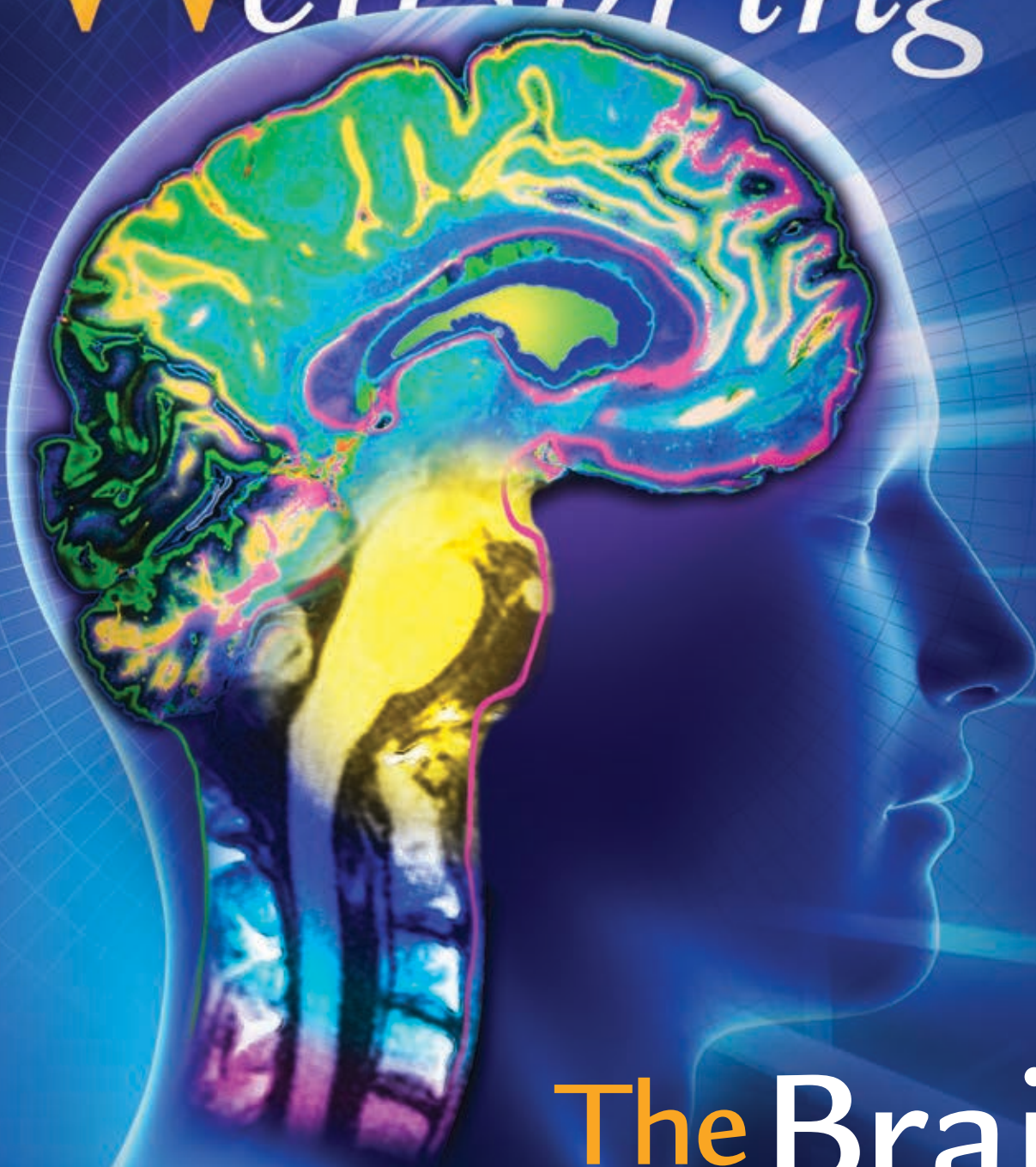


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Wellspring



The Brain & Beyond

A New Era of Neuroscience at NorthBay



Destination: Trauma Level II

Far from a sprint, and more akin to a strenuous but gratifying marathon, the years-long development of the NorthBay Trauma Center is approaching another milestone.

It was in 2002 that I stood before a local Rotary Club and told the lunchtime audience that our team at NorthBay Healthcare would not be satisfied until we developed a delivery system for the advanced medicine that was missing close to home. We were not done after building top-flight delivery of care for mothers and babies and cancer patients.

More than a decade ago, we set goals to build advanced cardiac and vascular care services, treatment of strokes and heart attacks, and ultimately a trauma center. By doing this, our local residents would no longer be shipped off to other counties for their care, creating hardships on them and their families.

After becoming the county's first accredited Level III trauma center in 2011, work never ceased to elevate the sophistication of our emergency care. Our sights have always been set on becoming the county's Level II center. In July, we delivered our proposal to Solano County's EMS Agency to do just that.

In this issue of *Wellspring*, you will read about the final piece of that long-planned, methodical march toward neurosurgery and our new Center for Neuroscience. It was a journey to the brain, and beyond.

We didn't recruit a noted neurosurgeon, trained at Stanford and Yale, with a decade of experience, only to bolster our hope of earning Level II status. Our Center for Neuroscience, as you will read, is about bringing more advanced medicine close to home—for all. You do not have to be a member to receive this service before or after a traumatic injury.

A decision on which hospital will be designated as Solano County's Level II trauma center will come in mid-October, and it will mean that all adult trauma victims can be treated locally. But regardless of how that decision goes, NorthBay Trauma Center will remain intact, treating the vast majority of trauma patients. Located in NorthBay Medical Center in Fairfield, the heart of the county, it is the ideal location for the 1,000-plus victims of traumatic injuries.

Enjoy the latest edition of *Wellspring*. We are proud of our accomplishments. While we hope you never need our trauma services, be confident that we are ready, 24/7, if you do.

Gary J. Passama

Gary Passama
President and Chief Executive Officer



2 On the Cover: The Brain & Beyond

A lot of thought has gone into the creation of the NorthBay Center for Neuroscience. Under the direction of Jeffrey Dembner, M.D., the program aims to be a comprehensive, patient-focused service that can handle the neuroscience needs of Solano County patients. Read about how NorthBay has prepared a suite with high-tech tools, secured around-the-clock surgeons, trained staff and reached out to the "feet on the street," to serve Solano County. See related stories, pages 2–15.



18 Heartfelt Thanks

A grateful patient says he's more healthy now than ever after a quadruple bypass surgery, and has pledged to bring a Mended Hearts support group to Solano County.

New Era: Neuroscience

Neuroscience. The very mention of the word evokes images of brain scans, high-tech equipment and an alphabet soup of tests such as MRI, CT scan and the x-ray.

Some may think it's synonymous with brain surgery, but that's just part of it. Neuroscience is the scientific study of the nervous system and includes sophisticated surgery from the brain down to the spinal cord. Sure, it involves surgery in some cases of stroke, tumor or traumatic injury. But it also includes medical monitoring of conditions such as epilepsy, Parkinson's and other neurological conditions.

It involves neurosurgeons as well as neurologists and a whole host of other specialty physicians who confer in patient care—from primary care to the emergency room to oncology.

While the closest most people want to get to neuroscience is watching stories about it on CSI or the Discovery Fit & Health Channel, it's comforting to know that NorthBay Healthcare has a Center for Neuroscience in Fairfield, ready to serve all Solano County residents—and those passing through—at a moment's notice.

Patients who once had to travel to the Bay Area for sophisticated care can now stay close to home. And individuals suffering injuries or a stroke can be treated quickly, avoiding the need for expensive and time-consuming transport out-of-county. That speedy response can make all the difference in the world when minutes matter.

NorthBay Healthcare's multimillion-dollar investment in neuroscience truly brings **advanced medicine close to home.** ☘

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A group of high school students from Solano County gave injections to oranges, operated on a cantaloupe and even delivered a simulated mannequin baby during their June 2013 Nurse Camp experience.

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Brain Power

What would inspire a man to give up a successful neurosurgical practice in Newport Beach and move 400 miles north to settle in Solano County? For Jeffrey Dembner, M.D., the answer is simple: The opportunity to build NorthBay Healthcare's Center for Neuroscience from the ground up.

That's how he built his practice more than 10 years ago in Southern California, learning how to connect with a community, offering individuals customized and personalized care.

"My office was located fairly close to respected academic centers, but patients preferred to come to me because they knew they'd receive immediate, hands-on care with a neurosurgeon they could reach day or night," he explains.

It's that same philosophy he plans to continue at NorthBay Medical Center, where he will serve as medical director and architect of the Center for Neuroscience, and head a team of local neurosurgeons in responding to head, neck and spine trauma cases.

"We're thrilled to have a neurosurgeon of his experience and caliber," says Deborah Sugiyama, president of the NorthBay Healthcare Group. "The addition of this advanced service is a major cornerstone for NorthBay."

Just weeks after Dr. Dembner's arrival, NorthBay celebrated the opening of a seventh surgical suite at the Fairfield hospital. The \$6.1 million addition includes state-of-the-art equipment some specifically for brain surgery.

But NorthBay's Center for Neuroscience will be much more than brain surgery, explains Dr. Dembner. A neurosurgeon also deals with spine and skeletal issues. Dr. Dembner is trained and experienced to treat head and brain disorders, including tumors, aneurysms, vascular malformations, hydrocephalus and head trauma.

"It's my goal to build a comprehensive, patient-focused Center for Neuroscience that can handle the needs of Solano County patients so they don't have to travel to the Bay Area or Sacramento for great care," he explains. "Some people think that if you see a surgeon, you'll walk away with an appointment for surgery, but I explore all the options, from pain management and therapy through to surgery and recovery."

To that end, he's meeting with physicians, therapists and medical staff to get the word out, and form collaborative



These state-of-the-art tools allow the surgeon to quickly and effectively make real-time, data-driven decisions in the operating room, leading to safer, more precise procedures and a reduced risk:

STEALTH NAVIGATOR AND O-ARM FUNCTION • Employing a pre-operative MRI or CT scan, the system allows the surgeon to navigate specific regions of the brain for procedures such as tumor removal.

SURGICAL MICROSCOPE • Helps the surgeon focus on the precise point of pathology during a surgery.

ULTRASONIC ASPIRATOR • Allows the surgeon to perform procedures in close proximity to delicate anatomical structures with more precision than blades.

ICP MONITOR • Intracranial Pressure Monitoring uses a device, placed inside the head, to sense the pressure inside the skull and sends measurements to a recording device.

NorthBay and Neurosurgeon Team Up to Usher in New Era at Center for Neuroscience

partnerships. "For many years, patients had to be referred outside of Solano County for care, when it came to brain tumors or neurological disease management, but that's no longer the case," says Dr. Dembner. "There is a wealth of experience at NorthBay in all the major services—oncology, vascular and cardiac. These are successful programs and the Center for Neuroscience will complement them perfectly."

NorthBay's stroke program received an immediate boost with Dr. Dembner's arrival. Before, patients who experienced brain hemorrhaging were transported out of the county. Now, about 90 percent of stroke cases can be handled in Fairfield.

His role is also vital in NorthBay's effort to secure Level II Trauma status, which, if granted, would mean that NorthBay Medical Center could receive all trauma cases, including those with head injuries.

Currently as a Level III Trauma Center, patients with head trauma are sent out of county for care. "That's hard on the patient, because travel delays immediate treatment, and it's hard on the families who have to travel out of county to be with their loved ones," says Dr. Dembner. "We want to provide comprehensive, immediate care and follow-up services close to home."

He's already jumped in with both feet, training an eager and responsive neurosurgery team, running mock drills and explaining the power and depth of the new equipment.

"They've been eager to learn and they're ready to deliver. Coming to NorthBay has not only given me a chance to build a program, but to work with some amazing, dedicated individuals. NorthBay wanted someone who was not afraid to work with people—to educate and be educated," he says. "It's a good fit." ☒



A Neurosurgeon's Arsenal

If you read through the list of equipment on page 2, you might think it's a classified military document. There's the Stealth Navigator and the O-Arm. The Pentero microscope. There's the Ultrasonic Aspirator and ICP Monitor. You'd have to be a brain surgeon to understand it.

Exactly.

The aforementioned list includes some of the state-of-the-art technology in the arsenal of Dr. Jeffrey Dembner, neurological surgeon and medical director for NorthBay's Center for Neuroscience.

And brain surgery is among the sophisticated tasks he can perform with these tools and his highly trained surgical team.

A sparkling new surgery suite was opened to much fanfare in June, ready for everything from exacting brain and spine surgery to orthopedic repair. There are five, big-screen monitors overhead, so if the physician uses the surgical microscope, not only can microsurgery be performed, but the team can follow the progress and anticipate the next steps.

"All this reflects NorthBay's foresight and commitment to provide the safest, most cutting-edge and most comprehensive neurosurgery services to the communities of Solano County and beyond," says Dr. Dembner.

He recalls a situation in Newport Beach, where a colleague told a patient her brain tumor was inoperable. Dr. Dembner was familiar with the Stealth Navigation equipment and offered a second opinion. He was able to remove her tumor—even though it was located deep inside her head—with a minimally invasive, low-risk approach.

"Anyone can buy these tools or build a fancy operating room," he says, "but you have to know how to use them to their full advantage. The Neuro team at NorthBay has the expertise and the skills to employ these expensive tools to maximize the health and wellness of individuals who require our care."

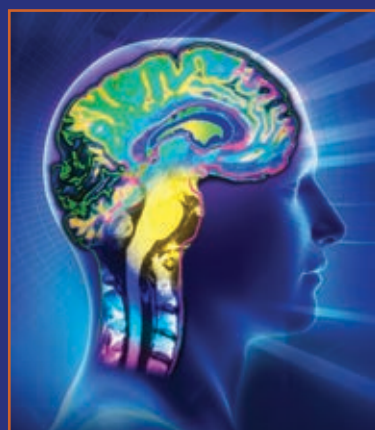
"We want to provide comprehensive, immediate care and follow-up services close to home."

— Dr. Jeffrey Dembner

Jeffrey Dembner, M.D., and Mary Mancini, M.D., compare notes on the changes in neuroscience.



The Trek to High-Tech



Neurosurgeons Discuss Their Craft

Neurosurgery is one of the most technically challenging disciplines in medicine. The nervous system—comprised of your brain, spinal cord and nerves—is made of billions of cells making trillions of connections. And when damaged, these cells generally do not grow back. Neurosurgeons operate on the brain, skull, neck, back, spinal cord and the blood vessels supplying these organs in order to preserve the delicate network driving thought, behavior and movement.

NorthBay Medical Center recently welcomed neurological surgeon Dr. Jeffrey Dembner to its medical staff. But Dr. Dembner isn't NorthBay's first neurosurgeon. That honor goes to Dr. Mary Mancini, who opened her practice at the hospital in 1986, fresh from her residency, and is now retired. She currently serves on the NorthBay Healthcare corporate board of directors. The two surgeons recently sat down together to discuss their profession.

DR. MANCINI: Neurosurgery is dramatically different now. When I began practicing we didn't have the impressive array of medical equipment that is available in NorthBay's new operating room. This is a quantum leap in technology and a huge addition to medical care in this community.

DR. DEMBNER: I'm truly impressed by NorthBay's willingness to invest in the equipment necessary for a successful neuroscience department. I've never seen such a thorough exchange of learning or an execution of new ideas and practices occur so quickly and efficiently, and have it be so well-received.

DR. MANCINI: When I began my practice, the hospital's goal was to have a neurosurgeon. But there were times I had to refer patients to UC San Francisco, because I didn't have the sophisticated equipment now available.

DR. DEMBNER: There is very little that I feel I will have to transfer to another hospital. The thought of brain surgery scares people. They think consulting a neurosurgeon means they will leave with an appointment for surgery. But much of my practice is the medical management of neurological diseases. That means I'll see many spine patients, for example, who don't need surgery but who will benefit from my consultation and care.

DR. MANCINI: Fortunately for this program, you have the same CEO now that I had in 1986. It is rare for a hospital to have a CEO this long, but Gary Passama has proved a

visionary for meeting the healthcare needs of Solano County. He knows a successful program takes more than a good doctor.

DR. DEMBNER: I know NorthBay wanted to hire a neurosurgeon for some time and with the determination to apply for a Level II trauma designation, the time was right. But I'm bringing NorthBay so much more than they expected. I've been introduced as a trauma surgeon, but I want to be clear that I am not just a trauma surgeon. While I care for head and spine trauma, I came here with the desire to build a comprehensive neuroscience program.

DR. MANCINI: When I started at NorthBay, by default, everything came to me. A good deal of my first year was spent in dealing with traumatic injuries. In fact, my first case came before my official start date. The first day I was at the hospital a trauma case arrived—a 15-year-old girl with a severe head bleed. I saved her life, and that began a lifelong friendship between me and her family.

DR. DEMBNER: When you make a dramatic difference in a patient's life, you want to keep in touch and know they're doing well. Nine years ago, a woman with a brain tumor came to see me. She had been told her tumor was inoperable and fatal, and she wanted a second opinion. I saw a way to remove that tumor and she trusted me with her life. Today she's healthy and getting on with her life.

DR. MANCINI: One thing that hasn't changed in our profession is the human element.

DR. DEMBNER: You're exactly right. All of this magnificent new equipment is really the standard of care everywhere. Any hospital can buy it. Patients do their research and they demand it. Neurosurgery is so complex and the majority of my patients won't come from the emergency department, they will be referrals and patients looking for the best physician they can find. And now they need not travel beyond central Solano County.

It's the people who make a neuroscience department successful. I've been described as an "old-school new doctor." I'm very hands-on and positive outcomes are very important to me. I care for my patients for the entire length of their treatment.

DR. MANCINI: I did the same. There were times when every patient in the ICU was mine. Now intensivists work in the ICU and share in some of the responsibility for care of the patient.

DR. DEMBNER: Having an intensivist, or hospital-based critical care specialist, in the hospital 24 hours a day is a tremendous benefit for patients. But that doesn't mean I don't manage the care of my patients before, during and following their hospitalization.

DR. MANCINI: I think patients appreciate it when one physician has the ultimate oversight of their care.

DR. DEMBNER: My ultimate goal is excellent patient care and excellent outcomes. I have ownership of this program and I spend all of my time at NorthBay Medical Center. I live in Fairfield and I have a long-term commitment to this community.

DR. MANCINI: Neuroscience is a real game changer for our community. I'll look forward to watching the service develop and supporting it as a board member. ☘

The Road Back

Therapy is Key to Recovery After Traumatic Brain Injury



Physical Therapist
Carlene Tauzer
assists a patient.

The road to recovery following a traumatic brain injury begins almost immediately after the patient is stabilized, says Doug Hinton, manager of rehabilitation services for NorthBay Healthcare.

Whether the brain injury is the result of stroke, auto accident, fall or prolonged loss of consciousness because of heart attack or near-drowning, the protocol is the same.

“We will get a physician order to see the patient on the first or second day they are in the hospital,” Doug says. During that visit, rehabilitation therapists evaluate the level of potential neurological damage. “We assess the patient’s cognitive abilities. Are they able to participate in a conversation and follow commands? We’ll do a physical assessment to see if the patient has balance issues, is able to walk, or get into and out of a chair.”

Therapists also examine the patient’s muscle strength and tone. “Some brain injuries affect muscle tone by over-relaxing the muscles, others by stiffening them, and that can greatly impact an ability to get in and out of bed, to walk or perform the activities of daily living.”

Therapists will also see if the patient has difficulty swallowing. If the patient can’t safely swallow, that can pose a choking hazard.

The patient or family members also will be asked about how the patient was performing activities of daily living before coming to the hospital. Did he or she need any form of assistance, use a cane, were they wheelchair-bound or completely independent? All questions, answers and assessments will be used to help the therapists determine what kind of follow-up care the patient receives, and where: at home, in a nursing home or acute rehabilitation facility.

The path to recovery following a traumatic brain injury can be as unique as the individual and the injury itself, Doug says. “Some patients who have had a small stroke may find their symptoms resolve in a few days. However, if many bodily or cognitive functions have been affected, it’s an indication of greater brain damage and the patient may have residual effects for months, or for the rest of their life. How the brain heals depends on the level of damage to begin with.”

Successful recovery also depends on the patient’s age. “The brain can start creating new pathways and nerve connections early after an injury, and it happens more extensively for younger patients and young adults, vs. those who are in their 50s or 60s, or older,” Doug says.

The greatest strides toward healing the brain and returning to familiar activities of daily living usually occur in the first three to six months following a traumatic brain injury, Doug says, but progress can still be seen up to a year after the incident.

While therapists can do a lot to help brain-injured patients return to various levels of a normal life, it helps to have lots of support from friends and family, Doug stresses.

“It’s very important to have family members reinforce what has been taught in therapy. It takes a team approach.”

It also takes patience and understanding on everyone’s part. “Recovering from a stroke or other brain injury takes time,” which can be frustrating for the patient and their family members. For any who may be struggling with the journey, Doug recommends talking with a social worker or attending a support group. ☒

The greatest strides toward healing the brain and returning to familiar activities of daily living usually occur in the first three to six months following a traumatic brain injury but progress can still be seen up to a year after the incident.

Traumatic Brain Injury

Know the Signs & Symptoms

Traumatic brain injury (TBI) occurs when a sudden trauma causes damage to the brain. It can happen when the head suddenly and violently hits an object, or when an object pierces the skull and enters brain tissue. TBIs can range from a mild concussion to a severe injury that leads to death.

The leading cause of TBIs is falls (35 percent), followed by motor vehicle accidents (17 percent), according to the Centers for Disease Control. In all cases, it is important to seek medical help immediately. Approximately half of patients with severe head injuries will need surgery to remove or repair hematomas (ruptured blood vessels) or contusions (bruised brain tissue).

The symptoms of a mild TBI include:

- ✓ Headache
- ✓ Confusion
- ✓ Dizziness
- ✓ Blurred vision
- ✓ Ringing in ears
- ✓ Fatigue or lethargy
- ✓ Change in sleep pattern
- ✓ Trouble with memory, concentration, attention or thinking

In addition to the symptoms listed above, a person with a moderate or severe head injury may display:

- ✓ A headache that gets worse or does not go away
- ✓ Repeated vomiting or nausea
- ✓ Convulsions or seizures
- ✓ Dilation of one or both pupils
- ✓ Slurred speech
- ✓ Inability to awaken from sleep
- ✓ Weakness or numbness in arms or legs
- ✓ Loss of coordination
- ✓ Increased confusion, restlessness or agitation



Approximately half of patients with severe head injuries will need surgery to remove or repair hematomas (ruptured blood vessels) or contusions (bruised brain tissue).

Surgeon Reaches Out to Teach Feet on the Street

More than 100 Northern California first responders—the feet on the street—as well as emergency room personnel and other healthcare providers received some valuable trauma training by neurosurgical expert Jeffrey Dembner, M.D., Medical Director for the Center for Neuroscience and neurological services for NorthBay Healthcare.

Dr. Dembner taught the group how to assess and respond to head and spine trauma in a first-of-its-kind presentation as part of the “REACH on Tour” Continuing Education Program. The seminar was hosted by NorthBay Healthcare at its Green Valley Administration Center on June 6.

REACH has conducted conferences such as these in the counties it serves in Texas, Southern California and Oregon for the past eight years, but this is the first time one has been held



in Solano County, according to Darin Huard, general manager of REACH.

“We like to collaborate with our partner hospitals to create a conference that focuses on topics of interest

to them, and so when we reached out to NorthBay, that’s where a focus on trauma and pediatric care came in.”

Dr. Dembner’s talk addressed assessing head and spine trauma from a neurological viewpoint, but before he outlined some of those assessments, he acknowledged the critical role first responders play in trauma care. “There is a huge difference between what first responders see in the field and where I become involved in caring for a patient. While I have tons of resources at hand—MRIs, CT scans, x-rays, nurses and doctors who see the patient before me—as a first responder your resources are limited to what you have: perhaps some medical history, and your observations and assessments. My job is comparatively easy; first responders and ER personnel have the difficult job.”



A Stroke Strikes Fear

In an instant, a stroke can change the course of your life. It can be far more devastating than a heart attack because it can cause irreparable damage. This damage can include loss of the ability to speak, weakness or paralysis on one side of the body, short-term memory loss and balance

problems. A major stroke can cause brain damage and even death.

NorthBay Healthcare is committed to providing an inclusive stroke program that immediately identifies a stroke and begins treatment in the NorthBay Medical Center and NorthBay VacaValley Hospital Emergency

Departments. The EDs care for an average of 10 to 15 strokes a month, as well as an average of 20 transient ischemic attacks or “mini strokes.”

The stroke program is managed by Julian Gallegos, stroke clinical practice manager and nurse practitioner. He is leading the way for the program to achieve primary stroke certification from The Joint Commission. “We’re following The Joint Commission’s ‘Get with the Guidelines Stroke Achievement Indicators,’ which is a national standard for stroke care set by the American Heart Association and the American Stroke Association,” Gallegos explains. “Certification is based on an evaluation of our standards, clinical practice guidelines and performance measurement activities.”

When a patient is suspected of having suffered a stroke, the physician calls a Stroke Alert. Within minutes, a call is made to the Dignity Health Neurological Institute in Sacramento and an InTouch telehealth robot is brought to the patient’s bedside. This gives the ED staff access to neurologists and staff 24/7. When the robot is activated, a Dignity neurologist can view the patient and make an examination while consulting with the ED physician, usually within minutes, according to Gallegos.

Tests such as a CT Scan will help identify the type of stroke the patient has. There are two types of stroke, ischemic and hemorrhagic, and each will be directed to a specialist for further care.

About 87 percent of strokes are ischemic, caused by a blood clot. Patients with ischemic stroke are directed to Neurologist Shahid Rehman, M.D., the medical director of the stroke program. If the patient

Program Scores Silver Award

It was a silver celebration when the NorthBay Healthcare Stroke Steering Committee earned high honors from the American Heart Association and the American Stroke Association in May. The Silver Achievement Award is given to programs that achieve at least 12 consecutive months of 85 percent or higher adherence to all “Get With The Guidelines Stroke Achievement Indicators” to improve quality of patient care and outcomes.

NorthBay was recognized for this achievement of compliance for its performance in 2012. This fall, NorthBay will seek certification from The Joint Commission as an Advanced Primary Stroke Center, according to Julian Gallegos, NorthBay’s stroke clinical practice manager and nurse practitioner. “Our next goal after certification is to earn the Gold Award, from the American Heart and Stroke associations, which can only be achieved after an organization has adhered to the standards for two years,” explains Rhonda Martin, Assistant Vice President of Nursing Operations.

There are two kinds of stroke—one caused by a blockage, the other by a hemorrhage. When NorthBay went live with Phase II in November 2012, it allowed Emergency Department staff to use clot-dissolving medication on patients with strokes caused by blockages, and admit them for ongoing care.

Patients suffering hemorrhagic strokes were routinely sent to Mercy Neurological Institute in Sacramento, at least until this spring. The arrival of neurological surgeon Dr. Jeffrey Dembner meant that NorthBay could treat hemorrhagic strokes, sending only the most critical cases to Sacramento.

NorthBay continues to partner with Mercy, using InTouch robots to connect physicians and patients in Solano County with Mercy neurological physicians in Sacramento for real-time consultations when necessary. The program is being guided by an interdisciplinary steering committee, headed by Dr. Shahid Rehman, medical director for the stroke program.



Act Fast to Save a Life

While there are some stroke risks that you have no control over, such as age, family history and ethnicity, experts believe 80 percent of strokes are preventable.

has arrived at the ED within six hours of having the stroke, Dr. Rehman can initiate a dose of the clot-busting drug tPA, which works immediately to dissolve the clot. If the stroke is severe, or if the patient is not a good candidate for tPA, he or she is admitted to the hospital under the care of Dr. Rehman.

The remaining 13 percent of strokes are hemorrhagic, meaning bleeding inside the brain. Because surgery is

needed to stop the bleeding, these patients are placed under the care of Neurological Surgeon Jeffrey Dembner, M.D.

A stroke is devastating because it kills brain cells. While there are some stroke risks that you have no control over, such as age, family history and ethnicity, experts believe 80 percent of strokes are preventable. You can reduce your risk of stroke by controlling your blood pressure, not smoking, and maintaining a healthy weight. Since diabetes is a risk factor for stroke, have your blood sugar checked regularly. Regular exercise, a healthy diet and controlling stress can also reduce your risk of a stroke. ☒

Know the Symptoms

Do not ignore the warning signs of stroke, even if the symptoms seem to go away. It’s always best to assume that all stroke symptoms require a trip to the Emergency Department for medical assistance. Stroke symptoms include:



- ▶ Difficulty speaking or understanding others.
- ▶ Numbness, weakness or paralysis on one side of the face or body.
- ▶ Blurred, decreased or double vision.
- ▶ Dizziness, trouble walking, or lack of coordination or balance.
- ▶ A rapid-onset, severe headache, or an unusual headache that comes with vomiting, dizziness or altered consciousness.

Here’s a simple tool to help you recognize the signs of stroke:

Remember to act **FAST**

- FACE** Ask the person to smile. Does one side of the face droop?
- ARMS** Ask the person to raise both arms. Does one arm drift downward?
- SPEECH** Ask the person to repeat a simple sentence. Are the words slurred? Can he or she repeat the sentence correctly?
- TIME** If the person shows any of these symptoms, time is important. Call 9-1-1 or get to the hospital fast.

TIA A Serious Stroke Warning

What if, for a brief moment in time, you felt like you’d had a stroke? Your arm went numb, or your vision blurred. And just as suddenly as it began, it was over.

Or was it? You may have experienced what is called a TIA, or transient ischemic attack. Even though the attack is over, this is a warning you should take seriously and call 9-1-1.

A TIA is caused by a blood clot and the only difference between a stroke and a TIA is that with a TIA, the blockage is temporary. TIA symptoms occur rapidly and last a relatively short time. Most TIAs average about a minute in length. Unlike a stroke, when a TIA is over, there is no permanent injury to the brain. However, this is your stroke warning. About one-third of TIA patients go on to experience a stroke within a year.

“The warning signs of TIA are exactly the same as for a stroke,” says Julian Gallegos, stroke clinical practice manager and nurse practitioner at NorthBay Medical Center. “If you recognize the symptoms and get to the hospital, you can get the help that can prevent a stroke from occurring.”

The emergency departments at NorthBay Medical Center and NorthBay VacaValley Hospital treat an average of 20 TIAs a month, according to Gallegos.

“A stroke can be far more devastating to your life than a heart attack,” he adds. “We want to help you avoid a stroke by identifying the cause of your TIA and teaching to prevent a TIA or a stroke in the future.”

Mom Didn't Recognize the Signs of Her Stroke

When Delfina Duran, 41, of Fairfield, reached the NorthBay Medical Center Emergency Department (ED) on Friday, May 17, it had been 10 hours since she had suffered a stroke. The mother of two didn't know the warning signs of stroke, so when her symptoms began the evening before, she attributed them to muscle spasms.

"She tried to pick up the telephone, but she dropped it," remembers Cindy, 11, her daughter. "Her face had also changed and I told her we should go to the emergency room."

Delfina says she had no feeling in her arm or hand, but decided to go to bed, hoping to be better in the morning. Instead, when she awoke she couldn't speak and her right side was weak. Alarmed, her husband Apolinar and the entire family rushed her to the hospital. The triage nurse immediately admitted her to the ED.

"When we first saw Delfina, she was very anxious about what was happening to her," remembers Rosalie Toloumu, R.N., who cared for her in the ED.

Delfina's initial examination included a neurological assessment. It revealed she couldn't hold her right arm up and her grip strength was weak. And she still couldn't speak.

ED physician Caesar Djavaherian, M.D., called a Stroke Alert, which immediately marshaled an array of hospital resources to help Delfina. This cleared the way for a CT scan of her brain, as well as lab work and an IV.

The first step in treatment for Delfina was determining just what type of stroke she had experienced. There are two types of stroke, ischemic and hemorrhagic. Ischemic stroke occurs as a result of an obstruction within a blood vessel supplying blood to the brain. It accounts for 87 percent of all stroke cases. Hemorrhagic stroke results when a weakened blood vessel ruptures and bleeds into the surrounding brain. Although less common, it often requires immediate intervention.

Delfina was sent for a CT scan, which is a quick and easy way to detect bleeding inside the brain. Fortunately, NorthBay Medical Center is home to a powerful, \$2 million Phillips 256-slice scanner which produces extremely high-resolution images with reduced radiation exposure. The scan revealed that Delfina did not have bleeding in her brain, ruling out a hemorrhagic stroke.

"After the CT, the doctor came to us and said 'I think we know what's

"We are very thankful for the people who helped her."

—Cindy Gallegos

wrong—your mother has had a stroke," Cindy remembers.

Because Delfina had not reached the Emergency Department within three hours of the start of her stroke symptoms, she was not eligible to receive the clot-busting drug tPA. Instead, she was admitted to the hospital's intensive care unit.

In the first few hours and days following a stroke, the patient is at risk of having a second stroke. They also are susceptible to serious complications that can include seizures, brain swelling and infections such as pneumonia.

Once she was in the ICU, Intensivist Sreenivasa Ravuri, M.D., ordered a Magnetic Resonance Imaging or MRI. It is one of the most helpful tests in the examination of a stroke. By this time Delfina said she was feeling ill and had a big headache. With her stroke identified, she began an intensive course of medical management.

Delfina's blood pressure was unusually low, which meant less blood, and therefore less oxygen, was reaching her brain. Drs. Ravuri and Rehman placed her on medication to raise her blood pressure to get more oxygen to the damaged left lobe of her brain. Their goal, said Julian Gallegos, the stroke clinical practice manager and nurse practitioner on the case, "was to minimize any deficits Delfina may have."

"I'll always remember this case, because her young daughter, Cindy, sought us out and asked what was happening with her mom," Gallegos says. "How do you tell a child that her mother may never speak again?



Health at Home Nurse Lisa Lucero, R.N., offers Delfina Duran encouragement during recovery.

It was a very poignant moment that reminded me that it is not only the patient we are caring for but also the family."

Looking back, Cindy remembers that it was very hard to communicate with her mom. "She couldn't write with her left hand, so we had to use hand signals."

By Sunday, Delfina could speak. She spent a total of six days in the hospital, including four in the ICU. She gradually regained her strength and began moving her arm. A physical therapist taught her how to exercise her arm and a speech therapist coached her on speaking.

By the time she was discharged, Delfina was still weak, but well on the road to recovery. NorthBay Health at Home nurse Lisa Lucero, R.N., monitored her blood pressure and kept an eye on her progress once she was home.

"Today, she feels much better, although sometimes she knows what she wants to say but can't find the words," Cindy says. "We are so very thankful for the people who helped her." "Delfina had the best possible outcome," Gallegos adds. ☒

Stroke Support

NorthBay Healthcare's Women's Resource Center is proud to host the New Beginnings Support Group for caregivers and survivors of stroke.

Monthly meetings are every third Tuesday from 10 to 11:30 a.m. at the Gateway Medical Building, 1860 Pennsylvania Ave., in Fairfield.

According to Angela Kirk, coordinator, the group provides a great opportunity for survivors and caregivers alike to get the support they need from people who understand what they've been through.

The group has been meeting the past 12 years, most recently at a Fairfield church, but decided to move to the Women's Resource Center in August to be in a more central location and to draw more participants and support staff.

NorthBay will support the program by providing a number of expert speakers, according to Jane Prather, NorthBay Healthcare's service line director for the development of neuroscience, women's healthcare and orthopedics.

For information about the group, call Kirk at (707) 432-5710.

Delfina Duran poses with her daughters, Cindy, 11, center, and Janet, 5.



Medication Puts Patient in Control

Keeping Seizures at Bay

Although it has been 14 years since her first epileptic seizure, Pat Scholl can recall the moments leading up to it in vivid detail, as if it happened just moments ago.

The then-44-year-old middle school math teacher was at home in Dixon tutoring a seventh-grade student. “I had just asked her to define ‘sublimation.’ I was looking out the window and it was a sunny day. Then quick as that, it went pitch black.”

When Pat came out of her dark fog, she realized she was laying on the floor, looking into the faces of two paramedics. “All my muscles hurt, the inside of my mouth was all bitten up and I had drooled on myself.

I thought, ‘what the heck?’ I was terrified and worried about who was watching the student.” She later learned she had been unconscious for an hour and a half.

Pat had experienced her first and only epileptic grand mal seizure. “It was a very weird situation,” she noted. “We don’t know what triggered it. I had never had anything like that happen before.”

Pat’s epileptic event, as disconcerting as it was, is not unusual. As many as 65 percent of people newly diagnosed with epilepsy have no obvious cause. Of the other 35 percent, common reasons for the seizures include stroke, congenital conditions, brain tumors, trauma and infection.

“Epilepsy is one of the most common neurologic disorders,” says Shahid Rehman, M.D., neurologist for NorthBay Healthcare, and it affects up to 1 percent of the U.S. population. Epilepsy is one of several neurological disorders Dr. Rehman treats in his practice at the Gateway Building in Fairfield.

An epileptic seizure occurs when brain function is altered by abnormal or excessive electrical discharges in brain cells. It is diagnosed by clinical information, a neurological exam and a thorough neurodiagnostic workup, including a brain MRI and an electroencephalogram (EEG), he explains.

Managing a patient with epilepsy is based on a number of factors, including seizure frequency and severity, the patient’s age and overall health, medical history and the seizure type. There are six general types, and the most common is the grand mal that Pat experienced, where patients become unconscious, and then experience convulsions and muscle rigidity.

Other seizure types are when a patient experiences a brief loss of consciousness (absence); sporadic jerking movements (myoclonic); muscle stiffness (tonic); loss of muscle tone (atonic); or the repetitive, jerking movements of a “clonic” seizure.

This clonic type is the second kind of seizure Pat had just three years ago. She was sitting with fellow teachers in the break room during lunch when she reached out to touch a co-worker on the arm. Instead, Pat’s hand grabbed her friend’s hand and she couldn’t stop shaking it. “I never lost consciousness. I knew exactly what was happening, but I couldn’t speak. I was hoping I wouldn’t get ill, because I had just eaten.”

During other seizure types, patients may seem “out of touch” or “staring into space,” and yet they are still able to retain awareness.

Dr. Rehman has been treating Pat for her epilepsy for several years he says, and anti-convulsant medications are used to control seizure episodes. “There are a number of medications available to treat the various types of epilepsy and it may take one or two trials to find the right medicine or a combination of medicines, and then the right dosages that works best for each patient.”

Side effects may include blurry vision, fatigue, sleepiness, stomach upset, liver problems, hair loss and weight gain. It may take altering the medication combinations to minimize side effects while still keeping the seizures at bay.

Once that balance is found, it’s important to keep taking the medicine, he adds. “There is a risk of having increased seizures if you stop taking them without advice.”



Pat Scholl can vividly recall the first time she experienced an epileptic seizure.



What to do

When someone is having a seizure:

- ✓ Loosen clothing around their neck.
- ✓ Do not try to hold them down or restrain them, as this could cause an injury.
- ✓ Do not insert anything into their mouth.
- ✓ Remove sharp objects (glasses, furniture) from around the person to prevent injury.
- ✓ After the seizure, turn the patient on their side to maintain an open airway.
- ✓ Do not leave the person alone, as they may be confused.
- ✓ Call 9-1-1 if the seizure lasts more than five minutes, if another one begins soon after the first, or if the patient can’t be revived.

Pat has gone 11 years between seizures because she is hyper-diligent about taking her medications. “I never skip it. I can’t! I usually take mine at night and if I ever forget, I wake up feeling shaky, and then I feel like a balloon-head all day. Believe me, I don’t want to feel like that!”

Pat also makes sure those close to her know she has epilepsy, just in case. Each school year, she starts out by telling her students she has the condition. “If I do start to flip around like a fish, I tell them, just stand back and call my husband. He knows what to do.”

An epileptic seizure occurs when brain function is altered by abnormal or excessive electrical discharges in brain cells.



When Tremors Begin...

Treatments on Tap for Parkinson's Patients

As people age, it's normal to experience occasionally stiff muscles or slowing reflexes. But, for 1 million Americans, those symptoms are the first harbingers of Parkinson's disease.

Parkinson's disease is a chronic and progressive neurodegenerative disorder that can strike men and women of any ethnicity, according to Shahid Rehman, M.D., neurologist for NorthBay Healthcare. It affects the nerve cells in the brain that control movement and coordination, ultimately leaving the patient unable to command their movements normally.

As a neurologist, Dr. Rehman cares not only for patients with Parkinson's disease, but also other disorders of the nervous system, such as headaches, epilepsy, stroke, multiple sclerosis, movement disorders and dementias, including Alzheimer's disease.

"Parkinson's has four core features, and two need to be present for a diagnosis," Dr. Rehman says. "The features are resting tremors in the hands, arms, legs or jaw; rigidity in the muscles; slowed movements; and postural instability."

The type and severity of symptoms vary with each patient, and with the stage of the disease. Early symptoms—stiff and rigid muscles and slowed movement—may develop gradually and may not even be entirely noticed at first. Eventually, patients may experience such a degree of stiffness and rigidity that it becomes difficult to get in or out of a chair or a bed, or to dress themselves. They may also have a shuffling gait, serious balance issues and weakness in one or both limbs.

"Falls are a serious risk factor," he notes.

Further along in the disease's progression, some patients may experience digestive or urinary problems, such as constipation or incontinence, have cognitive changes and sleep disturbance or have difficulty swallowing. "Making an early diagnosis is important," Dr. Rehman says. "Then we are able to start treatment that can minimize symptoms and improve the patient's quality of life." Treatment typically includes medications, and possibly surgery.

The disease is most commonly diagnosed when a patient is in their early 70s, but it is not uncommon to see symptoms in people in their 40s, he adds.

Most patients are referred to NorthBay neurologists after first visiting with their primary care physician.

A diagnosis is made using neuroimaging studies and blood tests, to rule out any other diseases that may mimic the symptoms of Parkinson's, such as



Early diagnosis and treatment can minimize symptoms and improve the patient's quality of life.

spinal cord disorders. "While Parkinson's is a degenerative disease, its symptoms can be managed, which is good news for those patients who may be concerned about what their future holds," Dr. Rehman says.

A Functional Foundation

Blending Modern Science with Traditional Medicine

Patients being treated for chronic neurological disorders at NorthBay Healthcare now have access to a new practice that blends the best of modern medical science with traditional natural medical approaches.

Called "Functional Medicine," this new practice focuses on maximizing a patient's overall health, which can positively impact a disease process, general well-being and quality of life, according to Eric Hassid, M.D.

"The way we look at it, there is a core group of issues that can impact a chronic disease such as Parkinson's, and if we can restructure just one of those issues, we can improve on the patient's foundation of health."



Those core issues include nutrition, physical activity, hormonal levels, stress, sleep quality and environmental exposures. For example, "research has found that our bodies respond well to a modified Mediterranean diet, as it helps reduce the inflammatory burden of chronic illness and aging. Hormone levels are measured because as we age, levels of testosterone and estrogen fall, and that has a cause-and-effect on healthy aging, chronic illness and overall brain health."

Dr. Hassid strongly believes in the importance of mind-body health. Research has demonstrated that optimal sleep and stress management are crucial to a healthy body and mind, as well as optimal weight loss potential. Exposure to environmental toxins such as heavy metals and plastics can also have a negative impact on our physiology over the years. "It is well known that exercise helps improve blood pressure, control blood sugar and cholesterol levels. However, research has recently demonstrated a positive link between exercise and brain health, not to mention its

Dr. Hassid firmly believes in the body's inherent ability to be restored to good health.

effect on overall well-being. Consequently, establishing a balanced exercise regimen is important no matter your medical condition," he stresses.

Physical rehabilitation is also crucial to recovery of function from a wide variety of disabling impairments, especially stroke, traumatic brain injury and Parkinson's disease. As a rehabilitation neurologist, Dr. Hassid also helps implement rehabilitative strategies when necessary in order to help a patient's mobility, cognition and overall function.

Dr. Hassid firmly believes in the body's inherent ability to be restored to good health, and he works in concert with the patient's primary care doctor to achieve optimal health.

Board-certified in neurology and certified by the American Board of Anti-aging Medicine, Dr. Hassid has cared for patients with such neurological conditions as multiple sclerosis, Parkinson's disease, fibromyalgia, chronic fatigue and migraine headaches.

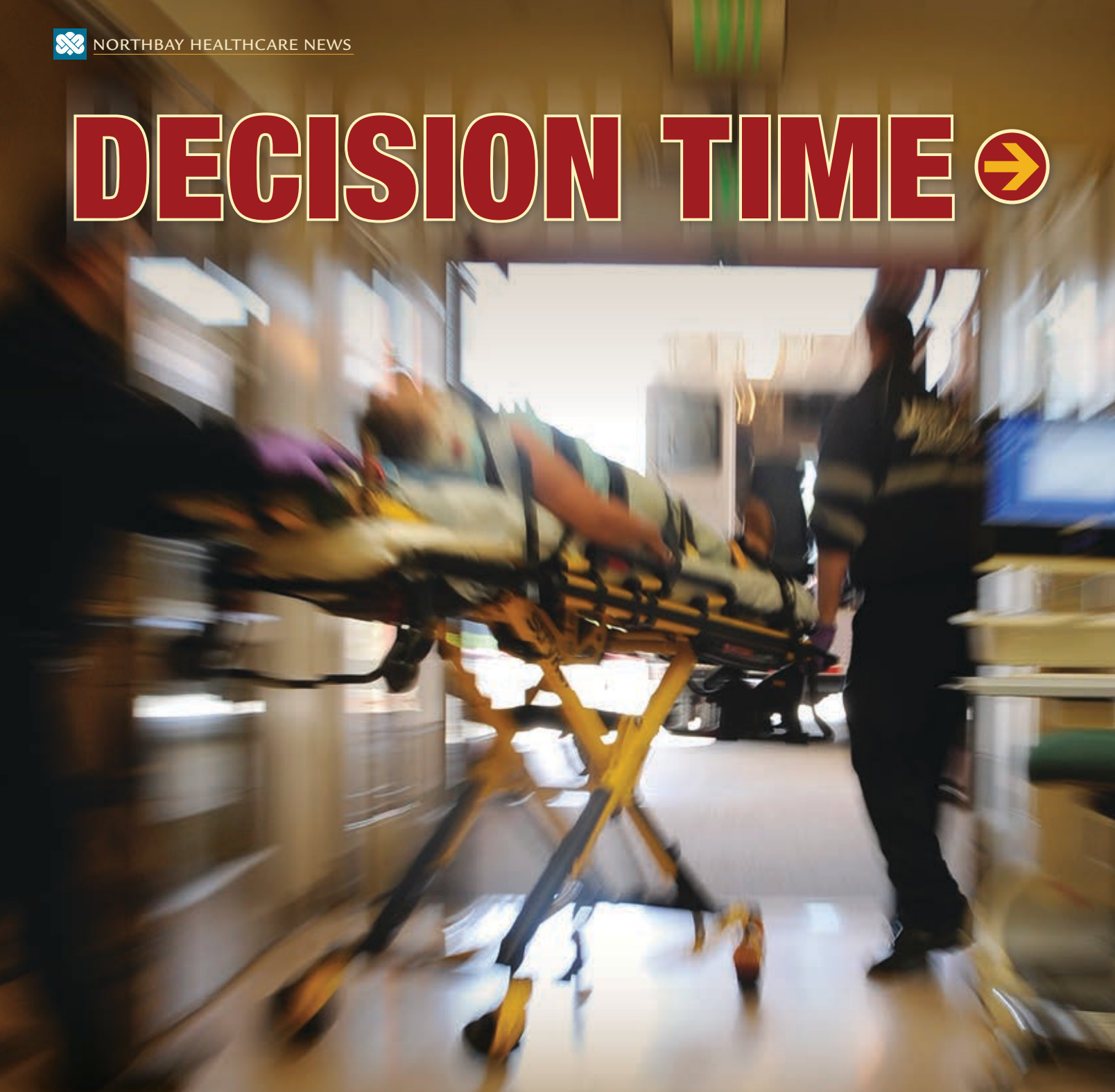
"There is a real connection between our lifestyle behaviors and exposures and our health," he says, "and adopting functional medicine practices can make a big impact on daily living and overall quality of life."

Reduce Fall Risk for People with PD

People with Parkinson's disease have problems with their balance and coordination, which can increase their risk of falling. The fall risk can be reduced with the help of physical therapy or exercising through pool therapy, says Dr. Rehman. Family and friends can also make the home a safer place by following these tips:

- ✓ Remove all loose wires, cords and throw rugs around the house. Minimize clutter and make sure rugs are secure.
- ✓ Install grab bars and nonskid tape in the shower stall or bathtub.
- ✓ Make sure all halls, stairways and entrances are well-lit. A nightlight in the bathroom and a lamp close by the bed will also help if you have to get up in the night.
- ✓ Clean up spills in the bath, kitchen and garage quickly.
- ✓ Assure that stairs are clear of clutter and that the handrail is secure.

DECISION TIME ➔



NorthBay's Trauma Neurosurgeons



Jeffrey Dembner, M.D.
Medical Director



Kawanaa Carter, M.D.



Todd Eads, M.D.



Emilio Tayag, M.D.



Fred Williams, M.D.



Atul Patel, M.D.



Jonathan Forbes, M.D.

Ready for Trauma Level II

The advent of the Center for Neuroscience completes the creation of all advanced medical services necessary to elevate NorthBay Medical Center to a Level II trauma center in October.

The process of designating Solano County's only advanced trauma center culminates on Oct. 10. That is when an independent panel delivers its recommendation to the governing board of the Solano Emergency Medical Services Cooperative, the agency that will decide which hospital is best suited to treat the most serious traumatic injuries.

NorthBay Medical Center and Kaiser Permanente's Vacaville facility were the only two applicants for the Level II status. The designated hospital will treat trauma patients who must now be flown out of the county for treatment of head and spine injuries.

"Dr. Jeffrey Dembner has worked with us to assemble a team of neurosurgeons available not only around the clock, but also available for follow-up care," explained Deborah Sugiyama, President of NorthBay Healthcare Group. "What makes us unique from the others is that Dr. Dembner lives and works in this community. He takes ownership of our program and helped build it. He spends all of his time in our Fairfield hospital and has a long-term commitment to this community."

Not only will trauma patients with head and spine injuries get treatment sooner with a Level II center in Fairfield, they will receive comprehensive follow-up services close to home. That eliminates a hardship on families who otherwise would have to travel long distances to be with their loved ones.


On Monday, July 15, NorthBay submitted a compelling case to receive the designation, documenting

all of the reasons why it is the better choice for advanced trauma care. The independent panel visited the Fairfield hospital on Aug. 19.

Distinguishing it from the other applicant, NorthBay clinical leaders noted: NorthBay's Fairfield hospital is by far the more complete medical center with a long-established labor and delivery department, a neonatal intensive care unit, a comprehensive cardiac and vascular surgery program, and around-the-clock physician coverage of all major specialties, from pediatrics to orthopedics.

The Fairfield hospital is located in the heart of the county, much closer to the population centers. Additionally, travel times to it are much shorter for most of the county compared to the Vacaville campus of the other hospital vying for the designation.

"We are confident the surveyors saw the obvious differences between the two applicants for Level II," said Kathy Richerson, Vice President and Chief Nursing Officer. "Our trauma leadership has been in place from the first day we began designing and building our trauma program. Our team has been consistent. It has not changed leaders midstream. And our physicians, nurses and staff have been enthusiastic in their support of this initiative. We are all on the same page."

For more information about NorthBay Trauma Center and stories about the lives it already has saved, visit NorthBay.org/trauma. 



Fall Prevention at Home and Work

NorthBay Healthcare's program goes beyond the initial life-saving treatment of traumatic injuries and the necessary rehabilitative care that follows. In fact, great effort is being put into injury prevention.

For instance, the No. 1 cause that sends people to NorthBay Trauma Center is falls—accidents in the home and at work. A team of health educators from NorthBay has spent hundreds of hours at community events, spreading the word of how you can reduce the chance of being a victim of a fall.

NorthBay is a major supporter of the Fall Prevention Partnership of Solano County's Senior Fitness Festival Sept. 18 at the Kroc Center in Suisun City. It will feature dance classes, interactive displays, classes and plenty of information from medical experts on fall prevention. Call (707) 643-1397 to register for the event, which runs from 9 a.m. to 1 p.m.

NorthBay.org publishes information on its trauma website to keep people out of the emergency rooms. Critical topics include:

- ▲ Drunken driving
- ▲ Bicycle safety
- ▲ Driving while distracted—texting
- ▲ Dog bite prevention
- ▲ Car seat safety
- ▲ Falls in the home and at work

Visit NorthBay.org/trauma to learn more.

Grateful: From the Bottom of His Mended Heart



Tim Woodson of Fairfield was Christmas shopping at the mall on Dec. 22, 2012, when he began to feel nauseous and his upper body started to cramp. He put away his wallet and went home, thinking he just needed to stretch out because of his rigorous session at the gym that morning. His pulse was weak, his hands were cold and he knew something wasn't right. His wife, Cathy, called 9-1-1.

Minutes later, Fairfield Fire Department paramedics arrived and Tim's life changed forever. The 49-year-old Kaiser Permanente member was experiencing a massive heart attack, the same kind that killed his father when he was 49.

Tim, a health and safety coordinator for a Martinez engineering and remediation company, was given an EKG en route to the hospital to determine the severity of the heart

attack. It was a STEMI—a fancy medical term for ST Elevation Myocardial Infarction—the most serious of heart attacks. He was rushed to NorthBay Medical Center, Solano County's only Chest Pain and STEMI receiving center.

He went through the Emergency Department and straight into the cardiac catheterization lab where two stents were inserted. He was placed on an intra-aortic balloon pump, which earned him the nickname, "Balloon Man," for the duration of his stay.

"That was the scariest thing—having to listen to the balloon's whooshing sound all the time," he recalls with a chuckle.

"I remember almost every detail of my experience, including being wide awake when I received the first of four shocks to my heart,"

Tim says. "It was like a bolt of lightning hit me in the face. I remember yelling out, and that's about it."

Four days later, he underwent quadruple bypass surgery performed by cardiothoracic surgeon Sarah Minasyan, M.D. At the same time, the staff was warning his family that he was in pretty bad shape.

But they didn't know Tim Woodson. He wasn't about to give up.

Roller-Coaster Recovery

The active and spirited father of two boys was ready to mount a challenge to overcome not only the physical effects of the heart attack, but the emotional and spiritual scars as well. "The worst part of my recovery was the emotional roller coaster," he recalls. "I wasn't prepared for the extreme ups and downs during my recovery. I spent many days in bed crying and wondering why and how this all happened to me. I thought because I was fairly active that I was healthy."

Tim was used to rigorous hikes and bike rides with his sons, Alec, 15, and Bryce, 13, with the local Boy Scout chapter. He loved camping and kayaking and even tried a zip line. He taught CPR, but when his heart attack hit, he didn't recognize it. "I didn't realize that I was vulnerable because of heredity," he says simply. "However, I know now that if I hadn't been as active as I was, I probably wouldn't have survived."

Seeking a Support Group

Tim spent about a week in NorthBay Medical Center's critical care unit and later was sent home. It was then he realized that there is no Solano County support group for cardiac patients. "I needed to talk to someone who had been through something similar," he says. So he joined a few Facebook groups, including the Under 55 Heart Attack Survivors, Heart Attack Survivors Unite (HASU), and the I Survived Bypass Surgery group.

"These groups were a tremendous help," he says. "We shared stories, recipes, recovery tips and emotional support."

But Tim wanted more. He discovered that Mended Hearts, a national support group, once had a chapter in Solano County, but that it had folded. So he drove into Walnut Creek to attend monthly meetings.

Now he's determined to create a chapter in Solano County—stepping up to accept the duties of president—so other patients like him will have the support they need, close to home. NorthBay has already offered to host the group and provide expert medical speakers for some of the sessions.

Tim is also being trained as a "support visitor" for others who have experienced cardiac events. His first day home, it was a challenge to walk to the nearest street corner and back. But now he walks and exercises about four miles every day. He's also changed his diet. Now he's a vegetarian, dropping 45 pounds in the process. His diabetes is under control and his cholesterol has dropped.


Inspiration and Action

He's been inspired watching his son's track and cross country team at Armijo High. "I see their personal determination, and it's encouraged me to walk or jog every day at the gym or in the park." He recently participated in his first 5K and plans to sign up for future events.

Today, Tim says he feels healthier than he did before his heart attack.

In June, he came back to NorthBay Healthcare to say thank you to staff who helped him through those difficult first days. He brought his heart-shaped pillow—given to cardiac surgery patients for help in their recovery—and had staff sign it. "We love hearing from our patients," says Judy Winters, director of critical care. "It's a huge part of our mission—compassionate care, close to home."

Tim's family accompanied him on the visit, and hugs were shared all around. "From the people who cleaned my room, to the nurses, surgeons and administrative staff, I am grateful for all their help," he says.

To learn more about the progress of the local Mended Hearts chapter, meeting times and locations, call Tim at (925) 408-3642 or email mendedhearts357@gmail.com. 

The active and spirited father of two boys was ready to mount a challenge to overcome not only the physical effects of the heart attack, but the emotional and spiritual scars as well.



Quadruple bypass patient Tim Woodson holds on to his heart pillow as he visits with some of the team who helped during his recovery. From left to right are: Jaime Gapasin, R.N., Maureen Allain, R.N., Director of Critical Care, Judy Winters, R.N., and Dr. Sarah Minasyan.

Journey to a Healthier Lifestyle



Six months ago, Rick Hovey would never think of walking to the post office. Or the grocery store. Or anywhere, for that matter.

That was before the Dixon resident took NorthBay Healthcare's seven-week Journey to Health course and changed his life forever. Now 40 pounds lighter, Rick, 48, is walking five times a week, leading discussions about health and fitness online with kindred spirits and trying out new, healthy recipes. He's even taken up hiking — for fun!


"Now I think more about my health and doing things," he explains. "I don't take the easiest way, but the way that will keep me moving. I ride my bike to pick up prescriptions. Anything, just to keep active."

Rick was recommended to the program by his primary care physician, Dr. Shanaz Khambatta. He was overweight, had high blood pressure and Type 2 diabetes.

He said the class provided a lot of good information in a short amount of time. "Some of it was stuff I already knew, but it was good to hear it again. And it brought out my competitive nature. I wanted to do better than anyone else."

So he challenged his classmates to join him for an evening walk. Even after the course concluded, he still meets another classmate for hikes in Lagoon Valley once or twice a week when the weather allows.

He also set up a chat room on myfitnesspal.com, a site he has found really helpful because he journals and tracks his food intake, to ensure he has a good mix of fiber and nutrition.

"I make very different food choices now," says Rick. "I did away with most of the common carbs and now go with whole grains. I'm more experimental in my cooking, and I eat a lot more straight vegetables and lean protein." 



Rick Hovey is enthusiastic now about adding steps—and years—to his life.



Maria Escalera is measured by Patti Jo Manhart, clinical assistant manager for the Green Valley Center for Primary Care.

Everyone's Path Will Be Different

For one man, it was all about losing weight and getting in shape. A woman explained that her brother's stroke and a family history of diabetes served as a wake-up call. Yet another said it was finally time to make time for herself, after a lifetime of caring for others in her family.

Everyone's path is different, but there was one thing this group had in common: participation in NorthBay Healthcare's seven-week Journey to Health course.

Created and facilitated by a doctor, a psychologist, a physical therapist, dietitians and a team of nurses, the pilot program launched in the spring and by summer was a full-fledged success. "Most people want to be healthy, but sometimes get lost along the way," explains Shahzad Anwar, M.D., one of the program's creators. "They might need just a little extra guidance to make better choices and get back on track. I'm hoping this course can help them learn to take better care of themselves and their families."

Dr. Anwar wanted to design a program that would promote exercise and fitness and make it part of a patient's medical treatment plan. He began meeting with others at NorthBay who were interested in

continued on p. 22 >>

Different Paths

partnering on the program, and a year later, Journey to Health was born.

“It is absolutely something I recommend for all patients and families so that they may enjoy the benefits of exercise and receive the social, mental and physical benefits one can achieve through a healthy lifestyle,” he says.

Dr. Anwar has a bachelor’s degree in exercise physiology and is certified by the American College of Sports Medicine as a fitness specialist. “If someone thinks they’re too old or out of shape to exercise, I have some ideas that might surprise them,” he says.

A fall series begins Sept. 19, with different topics slated every Thursday,

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“Congratulations, you’ve made a great decision to start your journey to good health. We’re here to help you find your way.”
.....

—Tiffany Montoya, R.N.



Sylvia Murillo, medical assistant, measures the height of Shelley Long, a participant in NorthBay Healthcare’s seven-week Journey to Health course.

ending Oct. 31. Cost is \$60 per person, or \$100 for a couple for the seven-week course. The program includes classes on nutrition, exercise, behavior modification and stress management, according to organizers Cathy Ono, R.N., and Tiffany Montoya, R.N., both Primary Care Health Coordinators.

Other highlights include strengthening exercises and a shopping excursion that teaches “students” how to read labels and purchase the healthiest choices.

Each series begins with a flurry of health assessments, which include taking measurements and weight, chatting with all the physicians and presenters and setting goals.

“Congratulations,” Tiffany told a recent class. “You’ve made a great decision to start your journey to good health. We’re here to help you find your way.”

Visit NorthBay.org/Journey to register. For more information, call (707) 646-5489. ☎

Healthier Living for Those with Chronic Conditions



Anyone living with a chronic disease is invited to participate in “Healthier Living with Chronic Conditions,” a self-management program offered by NorthBay Healthcare, Solano Public Health and the Area Agency on Aging. Healthier Living is an award-winning program developed by Stanford University to help people better manage chronic health conditions, to live a happier, healthier life.

Patients with ongoing health conditions, as well as family members and caretakers, are encouraged to attend this free course, according to organizers Tiffany Montoya, R.N., and Cathy Ono, R.N., both Primary Care Health Coordinators (left to right in photo).

The six-week program has been offered at various locations throughout Solano County in both English and Spanish. The next course series in English will run from 4:30 to 7 p.m., starting Oct. 1 at the Center for Primary Care Hilborn Road facility in Fairfield.

For a list of current dates and locations, visit NorthBay.org/healthierliving or call (707) 646-5469. ☎

Robots Roll to Help When ER Encounters Mental Health Cases

Two InTouch Health robots that rolled onto the NorthBay Healthcare campus in 2011 now have new responsibilities. In addition to helping NorthBay hospital staff connect potential stroke patients with experts in Sacramento, they’ll also be available to help in cases where patients in the Emergency Department appear to have mental health issues, according to Patty Kramer, director of Social Services.

The new service, called Tele-Mental Health, will allow emergency room doctors to reach out 24/7 to psychiatrists who are part of the Dignity Healthcare team of contracted providers.

“We are very excited about this new service,” says Seth Kaufman, M.D., medical director of Emergency Services at NorthBay. “Acute psychiatric complaints such as feelings of depression and suicidal thoughts are common. Having the availability of a psychiatrist 24 hours, seven days a week will greatly improve our care by allowing an earlier intervention, including medication adjustments and hospitalization if needed.”

To be clear, the robots will only be used to assess what’s going on with a patient’s mental health while their physical needs are being addressed. The service is not intended to provide ongoing mental healthcare. “The psychiatrists will be able to offer recommendations for medications and interventions that might help,” says Kramer.

Nicknamed ROMEO and Doc ‘n’ Roll, the medical-mechanical amalgamations have been rolling to patient’s bedsides at NorthBay Medical Center and NorthBay VacaValley Hospital since 2011, connecting NorthBay staff to experts at Dignity Health’s Mercy Neurological Institute of Greater Sacramento.

“That program turned out to be a very successful partnership and encouraged us to move forward with this plan, so we now have a psychiatric connection 24/7. And while it’s a new use of the technology, it’s not new technology at all—our staff is well-versed in working with the robots,” says Kramer. ☎



Image courtesy of Intouch Health

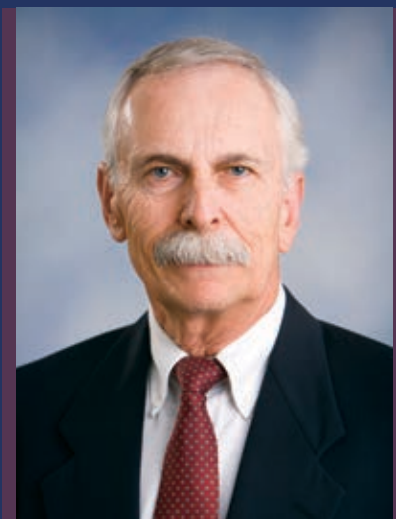
Choose NorthBay Healthcare During Open Enrollment

This fall during open enrollment, choose a health plan that lets you stay close to home while receiving care from the highly rated physicians at the Center for Primary Care, a NorthBay affiliate. With three locations, you’re sure to find an office that is convenient for you and your family. And those physicians treat their patients at our local hospitals—NorthBay Medical Center in Fairfield and NorthBay VacaValley Hospital in Vacaville.

NorthBay Healthcare offers an array of services available nowhere else in Solano County, including the NorthBay Heart & Vascular Center, a Chest Pain Center, and a wound center with the only civilian hyperbaric oxygen therapy chambers.

Major health plans that contract with NorthBay include Aetna PPO; Anthem Blue Cross PPO; Blue Shield HMO, PPO and POS; Cigna HMO, PPO, POS and EPO; UnitedHealthcare PPO; TriCare Prime, Standard, Extra and TriCare for Life; and Western Health Advantage.

For further information about the many services offered by NorthBay Healthcare, visit NorthBay.org or call (707) 646-3280.



Jim Lawrenz was quick-witted, a “maestro of one-liners,” honest, quiet and humble; a man who always found a way to give back and to try to make a difference.



Jim's wife, Heidi Campini, is presented with an American flag in his honor.

Touching Tribute *for* Jim Lawrenz

Several hundred people assembled at NorthBay Healthcare's Green Valley Administration Center on July 31 to honor the life of Jim Lawrenz, president of the NorthBay Healthcare Foundation Board of Directors. Jim passed away on July 9, 2013 following a long battle with cancer.

The memorial service opened with a moving bagpipes rendition of “Amazing Grace.” An Honor Guard from Travis Air Force Base fired a three-gun volley salute, played “Taps,” and presented a folded American flag to Jim's wife, Heidi Campini.

Pastor Todd Bertani from St. Mark's Lutheran Church in Fairfield presided over the service that also included eulogies from four of Jim's closest friends. Gary Yates, a childhood friend from Tomah, Wis., recalled sharing a happy childhood with Jim, where Saturday afternoons were spent watching cartoons and Westerns at the local theater, and playing games of golf that Jim always seemed to win. “He was a great friend and neighbor.”


Others, who befriended Jim during his years with the Air Force or as a pilot for World Airways or United Parcel Service, recalled an even-keeled man who was quick-witted, a “maestro of one-liners,” honest, quiet and yet humble, but who always found a way to give back and to try to make a difference.

Wayne Senalik, vice chairman for the NorthBay Healthcare Foundation Board of Directors, introduced a short video tribute that included portions of Jim's recent speech at NorthBay's Cancer Survivor Day celebration. “After he spoke at that celebration, two women came up to him and said his speech had made a difference in their lives,” recalled Bob Olson, a fellow airline captain. “That meant a lot to Jim, hearing that. He has made a difference in all our lives.”

Pastor Bertani told the audience that just that morning, he was visiting a family with a newborn in NorthBay Medical Center's Neonatal Intensive Care Unit. “And it hit me—the impact that he and the NorthBay Healthcare Foundation have made to make it all possible,” he said. “He made a difference.”

The service concluded with “God Bless America,” sung a cappella by Colleen Knight, NorthBay Healthcare Foundation executive assistant.

Both Jim and Heidi have been well-known within the Fairfield and Vacaville communities for their commitment to several philanthropic endeavors, and especially for their support of NorthBay Healthcare.

“Jim and Heidi have been wonderful ambassadors for us for many, many years,” noted Gary Passama, president and CEO of NorthBay Healthcare, in the video. “He was a man who didn't like to call attention to himself. But he was an effective and even-handed leader, and it was a pleasure to go to the board meetings when he was presiding. He will be missed.” 



Amazing Adventures in NURSE CAMP

NorthBay Healthcare marked the ninth year of its wildly popular Nurse Camp with 33 high school students from across Solano County participating in the four-day event in late June.

The event is presented by a team of 25 registered nurses who also work in the organization's Nurse Ambassador Program at local high schools. Their goal is to introduce teens to the world of nursing at an age when they are choosing careers.

This year, camp organizers have reason to celebrate. One of the very first nurse campers, Katy Stoltz, earned her nursing degree in San Diego. And a second participant, Liz Allard, is attending nursing school. Both girls are Vacaville High School graduates.


Nurse Camp founders Maureen Allain, R.N., and Mary Hempen, R.N., attended Katy's pinning ceremony. Katy will begin her nursing career in the pediatric intensive care unit at Children's Hospital in Los Angeles.

“When we started Nurse Camp in 2005 we had a program with no students,” Hempen

remembers. “A week before our first camp we had to go out and recruit every one of the teens who attended. Katy came and just loved it.”

Today, positions in Nurse Camp are highly coveted and applicants have less than a 50/50 chance of getting into the four-day program. The students visit a wide range of departments at both NorthBay Medical Center in Fairfield and NorthBay VacaValley Hospital in Vacaville, including the Emergency Department, Operating Room, Labor and Delivery, the Cardiac Catheterization Lab, the Neonatal Intensive Care Unit and the Intensive Care Unit. They examined emergency response vehicles and talked to a flight nurse when a CALSTAR medical helicopter landed at VacaValley Hospital.

“Year after year, nurse camp graduates say the best part of their experience is the personal interaction with NorthBay nurses,” said Allain.

“We have so many great nurses involved in making this program a success. We all love nursing and want to share this wonderful profession with as many students as we can.” 

Nurse camp graduates say the best part of their experience is the personal interaction with NorthBay nurses.





Ride to Defeat Diabetes

Dr. Deborah Murray, left, leads a 10-mile ride with young diabetic Colin Kent, center, and Colin's mom, Michelle, at NorthBay's inaugural Ride to Defeat Diabetes in 2012. This year's event—which will feature a 10-, 25- and 60-mile rides—is planned for Sunday, Oct. 6 and will begin at the NorthBay VacaValley Hospital parking lot. Money raised will benefit the NorthBay Center for Diabetes & Endocrinology and its mission to raise awareness of the diabetes crisis in Solano County. To register, visit northbay.org/r2d2.



Walk to Fund Alzheimer's Program

A team of NorthBay Healthcare walkers is inviting members of the public to join them for a loop around the Suisun City Harbor Plaza Saturday, Oct. 26 in a Walk to End Alzheimer's.

The event is being organized by the national Alzheimer's Association. The NorthBay Adult Day Center will receive half of all the proceeds it raises if NorthBay's team can bring in more than \$4,999, according to Sandy Perez, manager of the center.

Sandy's goal is raise at least \$5,000 and to have 100 or more people join the NorthBay team. Check-in for Solano County's Walk to End Alzheimer's event begins at 8:30 a.m., and walkers take off on the three-mile route around Harbor Plaza, beginning at 10 a.m.

Anyone wishing to join the NorthBay team is encouraged to go to <http://act.alz.org/goto/northbay>. Team members will receive a special NorthBay T-shirt to wear that day; anyone raising more than \$100 will also earn a "Walk to End Alzheimer's" T-shirt. For more information, contact Sandy at sperez@northbay.org, or call 624-7973.

30th Annual Golf & Tennis Classic Supports Trauma

NorthBay Guild's 30th annual Golf & Tennis Classic's traditional "shotgun start" was replaced with the wail of an ambulance siren, in keeping with its mission to raise funds for the NorthBay Trauma Center, according to Jane Schilling, director of Volunteer Services.

And raise funds it did—\$50,000-plus, says Schilling, of the July 15 event at Green Valley Country Club.

This was the third of five years in which the Guild has promised to raise funds for the trauma program. All participating golfers and tennis players also received Cal-OSHA-approved First Aid Kits, and many of the Guild volunteers and NorthBay employees who staffed the tees and holes wore purple and black, colors that support trauma, Schilling adds.

Special recognition was also given to the late Juanita and George Tomassini, long-time NorthBay supporters who hosted the first tournament 30 years ago to raise funds for emergency care.

At many tees, participants found food and beverages donated by local merchants, or games of chance as additional fund-raising opportunities. The day concluded with a buffet dinner and awards presentation.

"We couldn't have asked for better weather, and we're pleased that the golf and tennis tournaments are able to support NorthBay's trauma needs," Schilling says. "We couldn't do any of this, however, without the help of our tireless volunteers and the generous support of our sponsors."



Welcome New Physicians



Miya Allen, M.D.

Miya Allen, M.D., endocrinologist, has joined the Center for Diabetes and Endocrinology, a NorthBay affiliate, in Green Valley. Dr. Allen earned her medical degree from UC Irvine School of Medicine. She completed her internship and residency in internal medicine at UC Davis Medical Center in Sacramento followed by a fellowship in adult clinical endocrinology. She is board-certified in internal medicine. To make an appointment with Dr. Allen, call (707) 624-7999.



To learn more about NorthBay physicians, visit northbay.org.



Tawhid Gazi, M.D.

Tawhid Gazi, M.D., gastroenterologist, has joined Gastroenterology, a NorthBay affiliate, in Green Valley. Dr. Gazi earned his medical degree from Tufts University School of Medicine in Boston. He completed an internship and residency in internal medicine and a fellowship in gastroenterology and interventional endoscopy at Tufts New England Medical Center. He is board-certified in gastroenterology. Prior to joining NorthBay, Dr. Gazi was chief of gastroenterology at Providence Health Center in Waco, Texas. To make an appointment with Dr. Gazi, call (707) 646-3555.



Melissa Schoenwetter, D.O.

Melissa Schoenwetter, D.O., rheumatologist, has joined the Center for Specialty Care, a NorthBay affiliate, in Vacaville. Dr. Schoenwetter graduated from Western University of Health Sciences in Pomona. She completed a residency in internal medicine at David Grant Medical Center at Travis Air Force Base in Fairfield, and a fellowship in rheumatology at Cedars-Sinai Medical Center in Los Angeles. She is board-certified in internal medicine and rheumatology. To make an appointment with Dr. Schoenwetter, call (707) 624-8530.

Genentech, River Cats Help Our Cancer Patients

Triple-digit temperatures couldn't keep hundreds of NorthBay Healthcare employees, friends, family members and cancer patients from coming to a River Cats game on Saturday, June 29. The crowd came to kick off the start of Genentech's "Strike Out Cancer" baseball season fundraiser, which benefits NorthBay Cancer Center.

The NorthBay contingent filled a section of the Raley Field ball park in West Sacramento, waving white sound-makers in a show of support for Genentech. For the third year, Genentech has promised to donate \$100 for every strike out a River Cats pitcher throws at a home game, up to \$50,000, through the season's end in September. "I was extremely excited to see so many employees participated this year," said Brett Johnson, president of the NorthBay Healthcare Foundation. "Even though it was very hot, both NorthBay and Genentech had an outstanding showing at the game. The River Cats personnel were also impressed with the turnout."

Not only did NorthBay nearly fill up a large section with its supporters, but several special guests were feted at the event. Three patients—Pat Mcknight, Margarita Lopez and Lori Guerrieri—who received Genentech cancer-fighting drugs, and who had been treated by NorthBay, were featured during a special pre-game video. The patients were also invited to come down to the field before the game and Pat tossed out the first pitch. They then enjoyed the ballgame from private box seats as guests of Genentech and the River Cats.



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Annual Flu Shot is a Healthy Choice



Flu season is almost here and the Centers for Disease Control (CDC) recommend getting your annual flu shot as soon as the vaccine becomes available. Influenza (the flu) is a contagious respiratory illness caused by a variety of viruses. It can cause mild to severe illness, and, at times, can lead to death.

Some people—such as older people, young children, and people with certain health conditions—are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

An annual flu shot is needed because flu viruses are constantly changing, according to Mercille Locke, R.N., an infection preventionist at NorthBay


Medical Center in Fairfield. Also, the protection offered by a flu vaccine declines over time, depending on your age and health.

Each year, laboratories around the world collect flu viruses to determine what strains will be most active during the upcoming flu season. From this information three virus strains are selected for the flu vaccine that is offered in the fall. The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the United States in January or February. However, seasonal flu activity can begin as early as October and continue as late as May.

The CDC advises everyone age 6 months and older to get a flu vaccine every year. It is especially important

that certain people get vaccinated, including pregnant women, people age 50 and older or younger than 5, anyone with certain chronic medical conditions, such as diabetes and asthma, and people who live in or work in nursing homes or long-term care facilities.

It takes about two weeks for your body to build antibodies after you receive the shot. During that time you may still get the flu. Whether you get your vaccination early or late in the flu season, you will be protected for the entire year.

Talk to your physician about receiving this year's flu vaccination. More information can be found at northbay.org. 



Hypno Diva Marsha Starr is ready to mesmerize her audience at NorthBay's fourth annual Girls' Night Out.

Hypno Diva Marsha Starr Featured at Girls' Night Out


The NorthBay Center for Women's Health and Spirit of Women's Annual Girls' Night Out is Friday, Oct. 4, at the NorthBay Healthcare Administration Building in Green Valley.

Headlining this year's event is Hypno Diva Marsha Starr. Trained in Las Vegas by the distinguished comedy hypnosis headliner at Planet Hollywood, Starr brings her expertise to the stage in a show that's defined as a fast-paced, action-packed roller-coaster ride of hilarity.

Starr has been delighting, enthralling and mesmerizing audiences of all ages from California to New York, where she was featured on Broadway.

The evening's theme is "You've Come a Long Way, Baby" and 1920s Speakeasy attire is encouraged. Boutique shopping is from noon to 7:30 p.m. The show begins promptly at 7p.m.

Tickets are \$30 for Spirit of Women members and \$35 for general admission. Proceeds from the event benefit NorthBay's Cancer Center, Center for Women's Health and Women's and Children's Services.

For further information, please call the NorthBay Women's Health Resource Center at (707) 646-4267 or visit NorthBay.org. 



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.

Labor of Love—Weekend Class • A prepared childbirth class for moms and dads or coaches. Held Friday evenings and Saturdays. Cost: \$75. 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 • For anyone involved in caring for a loved one with Alzheimer's disease or a dementia-related illness. Meets second Wednesday of month, 7 to 9 pm at the Adult Day Center. Cost: Free. Call (707) 624-7971.

Grief and Bereavement Support Groups • Four adult support groups meet on a weekly basis in Fairfield. Cost: Free. Call (707) 646-3517.

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

The Annual Sand Remembrance • Sunday, Dec. 15, 7 p.m., Women's Health Resource Center, Ste. 100, 1860 Pennsylvania Ave., Fairfield. RSVP: (707) 646-5433.

Teen & Children's Bereavement Support Groups • A teen support group meets every other Monday 6:30 to 8 p.m. Children's support groups are scheduled, as needed, on specific Wednesdays, 6:30 to 8 p.m. Cost: Free. Call: (707) 646-3517.

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

Grief & Bereavement Support Group for Adults Who Have Lost a Loved One to Suicide Group • Meets every other Monday from 6 to 7:30 p.m. Cost: Free. Call (707) 646-3517.

New Beginnings Support Group • For stroke survivors, caregivers and family members. Third Tuesday of the month, 10 to 11:30 a.m. in the NorthBay Women's Health Resource Center, 1860 Pennsylvania Ave., Ste. 100, Fairfield. Cost: Free. Call: (707) 432-5710.

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



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.

NorthBay Cancer Support Group • Connect with other cancer patients to offer support, resources, education and coping tips. Second and third Thursdays of each month; NorthBay Women's Resource Center, 1860 Pennsylvania Ave., Fairfield. Cost: Free. Call (707) 646-4045.

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

Laugh Out Loud • A class on urinary incontinence. Do you control your bladder or does your bladder control you? Learn the latest treatment options, including pelvic floor exercises. Cost: Free. For class dates and to reserve your seat, please call: (707) 646-4150.

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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
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- Nursing
- Service

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

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