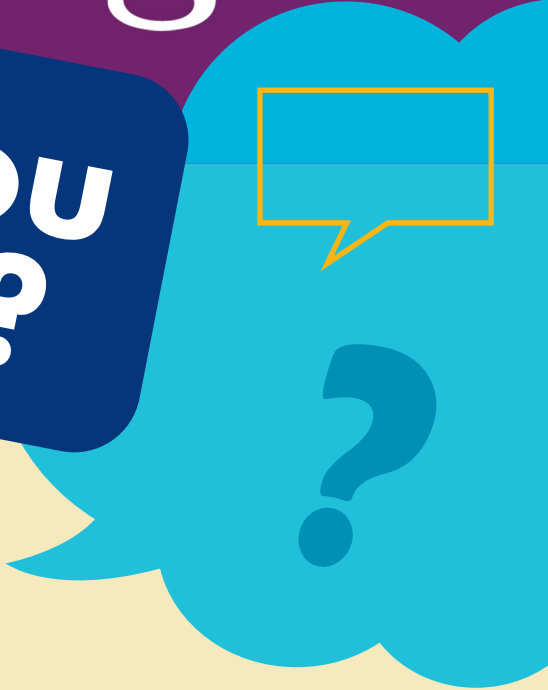
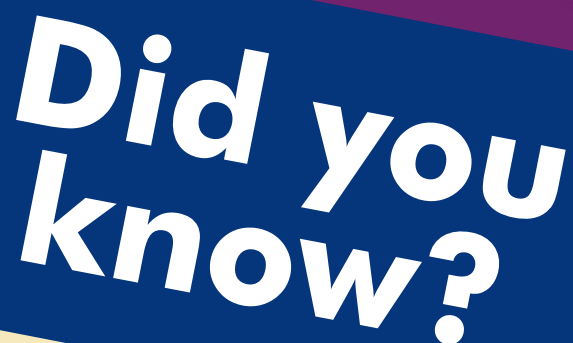




Wellspring



Did you know?



NorthBay's a Great Choice!

- ▶ Family Physicians
Who Listen to You
- ▶ Top-notch Specialists
Across the Spectrum
- ▶ Advanced Medicine,
Advanced Technology



You Have Questions? NorthBay Has Answers

Each year tens of thousands of Solano County residents have the opportunity to determine their health care future. It's called "open enrollment" and it is here. For NorthBay Healthcare it is a time when we renew our efforts to inform you about your choices and why our

community-based, independent provider of advanced medicine may be your best choice. In this issue of *Wellspring*, you will find what I believe to be a compelling invitation to join us.

At a time when hospitals are closing, or are surrendering to corporate consolidation, NorthBay Healthcare is fighting tirelessly to buck that trend. A group of local physicians and community leaders 65 years ago declared that Solano County should have an alternative to the goliath systems that seek to gobble up innovative competitors or put them out of business.

But six decades later, we are still here.

Not content to be only a meek, ordinary community hospital, generations of NorthBay leaders pursued a path to clinical excellence without sacrificing community service and compassion for everyone who requires care, regardless of their ability to pay for it.

We are the most comprehensive advanced health care system in Solano County. That is because we not only developed the most sophisticated services, but we have recruited the most talented health care professionals who flourish in a workplace that values competence, collaboration and communication.

We are doing health care differently. That was the directive of our founders, one that we follow to this day.

This may be news to some of you. That's why this edition of *Wellspring* asks the question, "Did you know?"

Yes, we do brain surgery. Yes, we will deliver your newborn in the county's only "Baby Friendly" designated hospital. Yes, we will take care of you from birth to your final days.

Our capable health care team is not afraid to seek a second opinion when you have a complex condition. Being a member of the Mayo Clinic Care Network means we can bring in experts from the world-renowned leader in research and treatment. Together, we can provide you the most knowledgeable diagnosis and treatment options.

I hope you will take the time to peruse this *Wellspring* and learn just how NorthBay Healthcare can make a difference in your life.

B. Konard Jones
President and Chief Executive Officer

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Our collaboration with Mayo Clinic, through the Mayo Clinic Care Network, allows more patients to stay home for answers to complex medical questions.



*NorthBay's a
Great Choice!*

Did you know?

You may know that NorthBay Healthcare has a couple of hospitals—one in Fairfield and one in Vacaville. But did you realize it has an entire health care system as well, filled with primary care and specialty care services?

Did you know that NorthBay employs more than 2,700 men and women and has numerous medical office buildings at six locations—three in Vacaville, two in Fairfield and one in Green Valley?

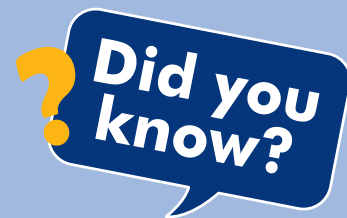
Would it surprise you to learn that brain surgeries and heart surgeries are scheduled every week at the NorthBay Medical Center campus? That stents placed in cardiac catheterization units actually prevent hundreds of heart attacks? That the most fragile babies get a strong start in NorthBay's Neonatal Intensive Care Unit? And that the NorthBay VacaValley Hospital campus is home to the NorthBay Cancer Center and the NorthBay Joint Replacement Program?

In fact, NorthBay Healthcare is the most comprehensive healthcare system based in Solano County.

Here's more to ponder:

- Solano County's only medical fitness center is NorthBay HealthSpring Fitness in Vacaville. Your physician (NorthBay or not) can prescribe a Movement is Medicine Program that pairs you with a fitness coach for an eight-week regimen.
- In May 2016, NorthBay Healthcare became the first health care organization in northern California to join the Mayo Care Clinic Network. This formal agreement gives NorthBay Healthcare access to the latest Mayo Clinic knowledge and promotes collaboration among physicians to benefit patients.
- Breast reconstruction can be done at the same time as tumor removal, thanks to our oncoplastic surgeon.
- At NorthBay Medical Center in Fairfield, construction should be completed in 2019 on a new three-story

Continued on Page 9...



All About Access

Convenience in accessing care is a valuable consideration when choosing your health care provider. Accessing care where, when and how you want it is one way NorthBay Healthcare is making sure patients always come first.

Here are some of the ways NorthBay can help:

Care 'til 8 service is provided at our Center for Primary Care on Nut Tree Road in Vacaville and on Hilborn Road in Fairfield. This is a lower-cost, more convenient alternative to our hospitals' emergency rooms, which are designed to care for patients with more serious medical problems. Call (707) 646-5500 for an appointment.

NorthBay Urgent Care offers immediate medical attention for non-life-threatening medical conditions—the perfect alternative to the emergency room (with shorter waits and lower cost), or when you can't get in to see your regular doctor.

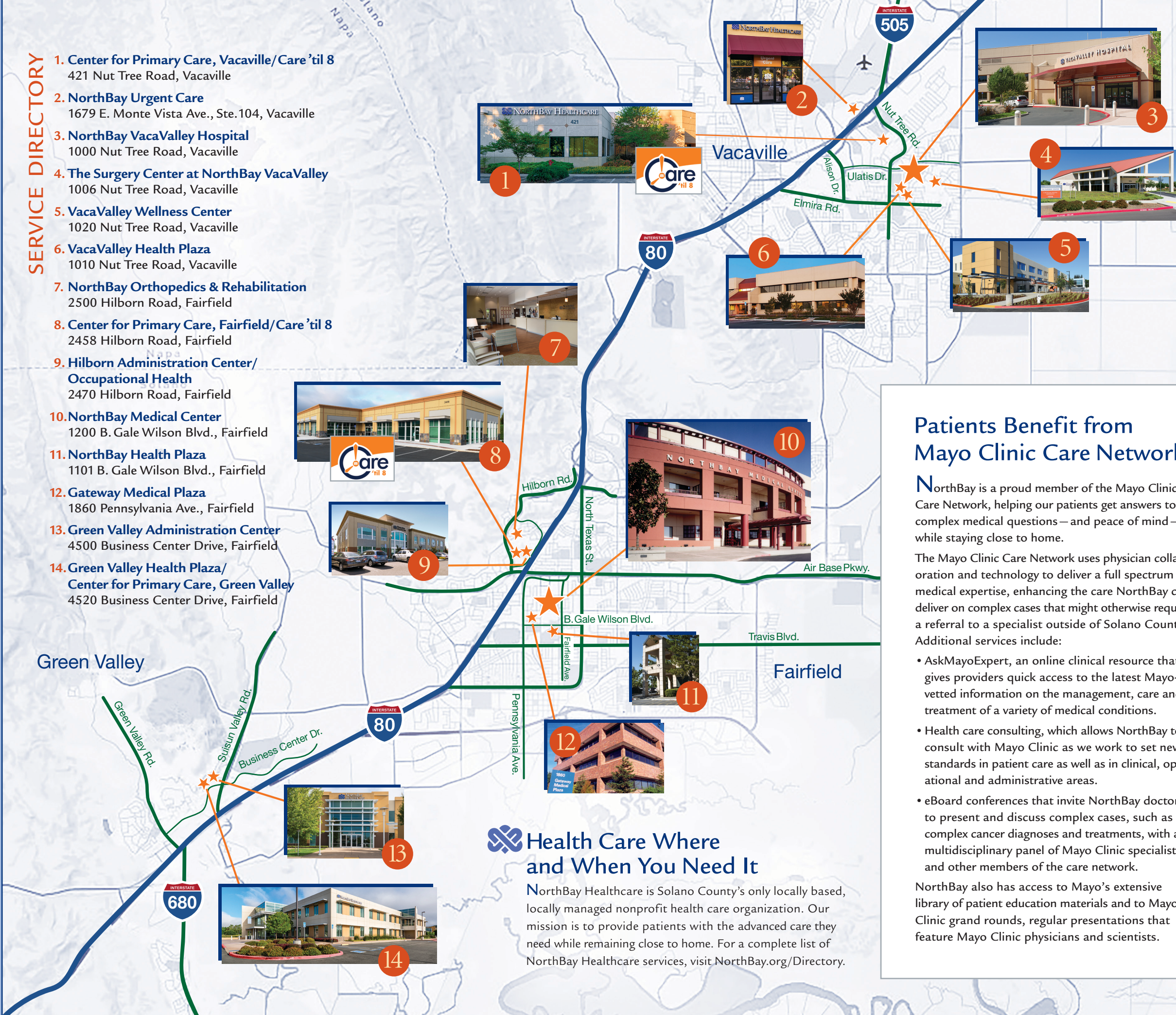
Set in a retail shopping center in Vacaville, the urgent care center is also convenient and you can check in via your smart phone for a same-day appointment. Call (707) 624-7400 or visit northbay.org/urgent-care.

MyNorthBayDoc is a secure online connection to your NorthBay doctors and your health records. With this service, you can view hospital discharge information, your lab results and medical records. You can also e-mail your provider directly, make an appointment, and request medication refills—all online. Enroll by calling (707) 646-5500.

Embedded Docs: If you've been to a Center for Primary Care recently, you might have noticed something new—specialists' offices. In an effort to make care more convenient for patients, some NorthBay Healthcare specialists are now holding office hours in our CPCs. Check them out on pages 4 through 8.

SERVICE DIRECTORY

- Center for Primary Care, Vacaville/Care 'til 8**
421 Nut Tree Road, Vacaville
- NorthBay Urgent Care**
1679 E. Monte Vista Ave., Ste.104, Vacaville
- NorthBay VacaValley Hospital**
1000 Nut Tree Road, Vacaville
- The Surgery Center at NorthBay VacaValley**
1006 Nut Tree Road, Vacaville
- VacaValley Wellness Center**
1020 Nut Tree Road, Vacaville
- VacaValley Health Plaza**
1010 Nut Tree Road, Vacaville
- NorthBay Orthopedics & Rehabilitation**
2500 Hilborn Road, Fairfield
- Center for Primary Care, Fairfield/Care 'til 8**
2458 Hilborn Road, Fairfield
- Hilborn Administration Center/ Occupational Health**
2470 Hilborn Road, Fairfield
- NorthBay Medical Center**
1200 B. Gale Wilson Blvd., Fairfield
- NorthBay Health Plaza**
1101 B. Gale Wilson Blvd., Fairfield
- Gateway Medical Plaza**
1860 Pennsylvania Ave., Fairfield
- Green Valley Administration Center**
4500 Business Center Drive, Fairfield
- Green Valley Health Plaza/ Center for Primary Care, Green Valley**
4520 Business Center Drive, Fairfield



Patients Benefit from Mayo Clinic Care Network

NorthBay is a proud member of the Mayo Clinic Care Network, helping our patients get answers to complex medical questions—and peace of mind—while staying close to home.

The Mayo Clinic Care Network uses physician collaboration and technology to deliver a full spectrum of medical expertise, enhancing the care NorthBay can deliver on complex cases that might otherwise require a referral to a specialist outside of Solano County. Additional services include:

- AskMayoExpert, an online clinical resource that gives providers quick access to the latest Mayo-vetted information on the management, care and treatment of a variety of medical conditions.
- Health care consulting, which allows NorthBay to consult with Mayo Clinic as we work to set new standards in patient care as well as in clinical, operational and administrative areas.
- eBoard conferences that invite NorthBay doctors to present and discuss complex cases, such as complex cancer diagnoses and treatments, with a multidisciplinary panel of Mayo Clinic specialists and other members of the care network.

NorthBay also has access to Mayo's extensive library of patient education materials and to Mayo Clinic grand rounds, regular presentations that feature Mayo Clinic physicians and scientists.

Health Care Where and When You Need It

NorthBay Healthcare is Solano County's only locally based, locally managed nonprofit health care organization. Our mission is to provide patients with the advanced care they need while remaining close to home. For a complete list of NorthBay Healthcare services, visit NorthBay.org/Directory.



Matthew Heeren, M.D., shares a joke with brothers Casey and Kevin Alvarez.

A Hit with Patients, Parents

Casey Alvarez was only 2 months old when he got his first ear infection. “It was 2 a.m. and he was running a low-grade fever and tugging at his ear,” recalled mother

Kryslyn, a phlebotomist at NorthBay Healthcare. “We’d just established as patients at NorthBay and hadn’t even seen a doctor yet. But it was the middle of the night, so I had to reach out to the on-call doctor.”

It was pediatrician

Matthew Heeren, M.D., who took the call. “He was so nice, and said, ‘We’ll get you in first thing in the morning,’ and he did,” recalled Kryslyn. “We’ve been loyal to him ever since and never looked back.”

That was six years ago. Since then, she and her husband, Omar, have welcomed another baby, Kevin, who is now nearly 2 and also a patient of Dr. Heeren’s.

“I often reach out during off hours since life and its foibles don’t just occur between 8 a.m. and 5 p.m.”

~Matthew Heeren, M.D.

“Dr. Heeren always comes in with a great greeting and bright smile,” said Kryslyn. “He sits down, gets on eye-level with my kids and really talks to them. Of course he talks to me, too, but he never forgets they’re the patient. He tells the boys what he’s doing and why, so they are not afraid.”

Dr. Heeren said he allows his young patients to size him up while he engages first with their parents during a visit. “If parents feel comfortable, then children will as well,” he said. “After questions and answers, I slowly introduce the idea of what we are going to do for the exam and make silly, age-appropriate ‘dad’ jokes. By acting in a disarming way, the kids feel fairly comfortable.”

For Kryslyn, MyNorthBayDoc has been a godsend. The online program allows patients to send an email to their doctor. “Because you never know when you might need a quick answer and Dr. Heeren always answers,” she said. “That’s very comforting to a parent.” As a parent himself, Dr. Heeren understands the anxiety. “I often reach out during off hours since life and its foibles don’t just occur between 8 a.m. and 5 p.m.”

Here’s the Scoop

At 16,000 square feet, the NorthBay Center for Primary Care in Vacaville is the largest of three primary care facilities in the NorthBay Healthcare system and also features the most primary care physicians: 10, with specialties in pediatrics, family practice and internal medicine. That’s key,



because the center at 421 Nut Tree Road expects to record more than 40,000 patient visits this year, according to Mary Jameson, director of Primary Care in Vacaville.

What’s more, the Vacaville center is growing. Construction has already begun to add four new exam rooms and remodel the front lobby, entrance desks and common corridors throughout the building. To minimize any impact on the patient, work is being done after hours and in phases. It should be completed by the end of September. “The structure was built in 1999 and needed some improvements,” said Chris Matthews, NorthBay director of real estate. “We’re trying to update and unify the design of all our medical office buildings to be comfortable and welcoming for the patient.” For more information or to book an appointment at the Center for Primary Care in Vacaville, call (707) 646-5500.

>On the Menu

Registered Dietitian Laura Hitt spends Monday and Friday afternoons at the Center for Primary Care in Vacaville providing nutrition services to patients. Initial consultations are 60 minutes, followed by 30-minute visits. Every appointment is individualized to the patient. Laura can also develop a meal plan with the patient. Ask your doctor for a referral.

>Oh, Baby!

Starting this fall, the Center for Primary Care in Vacaville will offer Friday appointments with Shanna Snow, D.O., OB/GYN. She actually started earlier in 2018, but had to take a little time off for—you guessed it—maternity leave! Dr. Snow will guide you through your pregnancy or consult with you on specific gynecological issues. All you need is a referral from your primary care physician.



Shanna Snow, D.O.

>Urology for You

You don’t need to make a trip to Fairfield to see a specialist in Urology. NorthBay Healthcare Nurse Practitioner Julian Gallegos sees patients every Tuesday morning at the Vacaville Center for Primary Care. All you need is a referral from your primary care physician.

>Care ’til 8

The Center for Primary Care in Vacaville is one of two sites that offer Care ’til 8 service for non-life-threatening medical conditions. It’s open until 8 p.m. seven days a week, with a few exceptions for holidays. Appointments may be scheduled by calling (707) 646-5500. Walk-ins accepted based on capacity. Care ’til 8 can offer relief for issues such as strep throat, bronchitis, tonsillitis, earaches, sprains, rashes, abdominal pain, pink eye, sinus infection, flu and cold, urinary tract infections, pneumonia and migraines. Care ’til 8 providers are not able to prescribe narcotics or refill prescriptions. ☒



Meet Our Physicians



Kulbir Bajwa, M.D.
Internal Medicine



Ana Cherry, M.D.
Family Medicine



Madhav Goyal, M.D.
Internal Medicine



Ali Hassani, M.D.
Internal Medicine



Matthew Heeren, M.D.
Pediatrics



Bruce Hewett, M.D.
Pediatrics



Shanaz Khambatta, D.O.
Family Medicine



Stephen Newman, M.D.
Family Medicine



Marikit Parker, M.D.
Family Medicine



Teresa Whitley, M.D.
Internal Medicine

Best Defense: Annual Exams

Get the Most Out of Your Appointment

Prepare for your annual exam by reviewing any existing health problems and making note of any changes.

Benjamin Franklin advised us that “an ounce of prevention is worth a pound of cure,” and this is particularly true when it comes to our health. Regular health exams and tests can spot problems before they start, or when the chances for treatment and cure are better. The first step toward living a longer, healthier life is to make sure you see your primary care physician at least once a year, according to Levon Tchakmakjian, M.D., internal medicine, at the NorthBay Center for Primary Care in Fairfield. To make it easier to remember, book the appointment on or near your birthday, or some other significant date. Before seeing your physician, collect some family history. Your risk of developing heart disease, stroke, diabetes or cancer might be influenced by your family history. Your physician may recommend things you can do to help prevent disease, such as exercising more, changing your diet or using screening tests to help detect disease early.



Levon Tchakmakjian, M.D., is one of several physician champions at NorthBay Healthcare who focus on helping patients obtain preventive screening tests and labs.

The NorthBay Center for Primary Care teams will be ready for you, as they have filled out a pre-visit planning form in advance of your appointment. It will highlight which preventive screening and chronic condition requirements—such as cholesterol, blood pressure or colorectal screens—are due, and flag any missing lab or radiology reports. “It’s incredibly important that we provide our patients with a complete and thorough visit,” noted Kevin West, quality coordinator for NorthBay Healthcare’s Medical Group. “Our patients count on their health care team to be their eyes and ears, and to prompt them of what screenings are needed to stay healthy. Many patients are seen by their provider only once a year, so it’s important we complete all monitoring of their health during every visit.” You can prepare for the annual exam, too, by reviewing any existing health problems and making note of any changes.

- ✗ Have you noticed any lumps or changes in your skin?
- ✗ Are you having pain, dizziness, fatigue, problems with urine or stool, or menstrual cycle changes?
- ✗ Have your eating habits changed?
- ✗ Are you experiencing depression, anxiety, trauma, distress, or sleeping problems?
- ✗ Note when any change began, how it’s different from before, and any other observation that you think might be helpful.

Finally, don’t be afraid to be honest with your provider. If you haven’t been taking your medication as directed, exercising as much, or anything else, say so. You may be at risk for certain diseases and conditions because of how you live, work and play. Your physician develops a health plan based partly on what you say you do. Share with him or her your most up-to-date and accurate information to ensure that you get the best guidance.

Here’s the Scoop

The NorthBay Center for Primary Care in Fairfield is the second-largest of three facilities in the system. Located at 2458 Hilborn Road, it is centrally located in NorthBay Healthcare’s sphere of care and is home to two internal medicine physicians, two family practice physicians, two pediatricians and a psychologist. The center’s physicians are board-certified, each bringing a personal passion to their practice, according to Rachelle Hunter, practice manager.

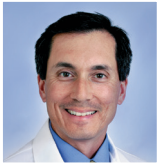


Michael Ginsberg, M.D., is a pediatrician so knowledgeable about the intricacies of Attention Deficit Hyperactivity Disorder that he cares for a large number of young patients with this condition. Judy Yang, D.O., is a pediatrician who is passionate about the Reach Out & Read program, which recently handed out its 250,000th book in Solano County. Many of those books were delivered by Dr. Yang, who gives a book to each child at their Well Child visit. She knows children develop faster and better when they are read to regularly.

To fully support the center’s psychologist and licensed clinical social worker/mental health technician, clinical support staff recently completed “mental health first-aid training.” This program taught staff how to recognize when a patient may be developing a mental health problem, experiencing a worsening of an existing mental health problem, or might be in a mental health crisis, Rachelle explained. If necessary, a “warm handshake” referral to a psychologist could be made by the physician, following the first aid assessment. For information or to schedule an appointment, call (707) 646-5500.

> Oh, Baby!

Obstetrician/Gynecologist Andrew Lin, M.D., holds office hours every Thursday from 5 to 8 p.m. For patients who prefer a female provider, Angela Brennan, D.O., and Amanda Adkins, M.D., are available during business hours to implant birth control devices or perform PAPs and other exams.



Andrew Lin, M.D.

> On the Menu

Registered Dietitian Laura Hitt spends Tuesday and Thursday afternoons at the Fairfield Center for Primary Care, offering nutritional consultations to patients. The initial visit is 60 minutes and she can develop personalized

meal plans. Ask your primary care physician for a referral.

> Care ’til 8

This is one of two sites that offer after-hours care for non-life-threatening medical conditions, and also serves as an extension of the primary care center when schedules fill up. Patients are seen by a nurse practitioner Monday through Friday from 12:30 p.m. to 8 p.m., and from 9 a.m. to 8 p.m. on Saturdays and Sundays. Hours may vary on holidays. Providers are not able to prescribe narcotics or refill prescriptions. Appointments can be scheduled by calling (707) 646-5500 and walk-ins are accommodated based on capacity.

Meet Our Physicians



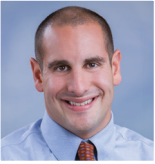
Amanda Adkins, M.D.
Internal Medicine



Angela Brennan, D.O.
Family Medicine



Douglas Freeman, M.D.
Family Medicine



Michael Ginsberg, M.D.
Pediatrics



Corinna Press, PsyD
Psychology



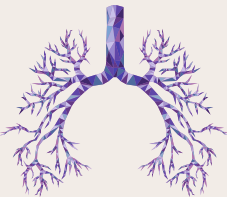
Levon Tchakmakjian, M.D.
Internal Medicine



Judy Yang, D.O.
Pediatrics

> Breathe Easy

Donald Doyle, M.D., pulmonologist, oversees a pulmonary clinic one Saturday a month for those seeking care for everything from sleep apnea and insomnia to asthma and chronic obstructive pulmonary disease.



Tackling Blood Pressure



Dr. Ehsan Ghods checks a patient's blood pressure.

The American Heart Association says nearly half of all American adults have high blood pressure. That number jumped dramatically when guidelines from the heart association and 10 other health organizations redefined high blood pressure as 130 over 80 late last year. It had been 140 over 90 since the early 2000s.

Lowering the target blood pressure rate increases the number of people who will be warned about the risk of heart attack, stroke, heart failure and other serious health problems, noted NorthBay Healthcare family medicine practitioner Ehsan Ghods, D.O.

"Hypertension (high blood pressure) can cause organ damage if it is not treated and controlled. It can lead to congestive heart failure, chronic kidney disease, stroke, coronary artery disease. The bad thing about it is that it causes no symptoms. That's why it's called the silent killer," he said. "One of the most common comments I hear from patients with blood pressure issues is, 'But I feel fine.'"

The good news is that there is something you can do to prevent and fight high blood pressure: control the risk factors. If you smoke, quit. Lose weight, exercise, avoid sodium in your diet and make sure you get a restful night's sleep, said Dr. Ghods.



Meet Our Physicians



Gilbert Chang, M.D.
Pediatrics



Ehsan Ghods, D.O.
Family Medicine



Alina Hongsakaphadana, M.D.
Family Medicine



Darshan Patel, M.D.
Internal Medicine



Amber Stirlin, PsyD
Psychology

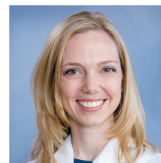
Here's the Scoop

The Center for Primary Care in Green Valley is located at 4520 Business Center Drive in Fairfield and includes an internal medicine provider, two family medicine doctors, a psychologist and a pediatrician. It is the newest of the three centers for primary care facilities in the NorthBay Healthcare system, opening its doors in 2014. The center occupies the second floor. The building is also home to Health at Home, Hospice & Bereavement, and Gastroenterology. Call (707) 646-5500 for an appointment.



> Oh, Baby!

Obstetric gynecologist Rachel Villalon, M.D., offers appointments twice a month on the second and fourth Thursdays. Dr. Villalon will guide you through your pregnancy or consult on specific gynecological issues. All you need is a referral from your primary care physician.



Rachel Villalon, M.D.

> On the Menu

Registered Dietitian Laura Hitt is at the Center for Primary Care in Green Valley every Wednesday afternoon, providing access for nutrition services directly to patients. A referral from your primary care doctor is required and an initial consult will last about an hour. Followup appointments are 30 minute sessions individualized to each patient. She can also help develop a meal plan for patients. ☒



NorthBay Healthcare Group President Aimee Brewer records a video blog during a tour of the three-story wing being built at NorthBay Medical Center.

Hospital President Begins Video Blog

NorthBay Healthcare Group President Aimee Brewer has a unique perspective on the NorthBay Healthcare system, and she's ready to share it with the world, via a video blog starting this September.

"Did You Know" is a first-of-its-kind video venture for a healthcare system president. It will feature interviews with physicians, nurses, staff and patients. It can be found on NorthBay.org, on Facebook.com/NorthBayHealthcare, and on NorthBay's Youtube channel. You can subscribe to receive alerts every time a new video blog is posted.

"I plan to highlight all the different parts and people of our health system," said Aimee. "We might get to see what it takes for our environmental services team to disinfect a room. Or chat with a doctor about a new, highly technical procedure we now offer in surgery. Or debut a new facility."

The possibilities are endless, noted Aimee. "We have so many team members who make a difference every day in the lives of our patients. I want to put them in the spotlight," she said. "I also think it's a chance for us to share

"I plan to highlight all the different parts and people of our health system."

~Aimee Brewer

just how advanced NorthBay Healthcare is with our community. Many people don't realize we're performing brain surgery, open heart surgery and other very complicated procedures."

Upcoming videos will include a tour of the three-story modernization project now under construction on the NorthBay Medical Center Campus in Fairfield. Aimee will also take you behind the scenes of the new Center for Orthopedics and Rehabilitation, and the new NorthBay Urgent Care Center in Vacaville.

"I hope to be able to offer folks an insider's look at health care. I want them to know how excited we are to grow and offer new services and treatments right here in their community, close to home." ☒

Did you know?

...Continued from Page 1

wing that will house state-of-the-art surgical suites, 22 new patient rooms of the future, a new diagnostic imaging center, a café and more, as well as a major upgrade to our Emergency Department.

- If you need help quickly, we have you covered, from Care 'til 8 for after-hour needs, to Urgent Care (especially for non-NorthBay patients) and 24/7/365 emergency room service at both Vacaville and Fairfield hospitals.

- Looking for acupuncture? Osteopathic Manipulative Medicine (OMM)? Help managing diabetes? Pain management? All are available at the VacaValley Wellness Center.

- If you have gastric issues, your best bet is at the Green Valley Health Plaza.

- Whether you're looking for labor and delivery services or end-of-life care (hospice and bereavement), NorthBay has it covered.

Ask Kelly

"NorthBay Healthcare has an impressive array of services to offer," said Kelly Rhoads-Poston, senior marketing representative and health plan specialist. That's why she'll be on the road, visiting businesses and answering questions at health fairs during open enrollment, which is typically August through November.

"It's that time of year when most people get to select their insurance and their medical providers," said Kelly. "If they have any questions, they should call me and I promise I'll get back with answers. I can help you pick a primary care physician based on your preferences. The bottom line is that NorthBay is a great choice." The number to "Ask Kelly" is (707) 646-3280. ☒

Helping Leukemia Patient on His Journey

It was a mother’s worst nightmare: Your son has severe, flu-like symptoms and an uncontrolled nosebleed that, you learn, is the result of a life-threatening illness. You are new to the community and don’t know where to turn for care.

Fortunately for the Kirk family, a move to Vacaville brought them close to NorthBay VacaValley Hospital and the NorthBay Cancer Center, where they were able to get the chemotherapy treatment son Ricky needed to battle his acute lymphoblastic leukemia, without the added stress of having to travel far from home.

Ricky, 20, and his family had only been in Vacaville two weeks when his symptoms first appeared in July, 2017. “His sisters had the flu and he thought he had it, too,” his mother, Monica,

explained. “But then he got stomach pains, a swollen face, fever and that nosebleed. I took him to VacaValley Hospital’s Emergency Department.”

Only later would she learn just how fortunate that would be for Ricky.

After bloodwork was taken, he was admitted and that’s when the family met James Long, M.D., hematologist/oncologist. “He told us that they were going to do some more testing, but he was fairly certain Ricky had leukemia,” she recalled. “It was a shock. There was no family history of it.”

Leukemia is a cancer of the bone marrow and blood, and it progresses rapidly without treatment. The first line of defense—called induction—uses two kinds of chemotherapy to destroy normal bone marrow cells along with the cancerous ones.

“We were very fortunate to be able to get early care here in Vacaville.”
~Monica Kirk

Ricky spent all of August and part of September in VacaValley Hospital, first to battle infections with antibiotics and then to undergo intensive infusions.

When his blood cell counts recovered, he underwent the second phase of chemotherapy treatment, called consolidation, intended to flush away the very last cancerous cells. “I had to have a 24-hour drip of some pretty intense medications,” Ricky recalled. “I stayed in the hospital two to three days more so the nurses could monitor the treatment. I had to do this every other week for a month.”

Now in remission, Ricky was ready to receive a bone marrow transplant with donated marrow from a family member. The procedure was performed at U.C. Davis Medical Center in February. When he came home, he went into isolation for 100 days to avoid chance encounters with animals, colds or flus, or anything that might challenge his weakened immune system.

“We are able to do induction, consolidation and maintenance treatment at VacaValley Hospital and the Cancer Center because we have certified chemotherapy nurses,” explained Maricel Roblez, nurse practitioner, who has been monitoring Ricky’s progress. “Our pharmacy also played a vital role in coordinating access to his chemotherapy. The coordination of care with inpatient, outpatient as well as the U.C. Davis Bone Marrow Transplant team has been great.”

“We were very fortunate to be able to get early care here in Vacaville. It saved us from having to be on the road to San Francisco or Sacramento,” Monica said. “We don’t know what we would have done without Dr. Long and the nurses at VacaValley Hospital and at the Cancer Center. They made

it all so much easier for him and made treatment bearable.”

Ricky’s remission continues and his positive attitude keeps him focused on the future. “I see this as an obstacle, like a hill, to get over,” he said. “I look forward to the day when I’m fully recovered.”

Comprehensive Care at the Wellness Center

NorthBay Cancer Center, 1020 Nut Tree Road, offers a coordinated and comprehensive program of cancer prevention, detection, treatment, rehabilitation and support services, through its medical oncology and radiation oncology services.



Chemotherapy and biotherapy treatments are administered using the highest level of care by the staff of oncology-certified nurses and other clinical staff. Radiation therapy—with the center’s new, state-of-the-art Varian TruBeam linear accelerator—kills or shrinks cancer cells using an advanced image-guided radiation therapy system, while avoiding healthy tissues and organs, and is particularly useful for complex cancers of the lung, breast, head, neck, prostate and brain.

In addition to the linear accelerator, the Cancer Center has an array of advanced imaging, through Solano Diagnostics Imaging, which is also located in the VacaValley Wellness Center. They include digital mammography, MRI, ultrasound, 3D mammography, MRI-guided breast biopsy, CT, PET scans and X-ray services.

Nurse navigators guide and support patients and their families through the diagnosis, treatment and recovery process, as they are available to answer questions, organize test results and expedite appointments. A genetic counselor helps patients understand how their family history may predispose them to developing certain kinds of cancers, and social services and other support staff help patients manage not only physical, but emotional and financial aspects of a cancer diagnosis. The NorthBay Pharmacy, located in the Cancer Center, offers a range of specialty medications that can be filled on-site during a patient’s appointment.

Meet Our Physicians



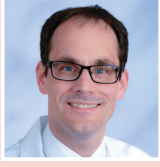
James Long, M.D.
Hematology/Oncology



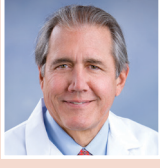
Jonathan Lopez, M.D.
Hematology/Oncology



Jessica Powers, M.D.
Hematology/Oncology



Brian Vikstrom, M.D.
Hematology/Oncology



Florian Ploch, M.D.
Radiation/Oncology



Jason Marengo, M.D.
Oncoplasty

Stephen Banks, M.D., Radiation Oncology

David Tate, M.D., Radiation Oncology



NorthBay Healthcare’s highly trained oncology staff, including Carolyn Bailey, R.N., and James Long, M.D., make it possible for leukemia patients like Ricky Kirk to get early treatment in Vacaville, rather than have to travel to San Francisco or Sacramento.



Yvonne Lindsey gives a big thumbs up to the Heart Health Academy, and her care team, which includes Milind Dhond, M.D., and Terra Hadsall, medical assistant.

A Change of Heart

Attacking Lifestyle Changes with Gusto

Yvonne Lindsey, 51, used to dread visits to her doctor at a local clinic. The Fairfield resident knew she was in for a scolding, along with directives she had no intention of following. But now she looks forward to visits every six months with her NorthBay Healthcare cardiologist, Milind Dhond, M.D., and a team of clinicians dedicated to her success.

What caused her change of heart? A heart attack—no pun intended—brought on by pneumonia in January 2017. Yvonne had struggled with poor health for years. She was diabetic, suffered from high blood pressure and eventually developed congestive heart failure (CHF). She could look at water and gain weight, she said with a smile. “Seriously, I could put on 22 pounds of water weight in three days.”

Her heart was functioning at 30 percent, so a defibrillator was implanted in 2015. Still, it wasn’t enough for her to change her ways. She was in and out of the emergency room, confused and scared. “I didn’t know what to do.”

That was then. Now, she not only has all the tools she needs, but an entire team who will not let her slip through the cracks, she said.

“They’ve given me all the tools I need. Now I know what to do in order to feel better.”

~Yvonne Lindsey

Yvonne participates in NorthBay’s Heart Failure Clinic, operated by Nurse Practitioner Dana Gill and Medical Assistant Terra Hadsall, with the support of NorthBay cardiologists and other staff. “I think they worry about me more than I do,” she said.

The clinic, which runs from 8 a.m. to 5 p.m. Monday through Friday, sees enrolled patients for more frequent follow-up appointments for closer monitoring.

A popular new program is the four-week Heart Health Academy education series aimed at improving quality of life and symptom management. “I don’t know how I could have done it without them,” said Yvonne. “Right after my heart attack, a NorthBay Health at Home nurse and the Heart Failure Clinic team explained everything, from medications and consequences to recipes and shortcuts,” said Yvonne.

Now she limits her liquid intake, as well as salt. She’s not only watching her diet, she’s watching her vitals—all of them. And she’s entering them into a tablet every day, so her heart health team can monitor her progress.

“They’ve given me all the tools I need,” said Yvonne proudly. “Now I know what to do in order to feel better, and I’m motivated. It’s not just a doctor telling me what to do. It’s my team helping me accomplish MY goals.”

Here’s the Scoop

NorthBay Healthcare opened Solano County’s first center for heart surgery and specialized vascular treatments at NorthBay Medical Center, 1200 B. Gale Wilson Boulevard, in April 2009. In 2011, it became the first designated Heart Attack Hospital and today is Solano County’s first and only accredited Chest Pain Center with PCI (Percutaneous Coronary Intervention.) The Heart & Vascular Center ambulatory clinic opened in January 2014. Last year, NorthBay Medical Center recorded 286 patients who received care after a heart attack.

> What is a PCI?

Percutaneous Coronary Intervention is a nonsurgical procedure used to treat a narrowing of the coronary artery of the heart. First the vessel is opened with a balloon catheter (angioplasty) and then a stent is placed to keep it open.



HEART RHYTHM DISTURBANCES:

Abnormal variation from normal electrical activity of the heart. The condition can require a pacemaker or ICD (Implanted Cardioverter & Defibrillator).

VASCULAR: Wide range of problems from varicose veins to peripheral arterial disease and aneurisms.

> Rehab Facts

NorthBay Cardiac & Pulmonary Rehabilitation, offered at NorthBay Medical Center in Fairfield and in the VacaValley Wellness Center in Vacaville, assists with physical, emotional and lifestyle changes for recovering patients. A team of nurses works with patients to create a unique treatment plan, based on each patient’s needs. Patients are closely monitored in a specialty fitness center that offers exercise equipment to help them regain strength and stamina following heart surgery, heart attack, PCI procedure, congestive heart failure, chronic bronchitis, asthma or diabetes. Call (707) 646-5072.

> Conditions We Treat

HEART ATTACK: The blood flow to the heart suddenly becomes blocked and the heart muscle can’t get oxygen. The most serious of heart attacks are called STEMI, which stands for ST Elevation Myocardial Infarction.

HEART FAILURE: The heart is unable to pump enough blood to maintain the body’s needs.

HEART VALVE DISEASE: Occurs when one or more heart valves are damaged and not working normally.

> What’s a Cath Lab?

NorthBay Medical Center is home to two catheterization labs, one that is specifically dedicated to cardiac cases. The cardiac catheterization lab is usually the first stop for a patient suffering a heart attack. If the cath lab is able to insert a balloon or stent in a patient using a catheter, and can restore the proper flow of blood to and from the heart, it may be able to offset the need for heart surgery.

> Heart Failure Clinic

NorthBay provides our newly diagnosed heart failure patients with the extra support they need on their path to recovery through our Heart Failure Clinic. Run by a nurse practitioner and medical assistant and supported by NorthBay cardiologists, it provides follow-up appointments for closer monitoring; ongoing education as well as support and clinical management to empower patients to make the needed lifestyle changes. Highly skilled clinicians combine innovative, interactive remote-monitoring technology with good, old-fashioned human touch. Call (707) 646-4400. ☎

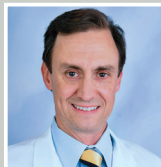
Meet Our Physicians



Keith Allen, M.D.
Cardiothoracic and Vascular Surgery



Ramin Beygui, M.D.
Cardiovascular and Thoracic Surgery



Jeffrey Breneisen, M.D.
Cardiology



Hossein Dehgani, M.D.
Interventional Cardiology



Milind Dhond, M.D.
Cardiology



Cyrus Mancherje, M.D.
Interventional Cardiology



Brandi Upton, M.D.
Vascular Surgery

Shea Pribyl, M.D., Cardiothoracic Surgery

Shaun Gifford, M.D., Vascular Surgery

Curt Wozniak, M.D., Cardiothoracic Surgery

Thanks to Surgery, She's Moving Again!

Karen Parrish and her husband, Jerry, always loved to be on the go. “We like to be out there and going here and there and everywhere,” said Jerry. “I’ll say,” quipped Karen. “We took 12 cruises in two years!” But the last two of those cruises never saw Karen leave the boat—the pain in her left hip was just too great. Immobilized by the effects of arthritis, she deteriorated to the point of being in a wheelchair. Her daughter, Heather Parrish-Salinas, said that despite the pain and deterioration, her mother would

not go to see a doctor. “She was terrified because of past bad medical experiences,” Heather explained. “She was afraid of finding out what was going on. She would rather suffer than get something done.” Thanks to some pushing by Heather and her brothers, Karen relented. An X-ray revealed the damage caused by arthritis. “Her X-rays showed severe degeneration and loss of cartilage in her hip joint,” explained orthopedic surgeon Andrew Brooks, M.D. “There was no more padding, so every time she moved, it would result in bone rubbing on bone. That is extremely painful.”

Dr. Brooks recommended a total hip replacement. “I remember when we first saw him, he asked her if she was ready for this surgery and she said, ‘No, I’m afraid!’” Jerry recalled. “He told her that if she had answered ‘Yes,’ he would think something was wrong.”

From that point on, the family agrees, Dr. Brooks and his staff were compassionate, caring, kind and reassuring champions for Karen and, indeed, the whole family. “He takes the time to listen to you and answer all your questions. I think that’s really cool,” said Karen.

“Many patients are anxious and nervous prior to undergoing major surgery and it is critical to make sure they understand the process and know that we are there to help and support them every step of the way,” said Dr. Brooks.

Karen and the family have nothing but praise for the orthopedics team, the staff at VacaValley Hospital where she had the surgery and recovered, and the



Karen Parrish, center, walks with her husband, Jerry, and daughter, Heather Parrish-Salinas following hip replacement surgery.

Karen Parrish says Dr. Andrew Brooks has been a huge supporter throughout her recovery.



physical therapists who continue to help with her rehabilitation. “They had me walking with a walker the day after the surgery and there was Dr. Brooks and Dan Hartley, (nurse practitioner) cheering me on,” said Karen.

“It was awesome. They treated her like she was their only patient and you know they have to be busy with lots of patients,” added Jerry.

“He took all of our concerns and answered all of our questions and made sure that if it was important to her, it was important to him,” said Heather. “It was genuine compassion and care for her, not just as a patient but as another human being.”

While Karen continues to recover with the use of a walker, she said that will be gone by September when she and Jerry are planning another cruise.

“I’m ready to get back out there again,” Karen said. That makes Jerry happy. “It’s like now we are opening up life again,” he said.

Here’s the Scoop

HealthLoop is a new digital patient engagement software program being used by NorthBay orthopedic doctors to communicate with patients before and after surgery. It uses automated e-mail messages to check in on patients and share information at the right time in their treatment and recovery process. It also allows patients to contact their orthopedist’s office, ask questions and get answers quickly.

A Brand New Center

The NorthBay Center for Orthopedics and Rehabilitation opened in March at 2500 Hilborn Road in Fairfield providing patients with access to their orthopedic specialists, X-ray services and rehabilitation team, all under one roof. It features a team work area, 10 exam rooms, a procedure room, a casting room and a paramedic bay as well as a physical and occupational therapy area that includes six private treatment rooms, several pieces of exercise equipment and five powered treatment tables. For more information, call (707) 646-5599.

In addition to the Hilborn location in Fairfield, NorthBay Orthopedics has offices at 1010 Nut Tree Road, Suite 220, in Vacaville. Call (707) 624-7900 for information.

Sports Injury Clinics Coming

Starting Aug. 18, NorthBay Healthcare’s orthopedic experts will offer Saturday sports clinics at NorthBay Urgent Care, 1661 E. Monte Vista Ave., Vacaville, from, from 9 to 11 a.m., through Oct. 27. All athletes are welcome. Just walk in, no appointments will be scheduled. Athletes under 18 must come with a parent or guardian. The initial evaluation is free of charge. Call (707) 646-5599 or visit NorthBay.org/SatClinic.

Meet Our Physicians



Daniel Birkbeck, M.D.
Orthopedics/Hands



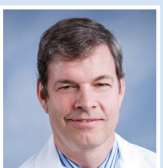
Andrew Brooks, M.D.
Orthopedics/Joint Replacement/
Sports Medicine



Cornelis Elmes, M.D.
Orthopedics/Trauma/
Pelvic, Foot and Ankle



Kevin Miller, D.P.M.
Podiatry/Orthopedics/
Sports Medicine



Jay Parkin, M.D.
Orthopedics/
Sports Medicine/Trauma



Robert Peterson, M.D.
Orthopedics/Sports Medicine/
Shoulders/Joint Replacement

Relief from a Lifetime of Pain



Edie Zusman, M.D., shows off a special thank-you card given to her by patient Kim Ponte.

The first time Kim Ponte suffered a whiplash injury, she was just 6 years old. “It was Christmas morning and my brother and I were in the back seat of the family car,” the 61-year-old Vacaville resident recalled. “We were rear-ended by a car that then also got rear-ended by another car. And then a third car hit us. My brother and I both grew up with our necks messed up.”

And it wouldn’t be the only time she suffered such an injury. “I’ve had five whiplash injuries in my life,” she said. “It’s crazy. You start to wonder, ‘Do I have a sign on my back?’”

Told by a doctor outside of the NorthBay Healthcare system that

she wasn’t a candidate for surgical repair, Ponte spent years in chiropractic care trying to get her neck back into shape.

Following the last injury, she learned she had a ruptured disc and degenerative disc disease that was impacting her spinal cord, pinching nerves and causing pain. “The pain was a constant thing around the crown of my head,” she explained. Her use of opioid patches to control the pain grew. “At the highest point, the patch was releasing 100 micrograms per hour” of Fentanyl.

“I had my share of depression through this journey but that’s a part of it,” she said. “I was in a constant

slump (position) and I was dropping things. I had trouble with my hands.”

Eventually, she decided to ask for another opinion about surgery and met with NorthBay neurosurgeon Edie Zusman, M.D., director of the NorthBay Center for Neuroscience. “She is the angel of my life!” Kim said. “I trusted her right away. She was warm and caring, there was no ego there and it was clear that all she wanted to do was to help me. I had complete faith in her.”

Dr. Zusman believed surgery could help. “When I first saw Kim, she was uncomfortable and the pain was affecting her quality of life every day. She felt helpless and depressed,” said

Dr. Zusman. “We did a state-of-the-art evaluation including MRI to look for nerve and alignment issues.”

Dr. Zusman noted two key issues in Kim’s case. First, there was multi-level cervical degenerative changes. The discs, which normally act as cushions between the bones of the spine, were compressed and pinching the nerve roots in Kim’s spine. Second, she had a loss of cervical alignment and that was causing 80 percent of her pain issues, said Dr. Zusman.

“When viewed from the side, the normal cervical spine curves slightly inward. This is called iordosis. Kim had kyphosis, a term to describe an abnormal curve in the spine,” explained Dr. Zusman. “Surgery for Kim addressed both of these issues.”

Through the procedure, Dr. Zusman and her NorthBay Spine team were able to clean out the discs, put in spacers, recreate the proper spinal align-

ment and then place titanium plates at each side of Kim’s C4-C7 vertebrae.

It worked. “This is the best I’ve felt in a very long time,” said Kim, who had the surgery in September. “I have a great range of motion. I can look left, right and up. Looking down is harder but I don’t do it for too long.”

More importantly, she said, she is able to return to water aerobics classes, which she loves, and she and her husband are planning a trip to Europe soon. “Since the surgery, my life is filled with joy,” said Kim. “I have stopped all the opioids. Life is good.”

Dr. Zusman said Kim’s dedication to exercise therapy also plays a key role. “Good health resides in the patient,” she said. “The state-of-the-art technology we have is one component, but when things really change is when the patient takes control of their health and Kim has become a champion for her own health.”

Here’s the Scoop

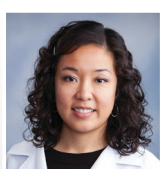
The NorthBay Center for Neuroscience is the region’s leader in the diagnosis and treatment of complex neurological conditions involving the brain, spine and nervous system. Patients who once had to travel out of the county for sophisticated treatment for brain tumors or complex spinal disease can now stay close to home and those suffering from head trauma and stroke can receive rapid, life-saving treatment.

LOCATIONS: The NorthBay Center for Neuroscience is located at 1860 Pennsylvania Ave, Suite 230 in Fairfield and also has offices in the NorthBay Wellness Center at 1020 Nut Tree Road in Vacaville. Call (707) 646-4370. ☎

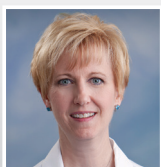
We’ve Got Your Back

NorthBay Spine, part of the NorthBay Center for Neuroscience, offers an integrated approach in which Pain Management works together with Osteopathic Manipulative Medicine and with neurosurgery and physical therapy. Specialists can treat back pain effectively with physical therapy, water therapy, exercise, massage and other non-surgical treatments including specialized injections. For appointments, call (707) 624-7746.

Osteopathic Manipulative Medicine

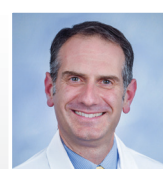


Angela Lim, D.O.



Sandra Skates, D.O.

Pain Management



Michael Amster, M.D.



James Jaber, M.D.

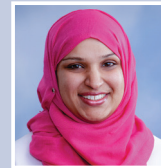


Cynthia Pena, M.D.



Christopher Rumery, M.D.

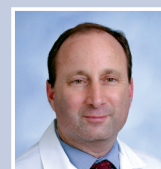
Meet Our Physicians



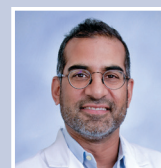
Rubi Ali, M.D.
Neurology



Ameer Almullahassani, M.D.
Neurology



Joshua Kuluva, M.D.
Neurology



Atul K. Patel, M.D.
Neurosurgery



Shahid Rehman, M.D.
Neurology



Sherry Lee Taylor, M.D.
Neurosurgery



Edie E. Zusman, M.D.
Neurosurgery

Meet Our Physicians



Mounzer Al Samman, M.D.
Gastroenterology



Nazia Hasan, M.D.
Gastroenterology



Michael Krier, M.D.
Gastroenterology

Intervention Saves Critically Ill Woman

By the time her family got Dorothy Whitteaker to the emergency room at NorthBay Medical Center, she was in dire condition. Dorothy had developed a large hole in her esophagus, following a fairly common procedure to help with swallowing difficulties, done by a doctor outside of the NorthBay Healthcare system. Fluids filled her lungs and chest cavity and emergency medical staff had to place her on life support. They didn't offer much hope for her husband and daughter, and her condition was too fragile for an invasive surgery she would never survive, her family was told.

That was December of 2015. In June of this year, Dorothy celebrated both her 85th birthday and 63rd wedding anniversary thanks, she and her family agree, to the work of NorthBay gastroenterologist Nazia Hasan, M.D., a specialist in minimally invasive interventional endoscopy.

"By the time she ended up in our emergency room, the consequences of the perforation had progressed to such a critical state that she was put on comfort care," explained Dr. Hasan.

Dr. Hasan was able to examine Dorothy's esophagus from the inside using an endoscope, and

she came up with a plan. "I offered her family a minimally invasive option that may give her a chance to survive although the odds were not in our favor," said Dr. Hasan. "Given the extent of the esophageal defect and Dorothy's critical condition, I proceeded with cautious optimism."

"At that point, we were willing to try anything," recalled Dorothy's daughter, Denise Whitteaker. "I was going through what anyone would feel when you're told your mother is probably going to die after a simple procedure. I believe that without Dr. Hasan my mother would have died."

Dr. Hasan's intervention involved inserting a fully covered metal stent into Dorothy's esophagus to cover the large perforation. The stent could then block additional fluid from going into the chest and allow for the hole to heal. In the following months, Dr. Hassan repeatedly removed the stent, re-evaluated the perforation and replaced the stent until it was small enough for her to completely repair it with endoscopic clips.

"Dr. Hasan sat with us and explained everything. She was awesome," said Denise. "For 22 days in the ICU and later in the floor unit, she was constantly checking on Mom. She is definitely hands-on and I have nothing but respect for her."

Dorothy agrees. "Like my husband says, her coming along was kind of like a miracle. If it wasn't for her I'd be in the ground," she said. "I tell everyone she's just wonderful!"

NorthBay Gastroenterology's team of board-certified experts employs a variety of advanced treatments, from medications to minimally invasive endoscopic procedures and complex digestive endoscopy. Patients with complex conditions benefit from education and case management provided by specialized nurses. Located at 4520 Business Center Drive, Suite 180, in Fairfield. For more information, call (707) 646-3555.

Nazia Hasan, M.D., shares a laugh with a much healthier Dorothy Whitteaker.



Our Specialty Services From Arthritis to Wounds

Attacking Arthritis

Patients with complex arthritis and autoimmune diseases need special treatment and care to maintain a quality of life. That's what they receive from Melissa Schoenwetter, D.O., who leads NorthBay Healthcare's Rheumatology program.



Melissa Schoenwetter, D.O.

After serving 11 years with the U.S. Air Force, she established her practice with NorthBay Healthcare at her VacaValley Health Plaza office, 1010 Nut Tree Road, Suite 200, in Vacaville.

Many of her patients have various forms of arthritis, from rheumatoid arthritis and osteoarthritis to psoriatic arthritis. Other conditions she treats include lupus, gout, fibromyalgia and ankylosing spondylitis.

"Listening carefully to my patients is an important part of diagnosing and treating their disease," said Dr. Schoenwetter. "I also take an active role in educating my patients to help them manage their medical conditions."

For more information or to book an appointment, call (707) 624-8530.

Managing Diabetes

NorthBay Healthcare offers a team of specialists to support patients with diabetes and other disorders of the endocrine system, such as thyroid, pituitary and adrenal glands, polycystic ovarian syndrome, osteoporosis and menopause.

The team of endocrinologists, nurse practitioners, nurse educators and a dietitian help patients manage hormonal imbalances and diabetes so they can enjoy healthier lives. And, because patients with diabetes often find it more feasible to manage their disease with group support, a comprehensive group diabetes class offers an encouraging, supportive environment.

Diabetes & Endocrinology Specialists



Deborah Murray, M.D.



Miya Allen, M.D.

NorthBay diabetes specialists can provide "Walk and Talk" appointments using the indoor track at HealthSpring Fitness, which is in the same building, the VacaValley Wellness Center, 1020 Nut Tree Road. After the appointment is over, patients have full use of the facility for the rest of the day. Call (707) 624-8230 for information.

Breath of Fresh Air

Pulmonologists at NorthBay Healthcare specialize in treating patients with lung conditions such as Chronic Obstructive Pulmonary Disease (COPD), asthma, shortness of breath, chronic cough, and pulmonary hypertension. A sleep specialist helps patients suffering from sleep apnea or conditions such as insomnia, sleepwalking and restless leg syndrome. NorthBay pulmonologists are located in Fairfield at 1860 Pennsylvania Ave., Suite 200, and in Vacaville at 1010 Nut Tree Road, Suite 100B. For more information, call (707) 646-4180.

Pulmonary Specialists



Pooja de Sa, M.D.



Donald Doyle, M.D.



Mohammed Arif Shaikh, M.D.

Rehab is a Team Sport

NorthBay Rehabilitation Services, with offices at 2500 Hilborn Road in Fairfield and 1020 Nut Tree Road in Vacaville, takes a team approach to rehabilitation that supports restoring function, reducing pain, promoting independence and preventing disability.

NorthBay's therapists work closely with patients to design treatment plans for their specific needs, laying the foundation for comprehensive care and swift improvement.

PHYSICAL THERAPY: In order to restore general mobility, strength and function to impaired portions of the body, physical therapists focus on rehab through exercises designed to increase strength, improve range of motion,

Continued on Page 20...

balance, coordination, posture, muscle performance and motor function. This may be done through aquatic therapy, balance exercises and more.

OCCUPATIONAL THERAPY: Geared to help patients regain the ability to perform everyday tasks in their workplace and at home after accidents or illnesses interfere with mobility. Occupational therapists show patients special techniques to help them with personal care and home chores.

HAND THERAPY: Merges occupational and physical therapy to treat conditions affecting the hands and upper extremities. Certified hand therapists help restore function in patient's hands and arms.

SPEECH THERAPY: Designed for patients with communication, cognitive or swallowing disorders, whether acquired at birth or as the result of injury or illness.

CARDIAC & PULMONARY REHAB: Designed to help patients strengthen their heart and lungs after heart attacks or heart surgery, it can also help those with chronic lung or heart disease increase stamina and breathe easier.

PELVIC FLOOR REHAB: This program features a team of therapists who provide women of all ages with tools to regain strength and function of the muscles that support the bladder, urethra and other organs within the pelvis. Some of the conditions treated include: bladder and/or bowel incontinence, pelvic organ prolapse, pelvic pain and symptoms resulting from pregnancy or postpartum. For information, call (707) 646-5599.

Focus on Infections

Influenza is one of the biggest recurring challenges for Gregory Warner, D.O., whose involvement spans the spectrum. Not only is he epidemiologist for NorthBay Healthcare's two hospitals, and medical director for NorthBay's Infection Prevention program, but he's also medical director of NorthBay Infectious Disease.

His planning team determines how much to vaccine distribute, how to track compliance and educate staff. On the other end, he also treats patients who suffer with extreme complications of the flu. "It stretches from the administration side to the bedside," he said.

Dr. Warner, who has been with NorthBay Healthcare since 2010, has been a strong advocate of Health at



Gregory Warner, D.O.

Home for patients with diseases or infections that require long-term IV antibiotic care.

"In the past, these patients had to spend weeks in the hospital or skilled nursing facility. By working with Health at Home, they're able to go home and continue their complex treatments or receive infusions at our outpatient facilities," he said.

Patients with bone/joint infections or heart valve infections, for example, can require months of treatment.

NorthBay Infectious Disease also treats complex cases, such as HIV/AIDS, tuberculosis, Valley Fever, complex soft tissue and bone/joint infections. He sees patients in both hospitals, as well as at his office, 1010 Nut Tree Road, Suite 100B in Vacaville. For information, call (707) 624-7999.

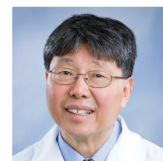
Treating Urologic Issues

No one likes to talk about problems with their urologic system but there is no reason to suffer in silence, say NorthBay urologists. NorthBay Urology, 1860 Pennsylvania Ave., Suite 200, in Fairfield, cares for male and female patients with urinary tract conditions and diseases affecting the male reproductive organs. Board-certified experts employ a variety of treatments, from medications to minimally invasive and complex surgery to treat such urologic conditions as overactive bladder, kidney stones, urinary tract infection, enlarged prostate and more. Call (707) 646-4180 for information.

Urology Specialists



Herkanwal Singh Khaira, M.D.



Edward Wang, M.D.

Help with Healing

NorthBay Wound Care is the only civilian location in Solano County to offer Hyperbaric Oxygen Therapy for patients suffering from diabetic wounds or other chronic, difficult-to-heal injuries. HBOT patients lie in a glass cylinder and breathe 100 percent oxygen, which helps all body tissues—even those in areas with reduced or blocked blood flow—to stimulate new growth and increase circulation, which reduces the risk of amputation and increases the healing of wounds. NorthBay Wound Care is in the VacaValley Health Plaza, 1010 Nut Tree Road, Suite 100. For more information, call (707) 624-7979. ☒



Jubilee Celebrates 31 Years of Success



Breezy but temperate weather greeted hundreds of revelers who gathered at the Harbison Event Center at the Nut Tree for the 31st annual Solano Wine & Food Jubilee Saturday, May 19. More than 2,000 ticket holders enjoyed goods shared by scores of food, wine and brew vendors, perused hundreds of items in a silent auction and were entertained by DJ Chase Me, the Vino Banditos and dance band The Time Bandits.

From tacos to miso-infused shrimp, from IPAs and pale ales to award-winning burgundies, Jubilee guests were treated to it all. The silent auction returned in force this year, according to Adam Burke, NorthBay Healthcare Foundation board member. Early numbers show that more than \$35,000 was raised, including more than \$4,100 from the 12 gift baskets created by members of NorthBay Healthcare departments.

The raffle's grand prize went to Terry Buntrock, who was able to choose between a brand-new Nissan Altima, Buick Verano, Hyundai Sonata, Kia Optima or Mazda3 Hatchback, donated by Rami Yanni of the Wise Auto Group. More than 20 ticketholders also took home \$10,000 in cash.

"We are very grateful for the support of our presenting sponsors—Al and Patt Shaw, Dr. Lee and Valerie Freeman, Wise Auto Group, Dennis and Alex Landis, Heidi Y. Campini, Paradise Valley Estates, DPR Construction and Western Health Advantage," noted Craig Bryan, Jubilee committee chair. "They and our many other sponsor, donors and volunteers helped make this year's event a resounding success." ☒

Helping Hands

NorthBay Guild Volunteer Gets More than He Gives



Patrick Popola

Fifteen years ago, Patrick Popola was going through some very hard times when his neighbor made a suggestion that really turned things around for him. "My neighbor recommended that I try volunteering at NorthBay Healthcare,"

explained the 86-year-old Fairfield resident. He decided to check it out and shortly thereafter signed up to be a NorthBay Guild volunteer.

"Volunteering really helped me out through those hard times. I got a lot of support from other Guild members; we're like a family helping each other out wherever and whenever we can."

Retired from a 25-year career in the retail industry, Patrick gravitated toward volunteering in the Gift Shop at NorthBay Medical Center. "I had experience buying merchandise and setting up displays, and I love being around people. I guess you could say it was the perfect slot. And, it kept me going."

The NorthBay Guild is preparing for a new round of volunteer recruitment. If you're newly retired or will be soon, check out northbay.org/volunteers. For more information about volunteering at NorthBay, call (707) 646-3136. ☒

Welcome New Physician



and vascular surgery. He is certified by the American Board

Keith Allen, M.D., cardiothoracic surgeon, has joined the NorthBay Heart & Vascular Center. Dr. Allen earned his medical degree from Meharry Medical College in Nashville, Tennessee, and comes to NorthBay from a hospital in Springfield, Missouri, where he served as division chair of cardiac, thoracic

of Surgery, American Board of Thoracic Surgery and the American Board of Medical Examiners.

Dr. Allen said he is dedicated to saving lives and treating patients with complete respect. "I treat every patient equally and with the utmost care," he said. "It's a pact I made with a friend when we graduated from medical school. We decided that no matter what, we would always treat patients like they are our own mother. It's something I've upheld for more than two decades now." ☒

Community Health Education Classes

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

Caregivers' Support Group • For anyone involved in caring for a loved one with Alzheimer's disease or a dementia-related illness. Meets second Wednesday of the month, 7 to 9 p.m., at 1020 Nut Tree Road, Vacaville. Cost: Free. Call (707) 624-7971 or (707) 624-7970.

Supporting Parents After a Loss • Meets the last Wednesday of each month from 6 to 7:30 p.m. at NorthBay Medical Center, Annex Building. Cost: Free. Call (707) 646-5433.

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 a schedule and to register, call (707) 646-3517.

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

Pulmonary Education Series • Three-session course meets on Tuesdays from 12:30 to 2 p.m. at NorthBay Medical Center in Fairfield and on the third and fourth Tuesdays at 9 a.m. at the VacaValley Wellness Center in Vacaville. A new course begins each month. Cost: Free. Call (707) 646-5072.

Congestive Heart Failure Class • Class meets every Wednesday from 12:30 to 1:30 p.m. at NorthBay Medical Center and on the first and second Thursdays at 9 a.m. at the VacaValley Wellness Center in Vacaville. Cost: Free. Call (707) 646-5072.

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

Maternal/Child Health Classes

All prenatal and maternal child health classes are free if you are delivering at NorthBay Medical Center. Sign up at NorthBay.org or call (707) 646-4162.

Labor of Love

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

Labor of Love—Saturday Class

A prepared childbirth class for moms and dads or coaches. One Saturday a month.

Newborn Care/Car Seat Class

Expectant parents are instructed on daily care, nutrition, safety and development for the first few months of life. Parents are also taught how to choose and properly use infant and child car seat restraints. One-session course.

Maternity Orientation and Tour

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

Breastfeeding the Baby-Friendly Way

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



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