps, Chicken Pox, Oh My... Immunizations Offer Protection Against Childhood Diseases

Parents protect their children in myriad ways. They buckle them into car seats, strap on helmets before letting them ride a bike, and make sure all their immunizations are current.

“Immunizations are important to prevent very serious diseases,” says Michelle Church, M.D., pediatrician at NorthBay Center for Primary Care in Fairfield, and evidence proves they unequivocally help save lives.

“Prior to the advent of immunizations, a good percentage of children—maybe as much as 30 percent—did not make it to double digit ages,” Dr. Church adds, because without these vaccines they were not protected from such childhood

diseases as measles, mumps, meningitis, chicken pox, scarlet fever or whooping cough. “Research shows that, as the rate of immunizations against these diseases increases, the incidence of disease decreases.”

Clearly, no parent would want their child to suffer through the risks that come with exposure to chicken pox or measles, or the risk of death that comes with

exposure to HIB meningitis, and yet pediatricians are noting a recent concern among some parents who believe that immunizations themselves may cause such side effects as autism.

“I always caution my parents as to the sources of information they receive. Anybody can put anything on the Internet. There are no studies that prove vaccines (specifically the MMR vaccine) cause autism. For example, we’re able to more reliably pick up on signs of autism around the age that MMR is given. Additionally, kids are now in day care and preschools at an earlier age and will be compared to other children more frequently. In the past, when they weren’t going off to kindergarten until age 5, moms would say, ‘oh, that’s just how little Johnnie is.’

“As with anything in life, you weigh risks and benefits and here the benefits far outweigh the risks,” Dr. Church explains. “Almost nothing in life is risk-free. Even getting in the car to go for a ride, you take precautions and face risks. It’s important to make an informed decision based on facts and not emotions.”

As a pediatrician, Dr. Church adds, “I discuss concerns about immunizations with my parents, and provide appropriate recommendations and counseling. At our well child visits, for example, we discuss the most common reactions to vaccines, such as fever, redness and soreness at the vaccine site. Many pediatricians, like myself, are agreeable to alternative schedules of vaccinations—such as only giving one or two vaccines at a time, or starting later—if the parents are willing to go this route,” rather than increasing their risk of becoming sick by avoiding the vaccines altogether.”

Pediatrician Michelle Church believes the benefits of vaccines far outweigh the risks when it comes to preventing childhood diseases.

Whooping Cough Cases on the Rise



According to the Solano County Department of Public Health, there were 7,297 confirmed, probable, and suspected cases of pertussis (whooping cough), through Nov. 30, 2010, as reported to the California Department of Public Health. That is an average of 18.7 cases per 100,000.

Whooping cough is a highly contagious bacterial infection that causes coughing and gagging with little or no fever. Those with the infection may experience coughing episodes that end in vomiting or cause a “whoop” sound when the person tries to breathe.

Whooping cough is spread when those with the disease cough or sneeze while in close contact with others, who then breathe in the pertussis bacteria. Many infants who get pertussis are infected by parents, older siblings, or other caregivers who might not know they have the disease.

Early symptoms are like the common cold:

Runny nose	Low or no fever
Sneezing	Mild cough

Infants younger than 6 months old often do not have a typical cough. In early stages infants may:

Gasp or gag	Get very tired
Stop breathing	Seizures

The best way to prevent pertussis is to get vaccinated. There are vaccines for children, pre-teens, teens and adults. The childhood vaccine is called DTaP, and the pertussis booster vaccine for adolescents and adults is called Tdap.

IMMUNIZATION SCHEDULE

The recommended immunization schedule for children (below), is suggested by the Centers for Disease Control, and is one that Dr. Church follows. Some immunizations are combined, so the child may receive multiple protections with just one injection:

Birth: Hep B (hepatitis B)

2 months and 4 months: DTaP (diphtheria, tetanus, pertussis—whooping cough), IPV (polio), Hep B, HIB (haemophilus influenzae B), Prevnar (pneumococcal infections), Rotateq (rotavirus)

6 months: DTaP, IPV, Hep B, Prevnar, Rotateq

12 months: MMR (measles / mumps/ rubella) / Varicella (chickenpox), Hep A (hepatitis A), HIB

15 months: DTaP, Prevnar

18 months: Hep A

4 years: DTaP, IPV, MMR / Varicella

11-12 years: Tdap (this includes the pre-adolescent booster for whooping cough), MCV4 (meningococcal infection), HPV (human papillomavirus vaccine)



Diabetes Soars in Solano



Deborah Murray, M.D.

No single provider of care has the expertise and skill set that covers all the complicated needs of the diabetes patient. We need many types of medical professionals to cover all the bases.

It's a dubious distinction. More adults in Solano County have diabetes than in any other county in the state, according to the Centers for Disease Control and Prevention (CDCP). The latest study found that 9.5 percent of Solano County adults have the disease, with Humboldt and Fresno counties coming in close behind, at 9 and 8.9 percent, respectively.

The number of adults with diabetes is high and climbing, and the increase can be attributed to a number of factors. "It could be a combination of risk factors such as age, family history, ethnicity, lack of exercise or being overweight," according to Collette DaCruz, R.N., certified diabetes educator for NorthBay Center for Endocrinology and Diabetes.

The NorthBay Center for Endocrinology and Diabetes and the NorthBay Diabetes Self Management Education Program offers patients a team approach to diabetes care. The team includes Deborah Murray, M.D., medical director and endocrinologist, an inpatient and outpatient nurse practitioner, a dietitian, and DaCruz.

"No single provider of care has the expertise and skill set that covers all the complicated needs of the diabetes patient," says Dr. Murray. "We need many types of medical professionals to cover all the bases. I rely very heavily on my team to help me provide for all the varied issues that arise in the total care for the diabetic. With such a highly skilled team, we can help with almost any diabetic problem and get our patients on the road to their best health."

During the past three years the center has ramped up its efforts to educate patients on ways to better manage their disease, and statistics indicate the NorthBay approach is paying off. The NorthBay Center's Diabetes Self Management Education program has been recognized by the American Diabetes Association (ADA) and the American Association of Diabetes Education (AADE) by

demonstrating it provides high quality self-management education services to the diabetes community.

"To ensure we are providing a quality education, we measure two things: the goals our patients set for lifestyle changes, such as diet and exercise, and their hemoglobin A1-C levels, which is the average blood sugar level over three months," DaCruz says. "Our education and support provides patients with self-care skills essential to diabetes management. The outcome measurements show a high percentage of the patients in our program see their numbers improve."

The team works to help diabetics understand how a low-carbohydrate diet, increased exercise, regular monitoring of blood sugar and even a combination of cutting-edge diabetes medications can help them regain control of the disease and their quality of life.

"I admire patients who ask questions and take an active role in managing their diabetes," DaCruz says. "Diabetes can be scary but it is very treatable."

"Oftentimes patients can identify what they need to do to bring their blood glucose values to a target range and it's just a matter of helping them make a plan to accomplish that."

The NorthBay Center for Endocrinology and Diabetes not only helps educate its NorthBay patients, but is part of a broader outreach to prevent diabetes and its complications in Solano County and beyond. It is a partner with the California Diabetes Program, sponsored by the California Department of Public Health and the University of California, San Francisco.

These organizations vow to share valuable information in the hopes their efforts will help reduce the disease throughout the state. For more information, check out the California Diabetes Program at www.caldiabetes.org.

To make an appointment with Dr. Murray, call the NorthBay Center for Endocrinology and Diabetes in Vacaville at (707) 624-7999.



The SCOOP on SNORING

If you stop breathing, choke or gasp during sleep, you may have sleep apnea, which can be serious...

It has been described as the cacophony of sleep, or sawing logs. Snoring can be a mild annoyance or it can signal a health hazard. Either way, snoring can prevent you or your partner from getting a good night's sleep.

Snoring is caused when you breathe in from your nose or mouth during sleep, and it causes a vibration in the back of the throat, according to Donald Doyle, M.D., FCCP, with NorthBay Healthcare's pulmonary medicine. The loud, raspy noise that results can be blamed on those sleep-relaxed muscles of the mouth, throat and tongue, and the more they narrow the airway, the louder the vibration. "It is usually worse on inspiration, but can occur on expiration, as well."

There is no typical snorer, but it occurs more frequently among men than women, Dr. Doyle says, and although there are many causes for snoring in children, it may represent enlarged tonsils.

You may be able to improve simple snoring by losing weight, sleeping on your side and not your back, and avoiding the use of alcohol or sedative medicines before you go to bed. Nasal congestion can also make snoring worse, and appropriate therapy can improve symptoms.

But, if you stop breathing, choke or gasp during sleep, you may have sleep apnea, which can be serious.

"Sleep apnea means your airway collapses when you fall asleep, and the decrease in oxygen causes you to arouse," Dr. Doyle explains. "Because of frequent arousals, you may not get all the normal stages of sleep, such as REM, or Rapid Eye Movement, which can lead to daytime sleepiness."

People with sleep apnea may not feel rested after a night's sleep, may feel sleepy during the day and wake up with a headache. Your partner may comment that you seem to stop breathing during sleep, snore loudly, make gasping or choking sounds or toss and turn.

People with sleep apnea are not only sleeping poorly, but having this condition may also increase the chances of getting high blood pressure, an abnormal heart rhythm, heart failure, coronary artery disease, stroke, depression or diabetes.

How is sleep apnea diagnosed?

You may be asked to take part in a special test called a sleep study. Conducted in a lab, this study monitors your night's slumber for such things as oxygen saturation, nasal air flow, EEGs, and the movement of your chest and abdomen, Dr. Doyle notes.

Depending on the diagnosis, your doctor may recommend either the use of a machine, called a CPAP (or

continuous positive airway pressure device), a dental device or, in some cases, even surgery, to help improve your sleep.

To learn more about snoring, sleep apnea or the sleep study, you can make an appointment with Dr. Doyle by calling Pulmonary Medicine at (707) 646-4180.



Donald Doyle, M.D.

If You're Feeling Down... There Are Ways to Find Help

We've all had those "off" days where it's hard to get up in the morning, joy seems elusive and it's difficult to concentrate. But, what if that moody day stretches out into a moody week or even a moody month? When should you become worried?

"Typically, a person with major depression has symptoms (such as those listed in the box, right) nearly every day, all day, for two weeks or longer," notes Robin Price, M.D., a family practice physician at the NorthBay Center for Women's Health in Fairfield.

Depression affects nearly 19 million American adults each year, according to the National Institute of Mental Health, or about 9.5 percent of the population. Sufferers say the color has been drained from daily life, and they are left with feelings of hopelessness, lethargy, numbness and emptiness.

Depression not only affects a person's mood, but their physical well-being, too, by altering the way they eat and sleep, and even the way they feel about the world in general. It can make daily activities seem almost impossible to accomplish.

So, when is it time to see your doctor? "You should make an appointment with your physician when your symptoms begin to interfere with the daily activities of life and normal functioning," Dr. Price notes. Your physician will be able to make an official diagnosis, and then help set you on a course of treatment.

Depression has many causes. It can run in families, while others will report no family history of depression. Dr. Price also notes that depression is twice as prevalent in women, with the incidence over a lifetime of 20 percent, while it is around 12 percent for men.

Depression has "multi-factorial causes or triggers," Dr. Price adds.



Dr. Robin Price offers support and encouragement for patients who need help coping with depression.

"People could have a genetic predisposition, a chemical imbalance or lack of neurotransmitters in the brain. Other triggers may be some medicines, such as reserpine or beta blockers, or the use of illegal substances, such as amphetamines, marijuana or cocaine." Even stress, trauma or such medical conditions as stroke, multiple sclerosis or myocardial infarction can send someone into a depressive state.

That's why seeing your doctor early is so important, Dr. Price notes. "Early treatment helps keep depression from getting worse or lasting a long time. Treatment can help you to return to your 'normal' self, and enjoying life, while also helping to prevent depression from returning."

There is plenty of good news regarding treatment for depression, according to the institute, but the first step toward feeling better is to make

Early treatment helps keep depression from getting worse or lasting a long time while also helping to prevent it from returning.

that appointment with your physician. This is your opportunity to discuss not only your emotional symptoms, but your physical ones, as well.

Treatments may include an antidepressant medication, or visits

with a counselor, psychiatrist or psychiatric nurse. Some people with mild depression may find they improve with just psychotherapy, while for others a combination of medications and therapy will lead to brighter days.

The most important thing anyone can do for themselves, or for a loved one who appears to be suffering, is to get a diagnosis and treatment plan started. It may take

a while for symptoms to subside, so sustained positive emotional support is important.

To make an appointment with Dr. Price, call the NorthBay Center for Women's Health at (707) 646-4100.

Check out the institute's Web site at www.nimh.nih.gov for further information about depression.

The most important thing anyone can do for themselves, or for a loved one who appears to be suffering, is to get a diagnosis and treatment plan started.

Symptoms of Major Depression

- Feeling sad or hopeless
- Frequent crying spells
- Losing interest or pleasure in things you used to enjoy (including sex)
- Feeling guilty, helpless or worthless
- Thinking about death or suicide
- Sleeping too much or having problems sleeping
- Unintended weight loss or gain
- Feeling very tired all the time
- Having trouble paying attention and making decisions
- Having aches and pains that don't get better with treatment
- Feeling restless, irritated and easily annoyed

Healing Touch

OMM Can Bring Relief



Dr. Lim gently applies OMM to her young patient, Dylan Guilliee, 11 months, of Vacaville.

If you called Angela Lim, D.O., a master manipulator, she'd take that as a compliment. That's because manipulation—as in Osteopathic Manipulative Medicine or OMM—is a key part of her job, as an osteopathic physician.

It's a hands-on approach to pain, which takes a patient's musculoskeletal, circulatory, lymphatic and nervous systems all into account. And while it's not for everyone, many of her patients report significant relief after only a few treatments.

"My goal is to treat you as effectively and efficiently as possible. For some people, that is one visit, although others may require ongoing maintenance," she explains.

The practice of OMM was established by Dr. Andrew Taylor Still in the 19th century. It typically involves the physician using their hands to move muscles and joints, using techniques that include stretching, pressure and resistance.

"I'm not a chiropractor and I don't do massage," explains Dr. Lim. "I'm not a magician or a miracle worker, either, but the treatments I provide for patients will often give them immediate, long-term relief."

OMM can be applied to almost every age group, from the newborn to the elderly. She's been able to help colicky babies, children with ear infections and asthma and adults suffering

from migraines or constipation. Her techniques even promote healing for people who have recently had surgery.

Although she has her own patients as a family practice physician at the NorthBay Center for Primary Care at VacaValley Health Plaza, she is happy to take referrals from other doctors who think their patients might benefit from an OMM treatment. "I've seen patients who have been able to greatly reduce or stop medication for their pain after treatments."

Education is also a big part of her mission. "We teach parents how to care for their children, and adults how to care for themselves. We focus on the big picture, and encourage a healthy diet and exercise as well."

The pain, she explains, is not always what it seems. "You might tell me your back hurts, but after a full exam, I figure out that the problem is being caused by the fact that one leg is shorter than the other. And that a heel lift can make all the difference."

Dr. Lim is board-certified in family medicine and board-eligible in neuromusculoskeletal medicine. She is accepting patients at the NorthBay Center for Primary Care at VacaValley Health Plaza in Vacaville. To schedule an appointment, call (707) 624-8500.

Shot vs. Shingles

Don't Let Chicken Pox Come Back to Haunt You

If you remember having chicken pox as a child, as most people did in the days before a vaccine was available, you are at risk of developing shingles as an adult. That's because the virus that causes chicken pox—herpes zoster—remains in your nerve roots for the rest of your life. In most people, the virus lies dormant. But for others, the virus reactivates as shingles, causing a rash and intense pain.

This spring, new guidelines from the Food and Drug Administration have expanded the approval of the shingles vaccine Zostavax for use in individuals age 50 to 59. The vaccine was introduced in 2006 for use in people age 60 and older. Because the older a person is, the more severe the effects of shingles typically are, the Centers for Disease Control (CDC) recommends seniors get the shingles vaccination. The vaccination is effective for at least six years, but may last much longer.

In clinical trials, the vaccine was shown to reduce the risk of shingles by 50 percent and help prevent long-term pain after shingles heals by 67 percent, according to the CDC. "Shingles is most common in older adults," according to Dr. Kulbir Bajwa, an internal medicine physician with the NorthBay Center for Primary Care in Vacaville.

In clinical trials, the vaccine was shown to reduce the risk of shingles by 50 percent and help prevent long-term pain after shingles heals by 67 percent, according to the CDC.

"Although it's not clear what causes a shingles outbreak, we believe a stressful situation or a weakened immune system can activate it."

Shingles often starts with a headache or flu-like symptoms. Later, itching or pain will develop in one area of your body. A few days later a rash appears and turns into clusters of blisters. The blisters can last for a month or more and may leave scars.

"The shingles rash follows one nerve root, so the rash may be a long thin line," Dr. Bajwa explains. "The rash commonly starts at the spine and moves to one side of the chest or belly. But it can also involve the face or eyes, where it becomes a much more vicious disease."

There is no cure for shingles, although treatment with an anti-viral medicine may shorten the span of the disease and help prevent other problems. While shingles is not contagious, a person with an active case can transmit chicken pox to someone not vaccinated.

Dr. Bajwa is located at the NorthBay Center for Primary Care in Vacaville.

For an appointment, call (707) 624-7500.

Dr. Kulbir Bajwa says shingles often starts at the spine and moves to one area of the body.



Five Important Numbers

Are you an active participant when it comes to caring for your health? Knowing your numbers is one way to monitor your health and get yourself headed down the road to a healthier and happier life.



Nimret Dev, D.O.

1 Keep Track of Your Weight

More than 65 percent of adults in the United States are considered overweight or obese. Carrying extra weight can put you at risk of developing high blood pressure, heart disease and stroke, sleep apnea, osteoarthritis, gall-bladder disease and even some forms of cancer.

“Taking your weight is the easiest measurement you can do,” says Nimret Dev, D.O., a family practitioner at the NorthBay Center for Primary Care in Fairfield. “Just get on a scale at your doctor’s office or at home and keep track of the number. Your weight is an excellent way to judge your overall health.”

You can use your weight and height to figure out your Body Mass Index, or BMI. This measures your weight in relation to your height, and is closely associated with measurements of body fat. The BMI formula is your weight (in pounds) multiplied by 703, divided by your height (in inches) squared. Or, there are several Web sites that will calculate your BMI, including www.bmi-calculator.net. A BMI number of 25 is considered normal weight and a score of 30 or over is considered obese.

2 Know Your Fasting Blood Sugar

Testing the level of sugar (glucose) in your blood after fasting (not eating or drinking) for eight hours is the best way to diagnose “pre-diabetes” and diabetes, a chronic disease that can lead to major health problems. Your blood can be collected by a finger stick or through a basic blood test done at a lab. This test is routinely part of a yearly physical exam.

“Everyone should know their blood sugar number, especially if you are at risk of developing diabetes,” says endocrinologist Deborah Murray, M.D., of the NorthBay Center for Endocrinology and Diabetes. Risk factors for diabetes include family history, obesity, gestational diabetes or giving birth to a large baby.

“Many people with high blood sugar have no symptoms,” Dr. Murray adds. “For others, it’s only after diagnosis and treatment that they realize their nonspecific symptoms, such as fatigue, cognitive dysfunction or vaginal yeast infections, were related to elevated glucose.” A blood test called Hgb A1C has recently been approved to diagnose diabetes.

This test indicates your average blood sugar level for the past two to three months. This test doesn’t require fasting, so it may become the test of choice to identify blood sugar levels.

For people without diabetes, fasting blood sugar levels should be between 70 and 100 mg/dl. A fasting blood sugar level between 100 and 125 is considered pre-diabetes, and a score of 126 or higher on two separate tests indicates a diagnosis of diabetes.

For a complete discussion on diabetes, please see the related story on page 12.



You Should Know

3 Record Your Waist Measurement

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,” advises Michelle Katzaroff, D.O., of the NorthBay Center for Primary Care in Vacaville.



Michelle Katzaroff, D.O.

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.



4 Know Your Cholesterol Levels

Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all of the body’s cells. However, too much cholesterol can put you at risk for heart disease, heart attack and stroke. That’s why it’s important to have your cholesterol levels checked regularly beginning between age 30 and 35, according to Lara Charneco, M.D., an internal medicine physician at the NorthBay Center for Primary Care in Green Valley.

Cholesterol is tested by taking a small sample of your blood and sending it to a lab for analysis. The desirable level for total cholesterol is a number below 200; and high cholesterol is a score of 240 or more. Cholesterol is also broken down into high density lipoproteins (HDLs) and low density lipoproteins (LDLs). HDL is considered the healthy cholesterol, and men should have a number of 40 or more, while premenopausal women should have a number greater than 46.

Regular aerobic exercise, maintaining a healthy weight and eating a diet low in animal fats (except fish, which improves cholesterol) are the best ways to control your cholesterol. When healthy options fail, your physician may prescribe a cholesterol-lowering medication.

5 Know Your Blood Pressure

Blood pressure is the force of your blood pushing against the walls of your arteries. It’s often called the “silent killer” because unless you measure it regularly, chances are you won’t know when it gets too high.

Your blood pressure is recorded as two numbers, the systolic and diastolic pressures. They are usually written one above the other, such as 120/80. The top number is the systolic pressure, which indicates the pressure when your heart pumps. The diastolic pressure indicates your heart at rest.

“Adults should check their blood pressure once a month and write it down in a notebook,” says internal medicine physician Dinesh Nagar, M.D., of the NorthBay Center for Primary Care in Fairfield. You can find testing machines at local pharmacies or you can visit the NorthBay Heart & Vascular Center’s blood pressure station at Westfield Solano mall. “By keeping a log of your blood pressure, you’ll be able to recognize changes that might be health warnings.”

Blood pressure is considered normal if the reading is 120/80 or lower. A reading of 140/90 or higher is considered high blood pressure and numbers between these two are considered pre-hypertension. Left untreated, high blood pressure can lead to serious problems, including stroke, heart failure, heart attack and kidney failure.



Restoring Continence & Confidence

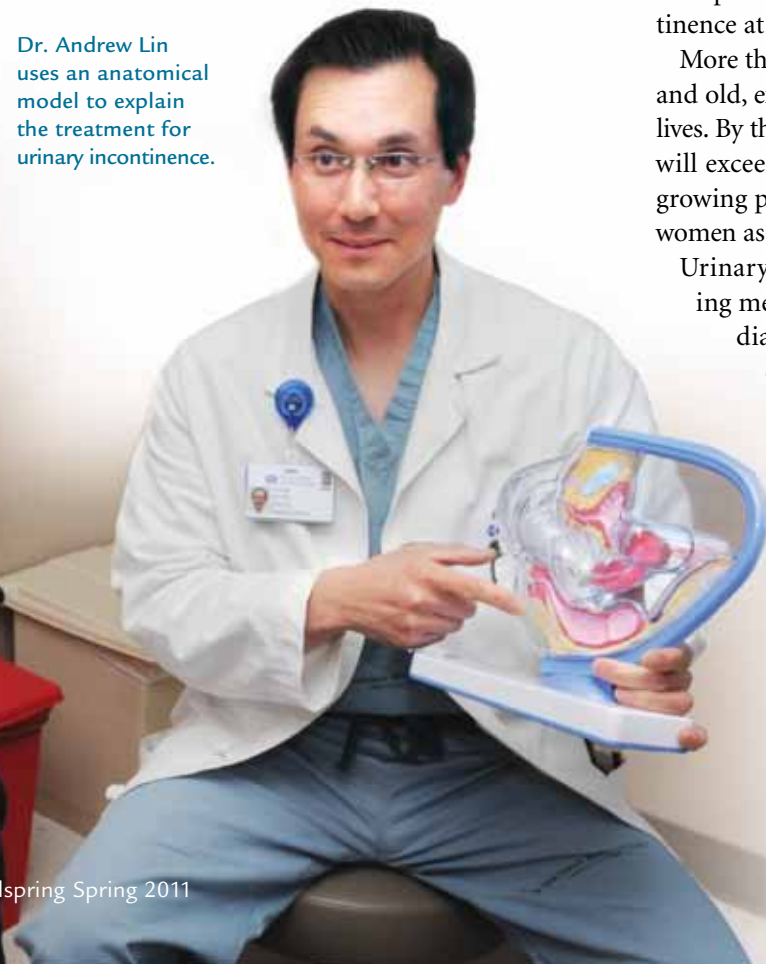
It's an amazing statistic—one out of three women share a common healthcare concern: the uncontrolled leakage of urine—a condition called urinary incontinence. This common condition may interfere with every aspect of a woman's life, from normal activities of daily living and hygiene, to social activities and even intimacy.

"The effect on a woman's morale and self esteem can be devastating," says Andrew Lin, M.D., a urogynecologist at the NorthBay Center for Women's Health. "The good news is that this typically progressive problem is treatable, and successful treatment is life-changing for so many individuals."

The specialty of urogynecology includes the diagnosis and treatment of urinary incontinence. The type, cause and severity of the incontinence determine the treatment options. Many cases of incontinence may be corrected or improved with changes in diet, exercise, and muscle retraining. Some typical foods and beverages that adversely affect how the bladder functions are milk, soda and citrus fruits. The majority of incontinence problems can be corrected with outpatient surgery.

Signified by leakage brought on by laughing, coughing or sneezing, stress urinary incontinence limits lifestyles

Dr. Andrew Lin uses an anatomical model to explain the treatment for urinary incontinence.



and relationships because of the embarrassment that accompanies odor and wetness. Typically the symptoms worsen over time as pregnancy, childbirth, hormonal changes, prior surgery or obesity can cause the weakening of the pelvic muscles and tissues. The bladder and pelvic floor (the support structure for the bladder) are composed of and controlled by various muscles and muscle groups which can be strengthened with physical therapy. Stress incontinence is also very successfully treated surgically using a sling system.

"The sling procedure is a minimally invasive, highly effective procedure for eliminating stress incontinence," Dr. Lin explains. "It generally takes less than 20 minutes and can be performed on an outpatient basis."

The second most common form of urinary incontinence is urge incontinence, which includes the leakage of urine for no apparent reason. With this condition, the bladder, a balloon-like organ which holds urine, suddenly contracts, forcing the urine to leak out. "Urge incontinence can often be treated with medication, physical therapy to strengthen the sphincter muscles, and lifestyle changes such as diet and voiding habits," according to Heather Rose, a physical therapist specializing in pelvic floor disorders and incontinence at the NorthBay Center for Women's Health.

More than 13 million people in the United States, young and old, experience incontinence at some point in their lives. By the year 2020, the sale of adult diapers nationwide will exceed the sales of baby diapers due to this ever-growing problem. This condition is twice as common in women as in men and people of all ages can be affected.

Urinary incontinence always results from an underlying medical condition. Therefore it is important to diagnose the cause of the problem to assure the correct treatment. In most cases this hidden problem is treatable. In fact, 95 percent of women with stress incontinence treated using a sling device were dry without any further treatment.

The first step in getting treatment for incontinence is talking with your doctor. Urinary incontinence is a very common and treatable condition that shouldn't interfere with quality of life.

For an appointment with Dr. Lin to discuss incontinence, please call the NorthBay Center for Women's Health at (707) 646-4100.

"Sometimes new moms need instruction; other times, they just need a little encouragement or someone to listen to them. That's why I'm here."

— CINDY STADE
Lactation Support Specialist



Nursing Know-how

For new moms who decide to breastfeed, Cindy Stade is a coach, a cheerleader and an advice nurse, all rolled into one. In the six months since she's arrived at NorthBay Healthcare, the lactation support specialist and registered nurse has established two thriving support groups for breastfeeding moms, created a call line for patients, staff and providers and happily takes and returns e-mail messages from those who seek her advice.

And that's just the beginning. When the surgeon general came out in January with a "call to action" to make breastfeeding an easier choice for American mothers, Cindy was quick to point out that NorthBay had already implemented three of five recommendations.

In her report, Surgeon General Dr. Regina M. Benjamin noted that while 75 percent of U.S. babies start out breastfeeding, the Centers for Disease Control and Prevention says only 13 percent are exclusively breastfed at the end of six months.

A study published in the journal *Pediatrics* estimated that the nation would save \$13 billion a year in health care and other costs if 90 percent of U.S. babies were exclusively breastfed for six months. Cindy wants to give new moms the support and confidence they need to be able to continue if they choose.

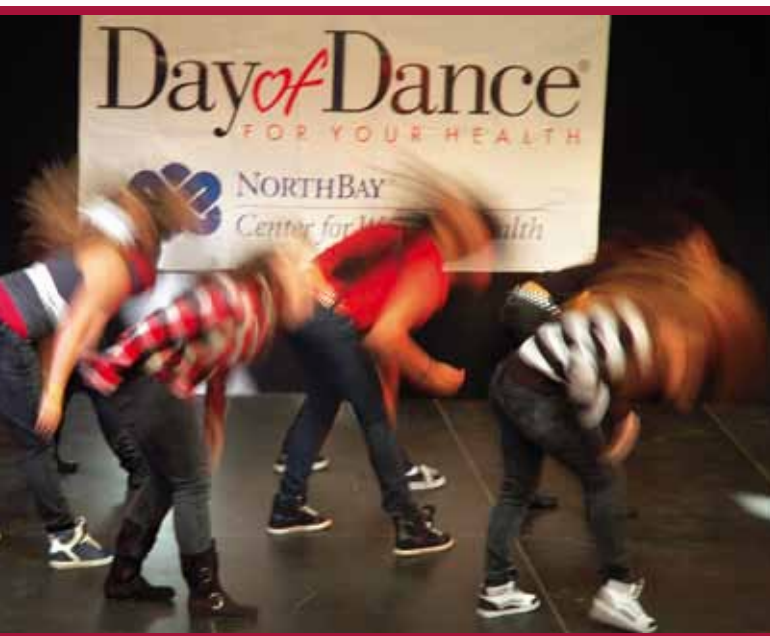
Cindy has worked in both inpatient and outpatient maternal child nursing for 26-plus years. In 1990, she began teaching all aspects of prenatal classes, and became a Certified Lactation Educator through UCLA in 1998.

A decade ago, she obtained her status as an International Board Certified Lactation Consultant, most recently working at a large East Bay hospital. "I'm glad to be here closer to home, where I was born and raised (Napa)," she said. "I really appreciate NorthBay's family-like structure."

One of her support groups is for mothers of healthy full-term babies, while the other caters to moms whose children got their start in NorthBay's Neonatal Intensive Care Unit. "They have special challenges, but the decision to breastfeed is the best thing all these mothers can do for their newborns. It's a special time of bonding and while there are some hurdles, it's worth the effort," says Cindy. "Sometimes new moms need instruction, other times, they just need a little encouragement or someone to listen to them. That's why I'm here."

For more information about Cindy's support groups, call (707) 646-5024 or e-mail cstand@northbay.org.

Photo: Lactation Specialist Cindy Stade shares tips with new mom Tierra Anderson and her newborn son, Jaden Hill.



The dance demonstration drew a lot of attention at the mall and many lined up to learn the hip hop steps.

The Heart Beat

There was a whole lot of shaking going on at Westfield Solano mall Feb. 26 as the NorthBay Center for Women's Health presented its first "Day of Dance." The event was part of a nationwide Spirit of Women campaign to encourage women to get active to protect their hearts.

Hundreds of women joined in for a day that included Zumba, ballroom dancing, hip hop, tap, belly dancing and more. NorthBay Healthcare was one of five hospital systems in the country selected to participate in a nationwide campaign to educate women on the risks of heart attack.

Staff members learned a hip hop dance called "Make the Call, Don't Miss a Beat" and videotaped it for the Office on Women's Health in the U.S. Department of Health and Human Services and Spirit of Women. The dance demonstration drew a lot of attention on the mall and many lined up to learn the hip hop steps.

In addition to dancing, NorthBay hosted a women's health fair that included cholesterol and blood sugar screening, blood pressure checks, a breast cancer risk assessment and flexibility testing.

Solano Public Health joined in, offering free vaccinations for whooping cough, flu/H1N1 and pneumonia. By event's end, they had given out more than 600 shots.

Women Celebrate Day for Women

It was a day of laughter, tears, shopping, yoga, cooking, healing and much more when some 200 women came together to celebrate NorthBay Healthcare's popular Day for Women event April 16 at the Green Valley Administration Center. Keynote speaker Renee Wall Rongen, author, consultant and inspirational speaker, had the room in stitches with her anecdotes and observations. An array of medical professionals came to share their expertise, offering presentations on osteopathy, sleep disorders, healthy cooking, brilliant health, yoga and memory power. A marketplace sponsored by NorthBay Guild offered everything from designer clothing and purses to jewelry, orchids and more.



Accepting their Spirit of Women awards, were, from left, Shahane Everett, Christine Franklin and Mary Hempen, R.N. Not pictured is the fourth awardee, Maureen Allain, R.N.

Courage & Conviction

Solano Women Honored for Their Spirit, Amazing Contributions

For their outstanding contributions to their community, profession and the world, four Solano county women have been honored with regional awards from the NorthBay Center for Women's Health Spirit of Women program. They received their honors at NorthBay Healthcare's Day for Women Seminar April 16.

Shahane Everett, 19, of Vacaville, was honored with the "Young Person Role Model" award for her volunteer trip to Kenya and subsequent fundraising efforts on behalf of Maggy, a 5-year-old in desperate need of surgery.

After graduating from high school, she saved up her money and traveled by herself halfway round the globe to spend two weeks volunteering in a school for special needs children, and at an orphanage.

Christine Franklin, 59, of Vacaville, was named the Spirit of Women Community Hero. In 2006, Christine began the journey no woman wants to take: she was diagnosed with an aggressive form of breast cancer and told that only 20 percent of those who have it are still alive five years later.

From the start, she resolved to not only tackle her breast cancer head on, but to become an outspoken advocate for breast cancer screening and the importance of mammograms. She let her battle become a public one as she shared her story with local magazines and newspapers. Her goal was to

encourage other women to do what she had forgotten—to have a yearly mammogram. Despite all the hardships, Christine persevered with dignity and courage and is making every minute of her life count, raising community awareness about cancer, women's health issues and hospice.

Two intensive care nurses from NorthBay Medical Center share the honor of Healthcare Heroes. **Mary Hempen, R.N.**, and **Maureen Allain, R.N.**, both of Vacaville, established NorthBay's innovative annual Nurse Camp as a way to share their love of nursing with the next generation of potential nurses.

NorthBay Nurse Camp is a four-day event that involves 30 students from across Solano County, scores of nurses, EMS staff and more. Mary and Maureen are the glue for this wildly popular career experience.

Between the two, they have nearly 60 years of nursing experience. In addition to Nurse Camp, Mary and Maureen also work with a team of nurses to make sure Nurse Ambassador Clubs are available at local high schools, and that students who are interested can volunteer to work in the hospital, and get some hands-on experience.

The four will now vie for national Spirit of Women honors.

Spirit of Women

Big Plans for VacaValley

Entering the final stages of securing financing, NorthBay Healthcare hopes to have everything in place by late summer to begin construction on a \$118 million expansion and modernization of NorthBay VacaValley Hospital in Vacaville.

In late March, a team from the Department of Housing and Urban Development conducted a thorough review and analysis of current operations and properties. NorthBay is seeking a federal guarantee of bonds it will sell to finance the project.

"The team left with a positive outlook of our operations and our fiscal ability to succeed with this expansion in Vacaville," said Art DeNio, vice president and chief financial officer. "We hope to have it all tied together in a few weeks."

A two-story, 68,000-square-foot addition to the Vacaville hospital comprises new space and renovation of 13,500 current square footage. When completed the hospital will add 24 beds and four modern surgical suites.

An upgrade to the central utility plan is also part of the project, as are additional parking areas.

NorthBay VacaValley Hospital will add sophisticated medical services and be primed to add a Level 2 trauma center when

construction is completed in late 2013 or early 2014. (See story on trauma services next page.)

"Our Vacaville campus will be a center of excellence for trauma and emergency medical services, for orthopedics with our Joint Replacement Program and eventually for neurosurgery," explained Gary Passama, NorthBay Healthcare President/CEO "It has been part of our strategic plan for years to add trauma and to increase the advanced medical services in Vacaville."

Some parking additions were finished earlier this year in preparation of the two-year construction cycle and the loss of existing parking that will occur during that time. More parking will be added in the future.

NorthBay Architect Joelyn Gropp, director of Facilities Development, and Dave Mathews, director of Plant Operations and General Services, display a model of the new NorthBay VacaValley Hospital.



Trauma Program is On Track

NorthBay Healthcare remains on track to become the first in Solano County to provide trauma services to treat severely injured patients who now must be transported long distances for care.

In March, a formal application was filed with county officials seeking designation of NorthBay Medical Center in Fairfield as a Level 3 trauma center. Plans call for these services to move into NorthBay VacaValley Hospital when expansion of that campus is completed, probably sometime in late 2013 or early 2014.

The NorthBay trauma leadership team is now complete and includes professionals with significant experience in advanced emergency care.

Kathy Richerson, vice president and chief nursing officer, has worked for several years putting together the underpinnings of a trauma center. She helped create the first such program for Mercy Medical Center in Sacramento before joining NorthBay Healthcare.

Daman Mott, R.N., M.S., was appointed in April to be the director of Emergency Medical Services. A military trained trauma nurse, he has hospital experience, as well as handling trauma care in the field.

Heather Venezio, R.N., M.S., was selected trauma program director in March. With NorthBay since 1995, she served as a clinical lead nurse in the Emergency Department. She has taught advanced trauma care for nurses through the University of California, Davis, and is education coordinator for the Sacramento Chapter of the California Emergency Nurses Association.

"This is another case where NorthBay saw a need to bring advanced

medicine close to home," said Gary Passama, president and CEO. "This isn't a program we are developing in isolation. We are working very closely with the county Emergency Medical Services, with other providers and with the first responders who will be bringing these patients to us. It's a team approach within NorthBay and with our partners outside our hospitals."

During the past three years, NorthBay has created an infrastructure for trauma care and other advanced medical services. NorthBay Medical Center was designated a Chest Pain Center and its Heart & Vascular Center brought new life-saving surgery to the county for the first time. Another initiative established around-the-clock in-house physician staffing for general surgery, orthopedic surgery, anesthesia, OB-GYN and critical

care medicine, all of which provide a strong foundation for building a high-quality trauma medical team.

"We created that system to improve the care for all patients," said Deborah Sugiyama, president of NorthBay Healthcare Group. "But we always had in mind that it would bolster our move into trauma care. We will meet the county's requirements to launch this program."

There are about 1,000 trauma cases a year in Solano County, according to state statistics that show 42 percent are transferred out of the county, typically to trauma centers in Walnut Creek or Sacramento.



Wound Experts Improve Quality of Life

The NorthBay Center for Wound Care in Vacaville is an outpatient facility committed to the treatment of difficult, non-healing wounds. The center now also operates an outpatient infusion center that allows patients to receive their IV medications without a hospital visit.

The infusion center offers patients an alternative to hospitalization or ER visits for infusion therapy. Services include PICC insertion and PICC/Central line dressing changes, IV hydration, IV antibiotics and IV osteoporosis medications. They also perform blood transfusions and iron replacement therapy.

When it comes to problem wounds, the center is able to heal more than 95 percent of the wounds they treat within 14 weeks with careful use of advanced wound care techniques. These include hyperbaric oxygen therapy, wound cleaning techniques, medicines, dressing, minor procedures and other support services.

"We specialize in the treatment of chronic and non-healing wounds," says Karen Harris, R.N., B.S.N., manager of the center. "We can work with your physician to diagnose and heal your problem wound."

For further information, call (707) 624-7979.



NorthBay Blue Runs for Good



A river of more than 300 runners and walkers wearing NorthBay Healthcare blue T-shirts amassed April 9 to participate in the third annual Run for Good 5K in downtown Fairfield.

NorthBay Healthcare was once again a presenting sponsor of the event, which raised \$35,000 for the Matt Garcia Youth Center and the Fairfield Police Activities League. About 1,200 people in all registered for the run, a 20 percent jump in participation recorded in the previous two years, according to organizer Tim Tenne.

Representing NorthBay Healthcare's speed and dexterity by finishing second in their age groups were Katie Lydon, an OB clinical nurse, with a time of 24:45.9, and Emergency Department clinical nurse Kathy Sepulveda with a time of 26:09.7.

New Vice President for Medical Affairs Joins NorthBay Healthcare Team

Mitesh Patel, M.D, a well-respected hospital administrator with a background in emergency medicine, is NorthBay Healthcare's new vice president of medical affairs.

"Dr. Patel is the right person at the right time for us," said NorthBay Healthcare Group President Deborah Sugiyama. "As we prepare to open our trauma center at NorthBay Medical Center, his experience and insight will be extremely helpful."

A native of Sacramento, Dr. Patel completed his undergraduate degree at the University of California, Berkeley, and earned his medical degree from the University of Health Sciences at Chicago Medical School. He completed an emergency medicine residency at Case Western Reserve University in Cleveland, Ohio.

He began practicing in the field of emergency medicine in 1995 in Bakersfield until he chose to return to academics to obtain a master's degree in business administration. He was appointed vice president and chief medical officer at Mercy Hospitals of Bakersfield in 2004. In 2008 he became chief operating officer for the Truxtun campus, a position he held until his departure from Mercy in February 2011.



Mitesh Patel, M.D.

Mom, Son Ride to Fight Diabetes

Colin Kent was just 7 years old when his second-grade teacher noticed he was going to the bathroom much too often. His parents noticed he was drinking water all the time. And after a vacation with his grandmother, he actually lost weight.

His mother, Michelle Corbett-Kent, a nurse and clinical informatics specialist at NorthBay Medical Center, knew something was wrong. "As a labor and delivery nurse, I use urine dipsticks all the time and know what they test for. I was hoping that he had a bladder infection... but when I used the dipstick in his urine, there was a lot of glucose."

She tried to rationalize that it was a lollipop he'd eaten. So she performed another dipstick test the next day. Same results, and at a visit to the NorthBay Center for Primary Care, the glucose meter showed HIGH—"a nurse's and now a mother's—nightmare," says Michelle. Colin's diagnosis—Type 1 Diabetes. He was taken to UC Davis Medical Center's Emergency Department.

"The good news was that we paid attention quickly and we caught it soon so that we avoided a stay in the ICU," says Michelle. "However, that night was the worst night of my life." Colin had to have an IV ("screams," remembers Michelle), lab work ("crying"), and insulin.

By the next blood sugar poke, he was fighting the medical team. "It took three staff members and me sitting on him to get a finger poke," recalls Michelle.

The family had to learn how to count carbohydrates and control Colin's diet. By March, he decided he was ready to start giving himself injections. By May, he was ready for an insulin pump. "The pump requires one puncture site for insulin every two to three days instead of four to five times a day. But it also required lots more learning," says Michelle, "and LOTS more blood sugar testing."

Colin had his blood sugar tested—his finger poked—more than 900 times in less than three months. Colin, now 8, knows the symptoms of having low blood sugar and knows to eat fruit snacks, drink milk or eat candy to bring it up. He also knows when his

blood sugar is high, which results in frequent urination and excessive thirst.

Michelle and Colin decided they wanted to ride a tandem bicycle in the Tour de Cure with Team NorthBay on May 1 in Yountville, a bike race to raise awareness of diabetes and help find a cure. Colin wore the tour's "Red Rider" jersey, so everyone would know that he is diabetic.

His goal was to be a "champion"—to raise more than \$1,000, and he did just that, bringing in \$1,340 by the day of the ride. He was joined on Team NorthBay by 89 other riders supporting his cause. The team as a whole raised more than \$29,000 for the American Diabetes Association.

"Participating in this ride was a no-brainer for me," says Team NorthBay Captain Patrick Garner, R.N. "Solano

For Colin, diabetes is a challenge he must master and he's no longer afraid.

County has the highest rate of diabetes in the nine Bay Area counties, at 9.5 percent. NorthBay is a healthcare organization and we want to encourage good health in our community. This is just one way to raise awareness."

For Colin, diabetes is a challenge he must master, and he's no longer afraid of the disease. He's learned how to input information into his insulin pump and how to test his blood and now he's learning how to count carbohydrates. "It's not so scary," he says with a shrug.

Riding in the Tour de Cure for Team NorthBay was personal for Michelle Corbett-Kent and her son, Colin, 8, who has Type 1 Diabetes.



NEWS BRIEFS

Strike Out Cancer Event Will Benefit NorthBay Cancer Center

Genentech's facility is partnering with the Sacramento River Cats baseball team to create a fund-raising event, called Strike Out Cancer for the NorthBay Cancer Center.

"We're honored to have been selected and feel privileged to be associated with these two organizations, as we all seek to help the local community in their struggles with cancer," said Steven Ferris, director of the NorthBay Cancer Center.

Strike Out Cancer Day is Saturday, June 11, at Raley Field in Sacramento. Several NorthBay Cancer Center patients will be honored at the game.

Genentech Vacaville has agreed to make a donation for each strike out the team makes, not only during this game, but all home games throughout the season.



"Funds raised through this event will go directly to patient care," Ferris added. The River Cats play the Tacoma Rainiers, with first pitch going out at 7:05 p.m.

To purchase tickets to attend the Strike Out Cancer game, call 916-371-4487, or visit www.rivercats.com.

To learn more about Genentech's Strike Out Cancer events, go to www.strikeoutcancer.com.

Girls Night Out Set for October

Mark your calendar for Girls Night Out, set for Friday, Oct. 7, at Vacaville Performing Arts Theater. This year's headliner is **Kat Simmons**, below, a nationally known

comedian and veteran of The Comedy Channel and FOX's Comedy Night Live. This annual event, which debuted last fall to a sell-out performance, is sponsored by the NorthBay Center for Women's Health Spirit of Women.



Welcome New Physicians



Maqbool Ahmed, M.D., a specialist in pulmonary-critical care medicine, has joined Delphi Healthcare Partners.

Dr. Ahmed earned his medical degree from Dow Medical College—University of Karachi, in Karachi, Pakistan. He completed an internship and residency in internal medicine at Wayne State University—School of Medicine, Detroit Medical Center in Michigan. He completed a pulmonary and critical care medicine fellowship at the University of Cincinnati Medical Center in Ohio.

Dr. Ahmed is board-certified in internal medicine, critical care medicine and pulmonary medicine.



Edward Wang, M.D., is a urologist with the NorthBay Specialty Practices in Fairfield.

Dr. Wang earned his medical degree from the Chicago Medical School. He completed a general surgery internship and surgery and urology residencies at the University of Illinois. He is board-certified in urology and has been in private practice in Fairfield and Vacaville for more than 25 years.



Jim Wu, M.D., has joined the NorthBay Center for Primary Care at VacaValley in Vacaville.

Dr. Wu earned his medical degree at Beijing Medical University, the premier medical school and medical research center in China. He completed an internship and residency in internal medicine at Brown University School Program at Memorial Hospital of Rhode Island, and was a research fellow in endocrinology at Harvard Medical School's Joslin Diabetes Center. He is board-certified in internal medicine. In addition to English, Dr. Wu is fluent in Mandarin Chinese.

Former Volunteer Wills Funds to NorthBay Adult Day Center

NorthBay Healthcare Foundation recently received a bequest from one of its long-time supporters, and the funds will be used to support NorthBay Alzheimer Services and the Adult Day Center.

The bequest came from Oretta Cortland of Vacaville, who for years had generously volunteered her time to the NorthBay Guild. She worked in the gift shop, on the hospital floor and in the NorthBay Alzheimer's Resource Center. She also served as president and vice president of the NorthBay Guild, believing it was important for people to give of their time, friends say.

Oretta passed away in December 2009, but because she took out a life insurance policy and named the NorthBay Alzheimer's Program as the beneficiary, both that program and the NorthBay Adult Day Center will continue to benefit from her generosity for years to come.

The gift of more than \$20,000 came as "an extremely welcome and unexpected surprise," according to Brett Johnson, president of NorthBay Healthcare Foundation. "Although we knew Oretta felt very deeply about the NorthBay Alzheimer Resource Center, she kept her bequeath a secret from all who knew her."

Oretta did so much for the NorthBay Guild when she was alive that the Foundation Board determined it would be a fitting tribute to her memory to establish a permanent endowment fund of \$10,000, Johnson says. "The Oretta Cortland Endowment will provide funds to help NorthBay Alzheimer's services in perpetuity."

The balance of the donation was then allocated to the NorthBay Adult Day Center, and the arrival of these much-needed funds came as welcome news to Sandy

Perez, program manager. In late 2009, the Adult Day Center's budget was seriously impacted when the state eliminated \$40,000 in grants. Perez and staff had been using the state grant money to provide financial aid to families in need.

The gift of more than \$20,000 came as an extremely welcome and unexpected surprise.

"Those funds helped so many people; we've had to get creative over the past year to find other ways to help our families. We've drawn upon the Foundation for help, and from the NorthBay Guild."

The Adult Day Center does receive some federal grant money but, because of restrictions, they are considered emergency funds and only available to families for a 90-day window of time, Perez says. "It's a caregiver grant and is meant to help families temporarily until they can figure out the best plan of care for their loved one." The center also receives donations from private citizens and participant fees.

Perez used some of the funds from Oretta's estate to provide scholarships for her financially strapped families. She used the balance to build a shade structure to cover the center's back patio, making it a more comfortable place for her clients to spend part of their day. Her clients and their families will reap the benefits of Oretta Cortland's generosity for years to come, Perez adds.

For more information about the NorthBay Adult Day Center, call (707) 624-7970. For more information about how you can leave a legacy through charitable planned giving, contact Johnson at (707) 646-3130.



Oretta Cortland



A Perennially Classic Golf Event

The 27th Annual Golf & Tennis Classic, a popular fund-raising event organized by members of the NorthBay Guild, is always a sell-out and it benefits the programs of NorthBay Healthcare.

This year's Golf & Tennis Classic will be July 11, 2011 at the Green Valley Country Club.

To sign up for the event, contact NorthBay Healthcare Foundation at (707) 646-3133.

DREAM of a LIFETIME In Their Final Days... Making Dreams Come True



Vacaville Family Creates Memories of Drama, Elegance

You can tell that Christine Franklin has been the life of every party. It takes no stretch of the imagination to conjure images of her providing the zing in girlfriend gatherings or being the first to appreciate the jest just before a delivered punch line.

A lovely brunette with a taste for exotic jewelry and creative clothing, she radiates vitality. A person like her is not supposed to die until she is a century old and infirm with every spark of her spirit ready and willing to be extinguished.

But that is not her fate. Christine, with her ready grin and wicked laughter, has a vigorous form of breast cancer that will take her life soon. But it did not rob her of one

of her biggest dreams: to experience San Francisco in two vastly different ways within 24 hours with her daughter, her son-in-law and her three grandsons. That's because NorthBay Hospice's Dream of a Lifetime made her fantasy into a colorful, elegant and even slightly bawdy reality—just the way she wanted it.

"I wanted a happy and extravagant memory for my family," said the 59-year old, in her Vacaville home, which is filled with brightly-painted Mexican plates and a bubbling backyard fountain. "I've been battling this disease for so many years, and they

have had to witness it all. It was time for us to enjoy each other and not have to think of illness and death."

"We are always so thrilled and surprised with the generous hearts that support Dream of a Lifetime," said Veronica Wertz, the program's coordinator. "Christine dreamed of staying at the iconic Fairmont Hotel in San Francisco and then seeing the amazing, theatrical antics of the performers at Teatro ZinZanni.



Christine Franklin and her family, from left, grandsons Cole, Logan and Gage, and daughter and son-in-law Colene and Dave Spencer.



When we called both the hotel and the show, every single door opened wide. We are sure that this is an experience that will last for generations within Christine's family."

The first Dream of a Lifetime miracle occurred at the Fairmont Hotel. When Christine, her daughter, Colene Spencer, and the rest of her family arrived in the legendary lobby, the manager told them they were going to stay in the Presidential Penthouse. "I burst into tears right there," said Christine. "They took us

up to the penthouse in a special elevator, and every part of it was so beautiful that I dropped down and did snow angels on the carpet! I couldn't believe this was ours for the night. We had a billiards room, a bathtub you immerse yourself in, and the bedroom where President Reagan, Marlene Dietrich, President Clinton, Mick Jagger, and many other luminaries rested their heads for the night. My grandson was doing a school report on Reagan and actually got to sleep in the same room he had slept in."

"We always try to make staying at the Fairmont a special memory for our guests," said the hotel's manager, Michael Musarra. "Christine's story touched all of us in a unique way, and we wanted to go all out to make her stay here measure up to all her dreams."

Fresh from the opulent and stately Fairmont, the family's next stop was to zany, edgy Teatro ZinZanni, a mixture of cabaret, Cirque and nightclub. Christine fell in love with the theatrical decadence in the famous tented space on Pier 29 which

includes a boutique loaded with decadent jewelry, masks and feathered hats.

Before attending the performance, which featured acrobatics and comedy, she indulged in a fun time with her family, trying on some of the store's merchandise. The manager placed a huge crimson boa around Christine's neck and escorted her family near the stage where they shared a fabulous meal and watched international

performers defy gravity on ropes, chandeliers and high platforms. After the show, she was escorted backstage and enjoyed spending time with the international cast.

"We loved that she put us on her dream list," said Susan Outlaw from Teatro ZinZanni. "Nothing makes us happier than to know Christine and her family loved their time here."

Thanks go out to Dream Makers Pat Dennis, Guild volunteer; Jane Schilling, director of Volunteer Services for NorthBay Healthcare; and NorthBay Healthcare Foundation Board Member Stanley Davis for assisting with this Dream.



"I wanted a happy and extravagant memory for my family."

Christine, who herself has volunteered for NorthBay Guild and for years has offered kindness and solace to cancer survivors, knows her struggles are not over.

"Sometimes, I get frustrated with the fact that this process is taking so long, and I hate to be a burden. I worried at times that, after my death, I would be missing in action—just someone who disappeared. I am so appreciative that we will all have this memory. Because of Dream of a Lifetime, I will have it as long as I live, and my family will have it long after I am gone."

DREAM of a LIFETIME

Christine Franklin and her family were recipients of the NorthBay Hospice & Bereavement's Dream of a Lifetime program that grants wishes of the terminally ill. Begun in 2009, this is one of the few programs nationwide that fulfill the final dreams of adults.

To find out more about this special program and its rules and guidelines, call (707) 646-3575.

SOLANO WINE & FOOD Jubilee

Presenting Sponsors

Sacca Family's
Burger King Restaurants
Al and Patt Shaw
The Nut Tree
Freeman Family &
Cosmetic Dentistry
Gold's Gym

Patron Sponsors

95.3 KUIC
Daily Republic
Stanley & Amy Davis
First Northern Bank
Solano Imaging
Medical Associates,
Jim McMahon MD
Total Home & Garden Show
City of Vacaville
Ahi's Seafood and Chophouse
at Hilton Garden Inn
Motion Eclipse Studios

Visit www.wineandfoodjubilee.org for a complete listing of sponsors, participating vendors and a photo slideshow from this year's event.

Community Shows Tremendous Support for 24th Annual Event

The 24th Annual Solano Wine & Food Jubilee, held April 8, was a resounding success, says Chris Sweeney, event chairman. "The dust has barely settled and yet I am still in awe of the outstanding effort that went into making this year's event such a huge success."

The event was a sell-out, with just over 2,500 people attending, and raised a record \$375,000 for NorthBay Hospice & Bereavement.

"While I have been involved with the Jubilee for many years, this was my first as chairman, and I now have a broader appreciation of the job at hand," Sweeney says. "Watching all the volunteers and vendors make this 'party of parties' come together was truly amazing. I am already excited about what we can do for the 25th!"

"We are overwhelmed by the response of the community in their support of the Wine & Food Jubilee, and therefore NorthBay Hospice & Bereavement," added Brett Johnson, NorthBay Healthcare Foundation president. "We obviously are very thankful for such support, as it further proves our community is one that truly cares."

On the night of the Jubilee, attendees gathered under the big tents at the Nut Tree in Vacaville, where first they noshed, socialized and then later danced to the music of popular dance band The Time Bandits.

Guests spent the first part of the evening sampling a wide array of wines, brews and tasty foods, poured and plated by representatives from more than 120 vendors. A silent auction, offering items as varied as movie and theater memorabilia, collections of wines, exotic gift baskets, jewelry and collectibles, raised nearly \$33,000, according to Mimi Johnson, silent auction chair.

As vendors began to wind down the food and wine portion of the evening, guests were invited to gather around the stage to preview a special 14-minute video that chronicled Gino Goodman's "Dream of a Lifetime." Following that, eager participants waited to hear who would win the \$1,000 Nut Tree Shopping Spree and the \$20,000 cash raffle. The cash raffle's grand prize of \$10,000 went to Carol Klague, while Solomon Herrera won the Nut Tree shopping spree.

Next year's event is April 27, 2012. Visit www.wineandfoodjubilee.org for details.



Chris Sweeney, chairman of the 24th Annual Wine & Food Jubilee, left to right, shares a smile with Foundation Board Member Rosie Marshall and NorthBay Foundation President Brett Johnson.

Community Health Education Classes

The Art of Breastfeeding • Learn the "how to's" of breastfeeding. This class addresses the health benefits for mom and baby, the role of the father, the working mom and more. Cost: \$15. Call (707) 646-4277.

Brothers & Sisters To Be • Prepare children ages 3-9 for the arrival of a new baby. Cost: \$10 per family. Call (707) 646-4277.

C-Section Preparation • Individual counseling available to women delivering at NorthBay Medical Center who may require a C-section. Cost: Free. Call (707) 646-4277.

Labor of Love • A six-week prepared childbirth class for moms and dads or coaches; register in fourth month of pregnancy or earlier. Cost: \$75. Call (707) 646-4277.

Labor of Love in Review • One-session childbirth refresher course for moms and labor partners. Pre-requisite: previous attendance in a prepared childbirth education course. Cost: \$20. Call (707) 646-4277.

Prenatal Care • Expectant mothers learn important information about pregnancy. Topics include nutrition, exercise, fetal growth and development, "pregnancy do's and don'ts," and much more. It is recommended this class be taken as early in pregnancy as possible. Cost: \$10. Call (707) 646-4277.

Newborn Care • Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. One-session course. Cost: \$15. Call (707) 646-4277.

Maternity Orientation and Tour • A tour of the NorthBay Medical Center's maternity unit. Information about hospital registration, birth certificates, and available birthing options provided. Cost: Free. Call (707) 646-4277.

Siblings' Birthing Preparation • Parents who are considering having children present during delivery can have one-on-one counseling. Cost: Free. Call (707) 646-4277.

Breastfeeding Support Group • A postpartum support group for moms meets every Tuesday, 12:30 to 2 p.m., in Fairfield. Cost: Free. Call (707) 646-5024.

Help with Child Care • Are you looking for child care or help paying for it? Are you a child care provider in need of support? Call Solano Family & Children's Services at (707) 863-3950.

Caregivers' Support Group • Anyone involved in caring for a loved one with Alzheimer's disease or a dementia-related illness is invited to participate. Monthly. Cost: Free. Call (707) 624-7971.

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



Grief and Bereavement Support Groups
Adult support group is on-going. Cost: Free. Call (707) 646-3575.

Teen & Children's Bereavement Support Groups
NorthBay Hospice & Bereavement offers free bereavement support groups for teens, age 13 through 17, and children age 6 through 12 on an as-needed basis. Cost: Free. For a schedule and more information, call (707) 646-3575.

PEACE (Parent Education And Custody Effectiveness) • Create an effective parenting relationship between divorcing and separating parents. Endorsed by judicial and parenting advocates. Classes meet on Saturday. Call (707) 421-4155.

Look Good, Feel Better • A program to help women currently undergoing cancer treatment cope with appearance-related side effects of treatment. Register for classes by calling the American Cancer Society, (800) 227-2345. Cost: Free.

North Bay Mended Hearts • A support group for cardiac patients and their families. Monthly meetings rotate between Fairfield or Vacaville. For details, call (707) 646-5072.

Pulmonary Education Series • A three-session course that meets on Wednesdays from 10 a.m. to noon at NorthBay Medical Center in Fairfield. A new course begins each month. Cost: Free. Call (707) 646-5072 to enroll.

Kick the Butts • Stop smoking classes help adult smokers as well as smokeless users. Free. To register, call the Solano County Health Promotion and Education Bureau at (707) 784-8900 or (800) 287-7357.

You'll love our passion for compassion.



At NorthBay Healthcare, we believe that health-care should still care. That's why we've created an environment that cultivates your commitment to compassionate care and allows it—and you—to flourish.

We offer opportunities in:

- Allied Health
- Clerical
- Management
- Nursing
- Service

For more information about us or our employment opportunities in Fairfield and Vacaville, visit www.northbayjobs.org. EOE

You'll love it here.

