

Volume 44 • Number 2 • Summer 2023 • Fairfield, CA



Wellspring

**Your Guide to
NorthBay Health**



**We Put
Wellness
First for
You and
Your Family**



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

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

Editorial Staff

Sheniece Smith
Sheniece.Smith@NorthBay.org

Diane Barney
DBarney@NorthBay.org

Dan Fowler
DFowler@NorthBay.org

Robin Miller
Robin.Miller@NorthBay.org

Sally Wyatt
SWyatt@NorthBay.org

Melissa Manry
Melissa.Manry@NorthBay.org

Publication Designer
Page Design Group

Photographers
Dan Fowler, Robin Miller,
Diane Barney

Wellspring.NorthBay.org

NorthBay is Back on Track

One year ago, NorthBay Health, like many hospitals around the country, found itself in dire financial straits, as the pandemic wound down and the economy went into a tailspin. But NorthBay responded swiftly and with focus. And today it's a much different situation.

That's because our recovery plan wasn't just about cutbacks: It also included an investment in programs that would benefit our patients.

Some of these achievements have already been realized and some are in the works:

- Thanks to the acquisition last summer of an Auris Health Monarch Platform, a robotic device, NorthBay can detect lung cancer at an early stage and save lives.
- Thanks to philanthropic donations, a special diagnostic ultrasound device will help the Ear, Nose & Throat team diagnose throat cancer, and detect tumors much earlier, again saving lives.
- A new piece of equipment will arrive soon at NorthBay Health Plaza's SDI site. The EOSedge allows for full body scans, with some of the most advanced technology around.
- Also this summer we are celebrating the reopening of our fitness center, with a new partner that is perfectly aligned with our goals.
- We continue to build our team of providers in primary care to handle the ever-growing population. We not only added physicians in the past year, but we also added a primary care office in American Canyon, and plan to add one in Dixon in early 2024.
- Despite ill-advised rumors to the contrary, NorthBay Health VacaValley Hospital continues to see patients every day, serving in multiple ways, with 24/7/365 emergency services. In hospital rooms there, our teams care for cancer patients, stroke patients and more.
- We consolidated operations to perform all major surgeries at our flagship hospital, NorthBay Health Medical Center in Fairfield, and moved our highly successful joint replacement program there.
- Soon we will install solar panels at our properties, to reduce our carbon footprint and our energy bills.

I share all this not to minimize the painful parts of our recovery, because we felt them deeply. We had to say goodbye to some valued colleagues that were part of our NorthBay family, and we had to carry on for the sake of our patients and our community.

NorthBay has been able to survive for 63 years and counting because the community has long supported NorthBay and NorthBay has long supported the community.

I treasure our partnerships throughout the community and reaffirm our pledge to be a respectful partner.

Even though I am planning to retire at the end of the year, I'm happy to report that NorthBay is trending in a positive direction and that we anticipate a full recovery. We will not be the same health care organization that we were four years ago. The pandemic and the economy have forever changed the health care landscape. But what will never change is our commitment to our community, our patients, our employees, and our mission, to deliver compassionate care, advanced medicine, close to home.



B. Konard Jones
President and Chief Executive Officer

Volume 44 • Number 2 • Summer 2023 • Fairfield, CA

Wellspring

Contents | Summer '23

- 2** Many Services, Close to Home
- 5** Hidden Extras for Primary Care
- 6** Accepted Health Plans
- 7** Detecting Vision Issues Early

Features

- 8** **Her Back Pain is Gone!**
Kyphoplasty was the magic that helped stabilize bone and stop the pain.
- 10** **Hip, Hip Hooray!**
Retiree is back on the golf course, thanks to successful surgery.
- 12** **Her Heart was in Good Hands**
She was fearful at first, but she put her trust in a NorthBay expert.
- 14** **Cancer Doesn't Slow Her Down**
Busy mom says don't put off mammograms; it saved her life.
- 16** **Oh Baby, It's Busy**
NorthBay's Baby-Friendly facility has seen deliveries skyrocket.
- 18** **Specialties Abound!**
NorthBay offers a comprehensive slate of specialty care in Fairfield, Green Valley, Vacaville and Napa.



NorthBay News

- 20** Time to Get Active!
- 21** New Leadership at NorthBay
- 22** Jubilee Returns!
- 22** Volunteers are Back
- 23** Bringing HOPE
- 24** New Chapter for CEO

SERVICE DIRECTORY

NorthBay's Many Services – All Close to Home!

NorthBay Health's two hospitals, four Primary Care facilities, two Urgent Care centers and numerous specialty clinics are located in the heart of Solano County, delivering advanced medicine close to home.

IN VACAVILLE

THE NORTHBAY HEALTH VACAVALLEY HOSPITAL CAMPUS:

- 1 NorthBay Health VacaValley Hospital
1000 Nut Tree Road, Vacaville

Services include:
24-hour Emergency services, 50 licensed beds, 16 emergency bays, full-service laboratory and diagnostic imaging services.



- 3 VacaValley Health Plaza
1010 Nut Tree Road, Vacaville

Specialties include: Orthopedics, rheumatology, pulmonary function testing, neurology, registered dietitian, wound care, infectious disease, pulmonology, and gastroenterology.



ALSO IN VACAVILLE:

- 5 NorthBay Health Primary Care
421 Nut Tree Road, Vacaville

Services include: Pediatrics, internal medicine and family medicine, lab, OB/GYN appointments available, nutrition counseling with registered dietitian available via video conference.



- 2 The Surgery Center at NorthBay VacaValley
1006 Nut Tree Road, Vacaville

Services include:
Same day surgery, medical procedures and dental surgeries.



- 4 VacaValley Wellness Center
1020 Nut Tree Road, Vacaville

Specialties include: NorthBay Cancer Center (medical and radiation oncology), infusion services, rehabilitation and physical therapy, women's diagnostic imaging, ultrasound, CT and bone density, pain management, and specialty pharmacy. Active Wellness Center at NorthBay has reopened.



- 6 NorthBay Health Urgent Care
1679 E. Monte Vista Ave., Suite 104, Vacaville

Services include: Urgent Care seven days a week from 9 a.m. to 7 p.m.; NorthBay Occupational Health and testing; X-ray services.



IN FAIRFIELD

THE NORTHBAY HEALTH MEDICAL CENTER CAMPUS:

- 7 NorthBay Health Medical Center
1200 B. Gale Wilson Blvd., Fairfield

Specialties and services include: 154-bed acute care hospital, 24-hour Emergency Department with 29 emergency bays, and STEMI (heart attack) Receiving Center, Level II Trauma Center, Accredited Chest Pain Center with PCI, Primary Stroke Center, modern birthing suites, neonatal intensive care unit, critical care unit, comprehensive diagnostic imaging services, cardiac and pulmonary rehabilitation, general and robotic surgical services, two catheterization labs.



- 8 Gateway Medical Plaza
1860 Pennsylvania Ave., Fairfield

Specialties include: General surgery, trauma surgery, sleep medicine, urology, pulmonology, pulmonary function testing, cardiology, cardiac and thoracic surgery, cardiovascular imaging and testing, vascular surgery, heart failure clinic, neurosurgery, neurology and neurodiagnostic testing, spine program, women's health (includes OB/GYN appointments, nutritional counseling by video or in person, genetic counseling), pain management, speech therapy, audiology and ear, nose & throat.



- 9 NorthBay Health Plaza
1101 B. Gale Wilson Blvd., Fairfield

Services include:
Women's diagnostic imaging, ultrasound, CT scans and bone density.



ALSO IN FAIRFIELD:

- 10 NorthBay Health Urgent Care
1320 Travis Blvd., Fairfield

Services include:
Urgent Care services seven days a week, from 9 a.m. to 7 p.m.; X-ray services.



SERVICES IN NAPA AND AMERICAN CANYON

- A NorthBay Health Urology – Napa
3250 Beard Road, Napa
Monday and Wednesday, 8 a.m. to 5 p.m.

- B NorthBay Health Primary Care – American Canyon
416 Napa Junction Road
American Canyon
URGENT CARE COMING SOON

COMING TO DIXON IN 2024

- A NorthBay Health Primary Care
1305 Stratford Ave
Dixon

THE GREEN VALLEY CAMPUS:

- 14 NorthBay Health Primary Care
4520 Business Center Drive, Fairfield
(Second floor)

Services include: Pediatrics, family medicine, internal medicine, lab, OB/GYN appointments available; nutrition counseling with registered dietitian available via video conference.



- 14 Green Valley Health Plaza
4520 Business Center Drive, Fairfield
(shown above)

Services include: Gastroenterology, cardiology, nutrition counseling with registered dietitian available via video conference.

- 15 NorthBay Health Green Valley Administration Center
4500 Business Center Drive, Fairfield

No Medical Services provided.
Home to the NorthBay Health Conference Center, Administration, Human Resources, Patient Financial Services, NorthBay Health Foundation and more.



THE HILBORN CAMPUS:

- 11 NorthBay Health Primary Care
2458 Hilborn Road, Fairfield

Services include:
Pediatrics, family medicine, internal medicine, lab; nutrition counseling with registered dietitian available via video conference.



- 12 NorthBay Health Orthopedics
2500 Hilborn Road, Fairfield

Services include: Orthopedics, podiatry, sports medicine, rehabilitation services (physical, occupational and speech therapies), X-ray services. Orthopedic Urgent Care at Hilborn (O.U.C.H.) from 11 a.m. to 3:00 p.m. Monday through Friday.




- 13 Occupational and Employee Health/ Hilborn Administration Center
2470 Hilborn Road, Fairfield

Home to NorthBay Occupational and Employee Health and testing; Hospice & Bereavement, NorthBay Ambulatory Administration, Quality, NorthBay Primary Care Call Center and Project Management Office.




Primary Care Doctors


NorthBay Health Primary Care in Vacaville




Kulbir Bajwa, M.D.
Internal Medicine




Shanaz Khambatta, D.O.
Family Medicine




Madhav Goyal, M.D.
Internal Medicine




Stephen Newman, M.D.
Family Medicine




Ali Hassani, M.D.
Internal Medicine



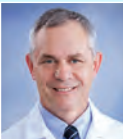
Nikki Thacker, D.O.
Family Medicine




Matthew Heeren, M.D.
Pediatrics




Stephanie Toy, M.D.
Pediatrics
Family Medicine



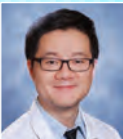
Bruce Hewett, M.D.
Pediatrics




Teresa Whitley, M.D.
Internal Medicine



Rajdeep Kular, M.D.
Family Medicine



Kevin Xunan, D.O.
Family Medicine




Sumerra Khan, D.O.
Family Medicine

NorthBay Health Primary Care in American Canyon




Frances Benko, D.O.
Family Medicine


NorthBay Health Primary Care in Fairfield




Amanda Adkins, M.D.
Internal Medicine




Rajmeet Mann, M.D.
Internal Medicine




Angela Brennan, D.O.
Family Medicine




Nguyen K. Nguyen, M.D.
Family Medicine



Douglas Freeman, M.D.
Family Medicine



Judy Yang, D.O.
Pediatrics



Michael Ginsberg, M.D.
Pediatrics

NorthBay Health Primary Care in Green Valley



Gilbert Chang, M.D.
Pediatrics



Ehsan Ghods, D.O.
Family Medicine



Larissa Chartrand, M.D.
Internal Medicine



Alina Hongsakaphadana, M.D.
Family Medicine



Ankit Dubey, M.D.
Internal Medicine



Paarth Shah, M.D.
Internal Medicine

Hidden Extras for Primary Care Patients

Patients at NorthBay Health Primary Care have a choice among 27 physicians who specialize in pediatrics, family medicine and internal medicine at four locations in Vacaville, Fairfield, Green Valley and American Canyon. A location in Dixon is also in the works and expected to open in Spring 2024.

“Patients who receive their care from NorthBay Primary Care benefit from compassionate and patient-centered physicians, advanced practice providers and staff,” explained Shanaz Khambatta, D.O., Primary Care Medical Director.

“We all work together to make sure our patients are receiving high quality, whole-person care.”

Shanaz Khambatta, D.O.

Every physician is partnered with a clinical care team and together they put the patient at the center of all they do. As an added bonus, there are a number of hidden extras at primary care that are both comforting and convenient, including several specialists who rotate in regularly to address a handful of needs.

Just a Reference Away

If your situation requires a specialist, your primary doctor or advanced practice provider can refer you to one of NorthBay Health’s 50-plus specialty physicians who cover everything from cardiology to cancer and orthopedics to neurosurgery, all right here in Solano County.

If your situation is unusually complex, rest assured you came to the right place. NorthBay Health is part of the Mayo Clinic Care Network, which means our specialty physicians can get clinical guidance on complex cases from Mayo Clinic experts without any additional cost to our patients.



So Close, So Convenient!

Specialty care

For added convenience, cardiology and women’s health specialists offer appointments at some primary care locations.

Need a flu shot?

Primary Care goes into full gear during flu season with drive-in clinics in most locations. Watch for information on this year’s flu shots coming out this fall on NorthBay.org/flu.

Our patients

Patients are welcome to schedule vaccines as needed directly through the care team at Primary Care in Vacaville, Fairfield and Green Valley. Need a shingles shot? Tetanus vaccine? Flu shot? No problem.

Appointment? Check!

Regular checkups are scheduled after a patient and parents establish with a pediatrician. Those visits come with well-child visits, vaccinations and a free book for each young patient, courtesy of Solano County Library Foundation’s Reach Out and Read Program.

Help with blood pressure

Patients with difficult-to-control blood pressure can be referred by their Primary Care provider to our hypertension clinic, which is staffed by the NorthBay Pharmacy Services team.



To schedule an in-person or virtual appointment or an “extra,” call (707) 646-5500.

To learn more about NorthBay’s Primary Care physicians or to book a new patient appointment, visit NorthBay.org/PrimaryCarePhysicians.

If you are already a patient, use the patient portal at NorthBay.org/MyNorthBaydoc to book your next appointment.

Accepted Plans and Groups

When it comes to connecting with NorthBay Health, our patients have plenty of options.

NorthBay Health continues to accept more plans than ever—including Blue Shield Access+ HMO, Health Net HMO, WHA and United Healthcare. And our network of doctors continues to grow.

The Western Health Advantage health plan was created to serve local employers and better control premium costs. Now co-owned by NorthBay Health and Dignity Health (formerly known as Mercy Healthcare), it continues to grow and provide expert care for individuals and families in 10 Northern California counties: Solano, Sacramento, El Dorado, Placer, Yolo, Colusa, Napa, Sonoma, Marin and Humboldt.

The WHA network includes major hospitals and medical centers, thousands of local, trusted doctors and specialists from several medical groups, including all of NorthBay Health’s providers and facilities.



CalPERS offers NorthBay Health through WHA

NorthBay Health services are available to thousands of California Public Employees’ Retirement System (CalPERS) employees in Solano County through Western Health Advantage. That includes CalPERS members who are employed by the cities of Vacaville, Suisun City, Vallejo, Dixon, Rio Vista, as well as Solano County and the two state prisons in Vacaville.



Covered California Access through WHA

There are many health plan options through Covered California; NorthBay Health providers accept all the Western Health Advantage plan options.

There is federal funding made available to California in the form of new subsidies to help people pay monthly health insurance premiums under Covered California.

Even people who didn’t get subsidies before may qualify under the new program. You can find more information on the Covered California website, coveredca.com.

The open enrollment period for Covered California runs from Nov.1 – Jan. 31.



Ask Kelly

If you have questions or need a little extra help getting your health care plans solidified, Kelly Rhoads-Poston is ready to help.

Kelly, a health plan specialist, has more than 20 years of experience in the health care and insurance industries.

The quickest way to get answers is to visit NorthBay.org/openenrollment and click on “Ask Kelly.” You’ll need to fill out the form and can expect a response within two business days.

Accepted Plans at NorthBay Health

To search for health plans that allow you to access NorthBay Health, visit Northbay.org/healthplans and click on “search.”

Two New Medicare Advantage Plans

WHA now offers two new Medicare Advantage HMO plans for Medicare beneficiaries in Solano County.

“A Medicare Advantage plan differs from regular Medicare coverage in that it offers lower costs, richer benefits including coverage of deductibles, prescription coverage and an over-the-counter drug coverage allowance,” explained Kelly Rhoads-Poston, health plan specialist with NorthBay.

NorthBay Physicians Part of Hill Group

All NorthBay Health providers partner with the Hill Physician Group Network. That means NorthBay Health patients have access to Hill’s extensive network of providers and services, and Hill Physician patients have access to NorthBay’s primary and specialty physicians, services and hospital facilities. This connection gives more options to those who live in Vallejo, American Canyon and Benicia, just a short drive and no bridge tools, to receive expert care.



Benicia, Winters Groups Part of the Mix

Some area medical groups have joined with NorthBay under the WHA network. They include Family Health Center of Benicia and Winters Healthcare.

Patients who see primary care doctors in those medical groups are now also able to see providers at NorthBay for services covered by Western Health Advantage.

Building a Bridge to Napa, Sonoma and Marin

NorthBay Health and Meritage Medical Network have partnered to expand service areas and improve access to care and specialty services for thousands of Meritage and NorthBay Medicare Advantage HMO patients. The partner-ship means Meritage patients have access to NorthBay’s 150-plus specialists and Medicare Advantage patients with a NorthBay primary care physician have access to Meritage’s physicians in Solano, Napa, Marin and Sonoma counties.

New Tool Can Detect Vision Issues Early

NorthBay Health Primary Care in Vacaville is piloting an advanced piece of equipment that can be key in preserving the eyesight of diabetic patients.

It adds only an extra 10 minutes to an annual primary care exam, but can be an early indicator of trouble before warning signs arrive.

The RetinaVue 700 Imager, which arrived in May, looks like an extended viewfinder on a platform. The patient sits in a darkened room for five minutes until their eyes are dilated. Then the RetinaVue is wheeled in. The test takes up to five minutes.

Previous technology required a 30-to 40-minute visit at Primary Care, or a visit to an ophthalmologist.



Medical Assistant Chelsea Corrales (left) and Nurse Practitioner Zahra Daftarian show how the RetinaVue 700 can be used easily in an exam room.

“We don’t need to dilate their pupils with drops, and it eliminates the need for an additional appointment,” explained Zahra Daftarian, N.P. “It creates a convenient way for patients to complete their eye exam and results are back within 24 to 48 hours.”

Zahra, who co-chairs a NorthBay Health diabetes work group with family medicine specialist Frances Benko, D.O., says the goal is to improve the quality of care and outcomes for diabetic patients at Primary Care in Vacaville, Fairfield, Green Valley and American Canyon.

“We have all envisioned what medicine of the future would be like and it is now here,” said Dr. Benko. “To say we are excited to introduce this patient-centered comprehensive care experience is an understatement.”

The decision was made to pilot the RetinaVue in Vacaville because it has the largest number of patients of the four sites. If it proves a worthy investment, Zahra can envision having the RetinaVue at other locations.

In 2021, 3.2 million California adults had diabetes and 5.9 million, or 20 percent, were estimated to have prediabetes. The percentage of diabetes cases in Solano County has typically been higher than the state average for years.

In addition to annual checkups, patients should report any change in vision, including:

- Sudden difficulty reading or focusing on things close up;
- Sudden blurriness or double vision;
- Pressure or pain in your eyes;
- Presence of flashing lights, dark spots, or missing pieces in your vision;
- Sudden appearance of floaters (moving spots or lines), especially when these are numerous;
- Appearance of red streaks in your vision; and
- Sudden worsening of night vision.

Other issues that can threaten vision include swelling and fluid build-up in the central part of the retina; glaucoma, or increased fluid pressure in the eye; cataracts and dry eye.

People with diabetes are twice as likely to develop dry eye, which causes blurred vision.

“We can’t take our vision for granted, and if someone has diabetes, it’s even more important to be proactive,” said Zahra. “This new tool makes it easier than ever.”

Mayo Clinic Care Network Provides Expert Input

Since May 2016, NorthBay Health has been a member of the Mayo Clinic Care Network, allowing NorthBay Health physicians to work closely with Mayo Clinic specialists—sharing medical knowledge and clinical expertise in ways that directly benefit patients.

Through eConsults, NorthBay doctors have access to more than 4,000 Mayo Clinic physicians and scientists for second opinions on rare, serious or complex cases.

Other care network membership benefits include:

AskMayoExpert, a database for reference at the point of care. AME offers the latest Mayo Clinic-vetted information on the management, care and treatment of a variety of medical conditions.

Health Care Consulting, which enables NorthBay to learn about Mayo Clinic’s clinical, operational and business models, including how they are designed and implemented.

eBoard conferences, which allow NorthBay Health physicians to gather with multiple specialists from Mayo Clinic and other care network health care organizations to discuss complex cases.



Ta-Da! Her Back Pain is Gone!

Terrill Brewer can't believe how much her life has been transformed. Suffering with back pain she said was 10 on a scale of 10, she had been bedridden for months due to compression fractures in her spine. In January, she underwent an Interventional Radiology procedure called kyphoplasty at NorthBay Health, and by mid-February, not only was she out of bed and walking, but also participating in aqua therapy.

"Never in a million years would I have believed I'd be doing that," the 78-year-old Fairfield resident said, describing how much her life has changed since the surgery. "My quality of life is 100 percent better."

Terrill was living in Oroville when she was diagnosed with osteoporosis about six years ago. Three years later, while sitting on the floor playing with her newborn grandbaby, she twisted to stand up. "I heard a loud pop and felt immediate excruciating pain," she recalled.

As time went on, the pain in her back became so severe it was seriously restricting her movements and causing frequent visits to the hospital, according to her daughter, Cindy Brewer. About a year and a half ago, Cindy moved her mother into her Fairfield home,



Debilitating pain from compression fractures had Terrill Brewer bedridden, but kyphoplasty has her up, moving and even joining aqua therapy classes.

and Terrill came under the care of Ali Hassani, M.D., internal medicine physician at NorthBay Health Primary Care—Vacaville.

"He immediately referred my mom to specialists within NorthBay, to care for her osteoporosis, her COPD, her foot pain and her back pain," Cindy explained.

Patrick Maloney, M.D., neurosurgeon for NorthBay, ordered an MRI, which revealed two compression fractures in the spine.

"My mother's pain was so bad, she wasn't able to get out of bed without help," Cindy recalled. "I'd have to help her slowly slide out of bed just to get to the bedside commode."

This summer NorthBay Health acquired a new diagnostic tool that delivers even more precise, advanced imaging. (See story, right.) In cases such as Terrill's, where laying down for an MRI can be extremely uncomfortable, standing up for the EOSedge 3D full body scan can be a wonderful option.

"Her condition was pretty frail, and we felt a lower-risk surgery — kyphoplasty — would be the best option for her," noted Dr. Maloney. "It's the kind of surgery that can improve function for those who have poor bone quality and multiple fractures."

Christopher Lee, M.D., interventional radiologist at NorthBay, is specially trained in the procedure.

"Kyphoplasty is designed to stop the pain caused by a spinal fracture, to stabilize the bone, and to restore some or all of the lost vertebral body height due to compression fractures," Dr. Lee explained.

During this surgery, a small incision is made in the back. A narrow tube is placed in the incision and, using fluoroscopy to guide it to the fractured area, the surgeon then inserts a special balloon through the tube and into the vertebrae. The balloon is then carefully inflated, and as it inflates it elevates the fracture, returning the pieces to a more normal position. The balloon is removed and the doctor fills the cavity with a cement-like material that hardens quickly, stabilizing the bone.

On the day of the surgery, Cindy was nervous, but Terrill was not. "I said, take me in, I am so ready. Four hours later, after the 'la-la' juice wore off, I told Cindy I didn't have any more pain. She said, 'you're kidding!'"

"For older patients a minor fall can cause so many problems," Dr. Lee said. "Pain keeps them in bed, where their muscles get weaker and breathing is affected. It's hard for them to get back to base level. This surgery is a game-changing procedure for those who have been suffering with back pain."

"I'm feeling so much better, it's had a domino effect on my quality of life. I'm able to sit up. I am drawing and writing again."

Terrill Brewer, NorthBay patient

Terrill couldn't agree more. "I'm feeling so much better, it's had a domino effect on my quality of life. I'm able to sit up. I am drawing and writing again. And, there's the aqua therapy."

"She's walking against the water current, building up her muscles again," Cindy explained. "This is not only good for her muscles in her back and legs, but it helps her heart and lungs, as well. These are things she could not do before the procedure."

"Hey, I'm a tough old broad," Terrill joked.



Advanced, 3-D Full-Body Scans Now at NorthBay

Imagine needing diagnostic imaging for scoliosis, severe osteoporosis or other spinal or musculoskeletal deficiencies, and being in so much pain it's not possible to lay still long enough to have an MRI.

NorthBay Health patients can now comfortably receive low-dose 3-D full-body radiologic imaging while standing or sitting, through the leading-edge X-ray technology found in the EOSedge system.

The system was installed at NorthBay Health this summer, and NorthBay joins UCSF and Stanford as the only health care organizations in the area to offer this advanced technology, according to Patrick Maloney, M.D., neurosurgeon at NorthBay.

The low-dose full body technology was originally developed for use with pediatric patients, Dr. Maloney explained. "Low-dose imaging is a safer option because patients spend less time in an X-ray machine; it's just one shot and the images are obtained."

Because images are obtained while the patient is standing or sitting, clinicians are able to better visualize mechanisms or deficiencies between the spine, hip and knee.

"The images give me more complete and accurate measurements of skeletal and spinal alignment," Dr. Maloney noted, "allowing me to create a more customized plan for complex spinal surgery. Having the EOS system here is a real game-changer for NorthBay."

NorthBay Health Neuroscience & Pain



Rubi Ali, M.D.
Neurology



Patrick Maloney, M.D.
Neurosurgery



Shahid Rehman, M.D.
Neurology



Ameer Almulhassani, M.D.
Neurology



Atul K. Patel, M.D.
Neurosurgery



Sherry Lee Taylor, M.D.
Neurosurgery

Treating Complex Spine, Neuro Conditions

NorthBay Health Neuroscience & Spine is the region's leader for the diagnosis and treatment of complex neurological conditions involving the brain, including aneurysm or tumors; spine issues such as scoliosis and stenosis; and nervous system conditions such as epilepsy, Alzheimer's and other dementias. Patients who once had to travel out

of the county to receive sophisticated treatment for brain tumors or complex spinal disease can now stay close to home, and those suffering from head or spine trauma and stroke will receive rapid, life-saving treatment from NorthBay's certified rapid response teams.

To learn more, go to NorthBay.org/NeuroscienceSpine.



Vacaville resident David Woo is back to doing the things he loves – like golfing – thanks to a hip replacement surgery he had at NorthBay Health.



Check out a video featuring David Woo's story at NorthBay.org/DavidWoo.

Post Surgery: Hip, Hip Hooray!

When Vacaville resident David Woo first felt the pain in his hip, he figured he had just over exerted himself.

"It just felt like something wasn't right. I figured I had pulled a muscle or something," said David, 66. "But it just never got better."

In fact, the pain was affecting his everyday life.

"I couldn't ride a bike or even bend to tie my shoes," he said. "It was affecting my golf and I couldn't go on hikes with my wife."

David was active in his younger years, playing a lot of sports. And he had torn a rotator cuff in his shoulder years before. So when his hip pain became unbearable he called the

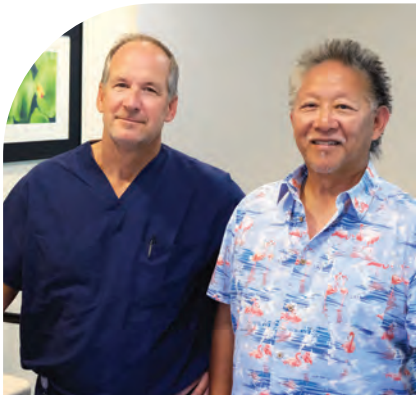
doctor who had helped him with his previous injury: NorthBay Health orthopedic surgeon Andrew Brooks, M.D.

"I knew him from that previous injury and so I knew he would be able to help me figure out what was going on with my hip," David said.

"David had been doing all the right things," said Dr. Brooks. "He exercised, took anti-inflammatories, but the pain was to the point where it was causing him problems in his everyday life."

Dr. Brooks ordered an MRI to get a complete look at the problem. He found arthritis and a cartilage tear. Years of wear had destroyed the cartilage in the hip joint. When

it was determined David wouldn't benefit from arthroscopic surgery, Dr. Brooks recommended a total hip replacement.



Orthopedic surgeon Andrew Brooks, M.D., (left) said patient David Woo's hip was in pain due to osteoarthritis. A hip replacement has Woo back on his feet.

"It had been two years of pain and I just thought, 'It's a deal, let's do this,'" said David.

"He had osteoarthritis," explained Dr. Brooks. With this type of arthritis, wear and tear causes the cartilage – the hard, slippery tissue that covers the end of bones where they form a joint – to break down. It's different from rheumatoid arthritis, a disease in which the immune system attacks the joints, beginning with the lining of joints.

“The staff, nurses, therapists, everyone was great. I can't say one negative thing about my experience.”

David Woo, NorthBay patient

Dr. Brooks did the surgery in February 2022 and for David the process and the outcome couldn't have been any better.

"I couldn't be happier with everything that happened, from pre-surgery, through the surgery and recovery and physical therapy, it was all just great," he said.

Following surgery there was a recovery process that took 10 to 12 weeks and David admits some

impatience on his part – wanting to get back to his active life.

"That's not uncommon," said Dr. Brooks. "I see healthy, active patients who are highly motivated to return to activity as soon as possible but there is still a bit of a recovery period and I want my patients to do so safely to get the best results."

Today, David said he is comfortable playing golf again, and happily says "I can tie my shoes again!"

And he has advice for others who may be considering a hip replacement.

"I highly recommend it," he said.

"If you do not have much pain, it may be OK to live with it but for me, it got too severe. Getting the replacement changed everything for me. And Dr. Brooks was great. I would have no hesitation at all in recommending him and his team. The staff, nurses, therapists, everyone was great. I can't say one negative thing about my experience."

NorthBay Health Orthopedics



Daniel Birkbeck, M.D.
Orthopedics/
Hand Surgery



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



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



Neil Pathare, M.D.
Sports Medicine/
Orthopedics



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



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



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

Help for Bones, Joints, Ligaments, Tendons and More

NorthBay Health Orthopedics and Rehabilitation diagnoses, treats and rehabilitates a full range of orthopedic conditions affecting the musculoskeletal system – bones, joints, ligaments, tendons, muscles, cartilage, connecting soft tissues and nerves.

Orthopedists treat sports injuries, total joint damage and complex conditions that may require a knee replacement, hip replacement or other orthopedic surgery.

Specific orthopedic services at NorthBay include: hip replacement, knee replacement, shoulder replacement, ankle replacement, podiatry, sports medicine and hand therapy.

NorthBay Rehabilitation Services 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 tailored to their specific needs, laying the foundation for comprehensive care and swift improvement.

Rehabilitation services offers physical therapy, occupational therapy and hand therapy.

To learn more, go to NorthBay.org/Rehabilitation.



Putting Her Heart in Good Hands

It was during a regular primary care checkup four to five years ago that Khoa Le first learned she had some kind of issue with her heart.

"They said there was maybe a murmur and she would need more testing," explained her daughter, Minnie Le.

But Khoa was afraid of doctors and hospitals. She came to America in 1972 and had always been strong and healthy. She owned an Asian grocery store in El Cerrito, owned a restaurant, an ice cream business,

a gas station and then a deli in Emeryville but the thought of putting her life into the hands of doctors and surgeons was frightening.

So she put off her care and never went to see a cardiologist.

Then, in June of 2022, she made a visit to her native Vietnam and saw a doctor there. "He told her, 'You need to take care of this' and told her she had a leaking valve and needed surgery," said Minnie.

Still, she was hesitant. The heart problem left her feeling tired and

exhausted all the time but she told the doctor in Vietnam that she was thinking of having the surgery in that country.

"He told her, 'You have American insurance, why not do it there?'" So she relented.

Back in Vacaville in November 2022, she went to see NorthBay Health cardiothoracic surgeon Shea Pribyl, D.O., and found the confidence and reassurance she was seeking.

"Khoa had a leaky mitral valve," explained Dr. Pribyl. The mitral valve is one of four valves in the heart. It is located between the upper left chamber of the heart (left atrium) and the lower left chamber (left ventricle). It helps blood flow in the correct direction from the left atrium to the left ventricle.

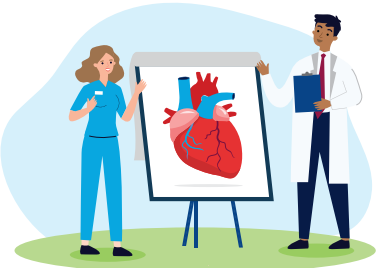
“With the minimally invasive approach, the patient has less recovery time, less pain afterward and the hospital stay is much less.”

Cardiothoracic surgeon
Shea Pribyl, D.O.

"In Khoa's case the valve was not closing completely, which allowed blood to leak backward," said Dr. Pribyl. "It's called mitral valve regurgitation."

"The valve's job is to move oxygenated blood through the heart so it can be pumped to the rest of the body," said Dr. Pribyl. "But for Khoa, half of the blood was going back into the lungs and when that happens, the heart has to work extra hard," he said.

Over time, if the regurgitation is not treated, it becomes harder and harder for the heart muscle to do the work. "It's like if you went to the gym to do bicep curls and just kept adding more and more weight," said Dr. Pribyl. "It becomes harder and harder to lift that weight. It's the same with the heart. The more leaking in the valve, the harder it has to work and it gets tired."



It also increases the risk of irregular and rapid heart rate (atrial fibrillation), which has been linked to an increased risk of blood clots and stroke. Other risks include high blood pressure in the lungs (pulmonary hypertension) and congestive heart failure.

For many years the standard surgical approach for repairing the mitral valve has been a sternotomy (opening the chest) but Dr. Pribyl offered a different option: a minimally invasive surgery using a smaller incision on the right side of the

chest through which he is able to insert the surgical tools and a small camera for visualization as he repairs the valve. The surgery was not new to Dr. Pribyl but Khoa's procedure was the first time he's done it at NorthBay Health.

"With the minimally invasive approach, the patient has less recovery time, less pain afterward and the hospital stay is much less," he explained. "And Khoa had a great result. Her valve went from regurgitation to essentially a functionally normal valve."

"We thought that it was going to be an open chest surgery so we were all happy to have the minimally invasive option," said Minnie, who adds that her mother recovered quickly and continues to improve day by day.

Khoa says she still doesn't like hospitals and doesn't want to find herself in one again but she is grateful for Dr. Pribyl who made her feel secure.

"I've never seen a doctor like him," she said. "I looked at his face and it was very calming. He has a nice face."

And she has calming words for others who may need similar surgical help from Dr. Pribyl.

"You are in good hands," she said. "Have faith."

NorthBay Health Heart & Vascular



Jeffrey Breneisen, M.D.
Cardiology



Milind Dhond, M.D.
Cardiology



Saba Lahsaei, M.D.
Interventional Cardiology/
Cardiology



Melissa Loja, M.D.
Vascular Surgery



Cyrus Mancherje, M.D.
Interventional Cardiology/
Cardiology



Shea Pribyl, D.O.
Cardiothoracic Surgery



Mark Villalon, M.D.
Interventional Cardiology/
Cardiology

NorthBay's Experts Offer Comprehensive Cardiovascular Services

NorthBay Health Heart and Vascular is Solano County's only comprehensive location for advanced cardiovascular services. Equipped with the latest technology and evidence-based care, expert teams at NorthBay include interventional cardiologists, cardiac electrophysiologists, cardiothoracic surgeons, vascular surgeons and highly specialized cardiac nurses and technologists who specialize in diagnosing and treating diseases of the heart and blood vessels.

Comprehensive cardiology services and specialty heart care at NorthBay includes the region's first accredited Chest Pain (Heart Attack) Center, the only cardiothoracic surgery program in Solano County and a Heart Failure Clinic. Experts also perform many cardiac procedures using non-surgical interventional techniques and minimally invasive surgery, which can mean less pain, smaller incisions and a faster, easier recovery for patients.



Khoa Le says she found the care and confidence she needed to have a leaking mitral valve repaired the moment she met NorthBay Health cardiothoracic surgeon Shea Pribyl, D.O.

Cancer Won't Slow This Mom Down

Like most working mothers, Chrystina Collins is a busy woman. A registered nurse who cares for pre- and post-op patients at NorthBay Health's Ambulatory Surgery Center (ASC) in Vacaville, she's also a wife and has four children between the ages of 9 and 17, all of whom are active in sports. "Yes, life gets hectic," she concurred.

When she felt a tiny lump in her right breast in the summer of 2021, she figured she'd wait to get it checked out when she had a mammogram.

Several months passed and in February of 2022, she saw a friend at the ASC who was there for a lumpectomy. The encounter reminded her to follow up on that important exam.

Chrystina's primary care physician sent a referral for a mammogram at NorthBay Health's Diagnostic Imaging department, in the VacaValley Wellness Center. That day, Feb. 16, turned her world upside down.

"I didn't even make it out of the mammogram before the radiologist came in to tell me she saw an area of concern, and felt fairly confident the lump was cancerous. She sent a referral for me to see an oncologist and to have a biopsy."



Don't ignore a lump, no matter how small, advises Chrystina Collins, a busy mom to four active children.

That oncologist was Brian Vikstrom, M.D., who would take over Chrystina's treatment plan.

"It is always best to diagnose a cancer when it is smaller as cure rates are higher for earlier stage tumors," Dr. Vikstrom said. "Unfortunately, we're seeing an

increase in the rate of breast cancer among younger women. While developing breast cancer under the age of 40 is uncommon, it is not rare. Recommendations are now that women ages 40 to 49 have mammographic screening yearly, rather than every other year."

During the next 10 days Chrystina also met with Jason Marengo, M.D., an oncoplastic surgeon, had the biopsy and a breast MRI. The biopsy revealed cancer and the MRI confirmed it had already spread to two lymph nodes.

“All women age 50 and under with breast cancer now qualify for DNA testing to see if they carry one of 70 or more genes associated with increased cancer risk.”

Brian Vikstrom, M.D.

It was a whirlwind time, she admitted. "It all happened so fast. One day you're one person, and the next you're in a whole new world. I'm a nurse but I just didn't know anything about cancer treatment. I had absolutely no experience with this, and I got a crash course."

Helping her negotiate her way through this new world was Natasha Perkins, Oncology Nurse Navigator. Navigators expedite appointments, organize test results and serve as a resource for their patients.

"I was pretty clueless at that point and she walked me through the treatment plan, explaining everything step by step. She answered all my questions. Natasha does so many things behind the scenes for her patients."

She also underwent genetic testing to discover if there were any mutations, which would then determine the best course of treatment. The genetic tests all came back negative,

but a biopsy revealed an aggressive form of HER II Positive breast cancer. She then underwent rounds of chemotherapy that concluded in July.

"Even in the absence of a family history, younger women with breast cancer have a higher chance of having been born with a 'cancer gene,' which is usually caused by a mutation in a gene responsible for repairing DNA," Dr. Vikstrom said. "All women age 50 and under with breast cancer now qualify for DNA testing to see if they carry one of 70 or more genes associated with increased cancer risk."

A follow-up MRI in August revealed some cancer remained, so she underwent a mastectomy with removal of many lymph nodes, followed by radiation in November and more rounds of chemotherapy, set to conclude in August 2023. After her chemo treatment, she plans to have breast reconstruction in the fall.



While Chrystina's cancer was aggressive, she was told it could probably have been addressed at its earliest stage if she had had a mammogram when she first noticed the lump.

The experience has affected Chrystina's entire family, but in a life-affirming way. "The children have all really stepped up and helped each other out. They're loving and staying positive. We all have a new perspective. We have changed the way we live, and are trying to slow down and live life."



Comprehensive, Compassionate Cancer Care

The NorthBay Health Cancer Center, in the VacaValley Wellness Center in Vacaville, offers a coordinated program of comprehensive cancer prevention, detection, treatment, rehabilitation and support services. Its oncology experts—physicians, nurses, pharmacists, technologists and therapists—strive to provide a compassionate approach to cancer treatment and care for patients and their families, supported by state-of-the-art technology and access to cutting-edge clinical research protocols.

The Cancer Center offers genetic counseling, radiation therapy, infusion services and an in-house pharmacy that delivers precise medications for infusions. Chemotherapy and biotherapy treatments are administered using the highest level of care by a staff of oncology-certified nurses and other clinical staff.

Advanced imaging and radiation treatment delivery services include the center's state-of-the-art Varian TrueBeam linear accelerator—that kills or shrinks cancer cells using an advanced image-guided radiation therapy system, while avoiding healthy tissues and organs. Other advanced imaging services include digital mammography, MRI, ultrasound, 3D mammography, and MRI-guided breast biopsy.

To learn more, go to NorthBay.org/CancerCenter.

NorthBay Health Cancer Center



Stephen Banks, M.D.
Radiation Oncologist



James Long, M.D.
Oncologist/
Hematologist



Jonathan Lopez, M.D.
Oncologist/
Hematologist



Jason Marengo, M.D.
Breast Reconstruction/
Oncoplastic Surgery



Jessica Powers, M.D.
Oncologist/
Hematologist



David Tate, M.D.
Radiation Oncologist



Brian Vikstrom, M.D.
Oncologist/
Hematologist



Oh, Baby it's Busy!

Business is Booming in Labor and Delivery

Business is booming on the second floor of NorthBay Health Medical Center, with patients coming from OLE Health, La Clinica, Great Beginnings, Community Medical Center, Alpha Clinic, Sutter Health and David Grant Medical Center to give their babies a hearty start in a Baby Friendly facility.

"In 2019, we delivered 1,118 babies, and that was fairly average from

previous years," explained Heather Troutt, Director of NorthBay Health Women's Hospital Services. "In 2020, the number grew to 1,208. In 2021, it jumped to 1,480. And in 2022, we hit 1,629 deliveries. Yes, 2023 continues to be very busy as well."

NorthBay has become the hospital of choice for many new moms to deliver for an array of reasons, noted Stella Huang, D.O.,

Medical Director for NorthBay Health Women's Hospital Services.

"In addition to being a certified Baby Friendly hospital, we have always stressed having a safe delivery for moms and babies at NorthBay," Dr. Huang said. "Parents-to-be, physicians, nursing staff — we all work well together to assure that common goal."



"We've been a Baby Friendly designated facility for nine years, and all the principles that come with it are just part of the culture here," Heather added. "We promote family bonding, breast feeding, and skin-to-skin contact. The baby stays with mom in her room the whole time, and if interventions such as immunizations must be given, mom holds the baby when it happens. We don't whisk them away. That's just how we do things now."



"Another reason NorthBay Health is often chosen as the delivery destination is because we can offer vaginal births, even if a mom has had

prior C-Sections, as long as it's safe," said Heather. "Not all hospitals offer these services."

NorthBay Health Women Services team includes physicians specializing in obstetrics, gynecology and robotic surgery. Offerings include well-women visits, cervical cancer screening, women's imaging, family planning, hormone replacement therapy, ablation, urogynecology, robotic-assisted hysterectomy and more. Offices are on the third floor of the Gateway Building, on the NorthBay Health Medical Center campus in Fairfield, and soon in the VacaValley Health Plaza on the NorthBay Health VacaValley Hospital campus in Vacaville.

To schedule an appointment, call (707) 646-4100, or go to NorthBay.org/WomensServices.

"In addition to being a certified Baby Friendly hospital, we have always stressed having a safe delivery for moms and babies at NorthBay. Parents-to-be, physicians, nursing staff — we all work well together to assure that common goal."

Stella Huang, D.O.,
Medical Director for NorthBay Health Women's Hospital Services

Volunteer Cuddlers are Coming Back

Now that volunteers are returning to NorthBay Health (see story, page 22), one of the more popular volunteer opportunities is also being reinstated: the Cuddler Program for the Neonatal Intensive Care Unit.

Originally launched in 2019, the program was first developed under the guidance of two retired NorthBay Health employees.

Volunteers in the program undergo training that focuses on the benefits of human touch, learn the importance of hand hygiene and sign a confidentiality agreement.

There is a wait list for the Cuddler program but there are many other opportunities for potential NorthBay Health volunteers.

Learn more at northbay.org/volunteer.



Before the pandemic, NorthBay Health volunteers signed up to be part of the Cuddler Program, spreading warmth and compassion to the tiniest of NorthBay patients. The program begins again this fall.

NorthBay Health Women's Services



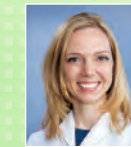
Stella Huang, D.O.



Shanna Snow, D.O.



Kalie Li, D.O.



Rachel Villalon, M.D.



Marlene Freeman, M.D.



Denise Veloria, D.O.



Andrew Lin, M.D.

NorthBay Hospitalists



Fred Blair, M.D.



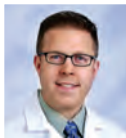
Jeffrey Ruderman, M.D.

Specialty Care Physicians

NorthBay Health offers a rich slate of specialty care physicians with offices in Fairfield, Vacaville, Green Valley and Napa. In addition to those highlighted throughout this magazine, here is a partial list of some of our specialties:

Gastroenterology

NorthBay Gastroenterology's board-certified experts employ 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. The Interventional Endoscopy program at NorthBay Health offers minimally invasive procedures. The use of state-of-the-art interventional endoscopic advances and techniques allow the team to diagnose and treat many gastrointestinal and pancreaticobiliary diseases, avoiding surgery.



Michael Krier, M.D.



Mounzer Al Samman, M.D.



Suk Charles Whang, M.D.

Wound Care

A team of specialists at NorthBay Wound Care offers a variety of treatments and therapies for patients with non-healing wounds due to such factors as infection, trauma, malnutrition and diabetes. Therapies include negative pressure wound therapy, compression therapy, bio-engineered skin substitutes, ostomy care and wound debridement.



Kevin Miller, D.P.M.



Jason Marengo, M.D.

Urology

NorthBay Health schedules regular office hours and some procedures in Vacaville, Fairfield and Napa, as well as some procedures and surgeries at NorthBay Health Medical Center in Fairfield. Some robotic surgeries are done using the da Vinci Xi Robotic Surgical System.



Herkanwal Singh Khaira, M.D.

Rheumatology

Patients with complex arthritis, joint pain and issues affecting muscles and connective tissues such as gout, fibromyalgia, lupus and rheumatoid arthritis need special treatment and care to maintain their quality of life. Many patients have various forms of arthritis, from rheumatoid arthritis and osteoarthritis to psoriatic arthritis. Other conditions treated include lupus, gout, fibromyalgia and ankylosing spondylitis.



Melissa Schoenwetter, M.D.

Infectious Disease

NorthBay Health's busy Infectious Disease practice not only covers Infection Prevention for both of NorthBay Health's two hospitals, but also includes treatment of HIV/AIDS, tuberculosis, complex wound/bone infections, infections requiring long term antibiotic therapy, in addition to a variety of conditions due to various viruses (Influenza, COVID-19), fungi (Valley Fever) and parasites.



Gregory Warner, D.O.

Pulmonary Medicine

Pulmonologists at NorthBay Health 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 provide pulmonary function testing in both Fairfield and Vacaville locations. NorthBay also has the advanced 3-D technology of the Monarch robotic system to detect hard-to-reach lung nodules for early diagnosis and treatment of lung cancer.



Karan Julka, M.D.



Maqbool Ahmed, M.D.



Donald Doyle, M.D.



Zakwan Quwatli, D.O.

Pain Management

The NorthBay Health Pain Management team takes a holistic approach to pain management that offers comprehensive healing for the body, mind and spirit. Treatment plans reflect the uniqueness of each patient's condition, and involve physicians who consult with and work together with neuroscience experts in the NorthBay Health Spine Program, as well as nutritionists and physical therapists. The integrated approach focuses on everything from back and neck pain to runner's knee, headaches, chest wall pain, spinal pain and more.



James Jaber, M.D.



Cynthia Pena, M.D.

not pictured:
Akbar Khan, D.O.

Ear, Nose & Throat

NorthBay Ear, Nose & Throat evaluates and treats patients of all ages with conditions affecting the ears, nose, throat, sinuses and voice. Board-certified otolaryngologists, speech therapists and an audiologist provide a comprehensive evaluation and then employ a variety of treatments including medication, advanced diagnostic procedures and surgery to ensure personalized care.



Shaulnie Mohan, M.D.

General Surgery

NorthBay Health's general surgeons offer procedures such as hernia repairs, gallbladder removal, colon cancer surgery and hemorrhoid removal. Surgical procedures occur at NorthBay Health Medical Center and at the Ambulatory Surgery Center in Vacaville.



Majid Kianmajd, D.O.



William Fulton, D.O.



J. Peter Zopfi, D.O.



The da Vinci surgical robot

Robotic Surgery

NorthBay has several surgeons on staff who are certified to use the da Vinci Xi Robotic surgical system. This advanced technology allows surgeons to perform complex and delicate procedures with exceptional precision, while offering patients reduced recovery time, pain and blood loss. Using this system, surgeons can remove ovaries, fibroids, gallbladder and gallstones, as well as partial removal of colons, nephrectomies, prostate and hernia surgery and hysterectomies.



William Fulton, D.O.
General Surgery



Marlene Freeman, M.D.
OB/GYN



Herkanwal Singh Khaira, M.D.
Urology



Majid Kianmajd, D.O.
General Surgery



Kalie Li, D.O.
OB/GYN



Shanna Snow, D.O.
OB/GYN



Denise Veloria, D.O.
OB/GYN

Hospice & Bereavement

NorthBay Health Hospice & Bereavement's team of specialists can provide patients and their families with compassionate pain symptom management and dignity as they face life-limiting illnesses.



Terrell Van Aken, M.D.

Trauma and Emergency Services

No one plans for disaster to happen, but it's good to know a full team of emergency medicine experts are available 24/7/365 at both NorthBay Health Medical Center in Fairfield and NorthBay Health VacaValley Hospital in Vacaville. The Fairfield hospital is verified as a Level II Trauma Center by the American College Board of Surgeons. It is also an accredited Chest Pain Center with PCI. Both hospitals are Certified Stroke Centers and approved for pediatric care.

Occupational Health

NorthBay Occupational Health provides cost-effective and comprehensive occupational health care to businesses and industries in Solano County. NorthBay Occupational Health is the longest-serving provider of occupational medicine in upper Solano County. Offices are open weekdays with accommodations for injury care walk-in treatment as well as scheduled appointments. Clients have instant access to real-time results of office visits, work restrictions, next steps for the employee, number of visits missed and more through iSystoc.



Yolanta Petrofsky, M.D.

not pictured:
Justin Nast, M.D.

And More

NorthBay Health also offers Anticoagulation Services and Rehabilitative Services. For more information on these and more, visit NorthBay.org.



The Monarch robotic technology system

Premier Fitness Center is Truly Active

The swimming pools are busy, classes are filling up fast and the exercise equipment is humming again at Vacaville’s premier fitness center for the first time since the pandemic brought everything to a halt.

But there’s one major difference: It’s now Active Wellness Center at NorthBay Health, and is operated by San Francisco-based Active Wellness, after a new partnership with NorthBay Health was announced in May.

The three-story fitness center, which anchors the VacaValley Wellness Center at 1020 Nut Tree Drive, features 53,500-square-feet of fitness and boutique fitness studios. Offerings include indoor cycling, yoga, boxing, small group training, heart-rate training, personal training services and medically integrated fitness programs. The facility also includes an indoor therapy pool, a group activity pool, a whirlpool and a 25-yard lap pool.

A wide variety of group classes and lifestyle programs are available. In addition, there are recovery and restorative programs, child care, youth programs and stocked locker rooms.

“We’re honored to serve the Vacaville community, in partnership with NorthBay Health, to inspire healthier, more active lives.”

Michele Wong, COO of Active Wellness

Active Wellness partners with medical organizations in numerous locations to inspire healthier lives and extend the continuum of care. Their services function as a liaison between hospitals, physicians and patients to support whole-person health care.

In other communities Active developed programs and opportunities for patients dealing with cancer, diabetes, arthritis, Parkinson’s, post-surgery and more.

Membership is open to the general public. Visit <https://actiwellness-center.com/northbay> for details.

Prior members can reach out to Active Wellness regarding special programs.

Membership can be renewed via the website anytime. A Q&A can also be found on the website.

“We’re very excited to have found the ideal partner to manage the fitness center for us,” said NorthBay Health President and CEO B. Konard Jones.

“Our priorities are in alignment, and we are looking forward to seeing them create an exceptional experience in an environment where a healthy life-style is created, one that will well serve the members, our patients and our community.”

Michele Wong, COO from Active Wellness, agreed. “Active Wellness Center at NorthBay Health is set to reopen stronger than ever. We’re honored to serve the Vacaville community, in partnership with NorthBay Health, to inspire healthier, more active lives.”

Morgan Jolley, Assistant Vice President of Strategy and Business Development, has been involved in the process to find the right partner.

“This demonstrates NorthBay’s commitment to continue to invest in the health of our communities,” he said. “As a leading health system in Solano County, we believe creating access to high-quality fitness centers, hospitals and everything in between is essential in order to elevate health in our community.”

For more information, call (707) 624-8080.



Jacki Rooney, Programs Manager, and Daniel Tull, Member Services Supervisor at Active Wellness Center at NorthBay Health are excited to welcome new and returning members to the premier fitness facility on the NorthBay Health VacaValley Hospital campus in Vacaville.

Changes for NorthBay’s Leadership Team

Two new executives joined NorthBay Health in 2023, rounding out the leadership team and keeping the 63-year-old organization focused on its mission to remain fiercely independent while delivering compassionate care and advanced medicine close to home for the residents of Solano County and beyond.

Joe D’Angina joined NorthBay Health as its Chief Financial Officer at the end of January. In July, Tim Williams, an executive leader with Adventist Health, became NorthBay Health’s Vice President for Ambulatory Services.

“We are so pleased to welcome both of these gentlemen to our NorthBay family. They are experienced, respected professionals in their fields and will complement NorthBay on its journey as we navigate the ever-changing health care landscape, determined to keep the patient at the center of all we do.”

B. Konard Jones, President and CEO of NorthBay Health

Joe, who most recently served as Chief Financial Officer for UC San Francisco Medical Center, brings more than 30 years of experience. Prior to his role at UCSF, he served almost nine years with Dignity Health, starting at Woodland Healthcare as their Chief Financial Officer then transitioning to hold both the Chief Financial Officer and Chief Operating Officer roles; and then as the Market CFO for Dignity’s North State Market, which includes Mercy Medical Center in Redding, Mercy Medical Center in Mt. Shasta and St. Elizabeth Community Hospital in Red Bluff.

Before that, he held executive level finance positions with Kaiser Permanente, Sutter Regional Medical Foundation, Sutter Health as well as Bay Valley Medical Group, now a part of Stanford Health.



Joe D’Angina
NorthBay Health
Chief Financial Officer



Tim Williams
NorthBay Health Vice President
for Ambulatory Services

Tim has more than a decade of experience in outpatient clinics and operations, most recently serving the Northern California region of Adventist Health, as the operations executive for ambulatory and physician services, where he drove alignment and integration within complex systems for the care delivery of five hospitals. He was directly responsible for the operations of 84 outpatient facilities serving more than 510,000 patient visits each year.

With a passion for building, improving and growing operations to better serve the community, Williams is committed to clinical quality, patient experience, consumer value and process improvement.

Prior to his time with Adventist Health, Tim served as an officer in the U.S. Air Force. His role with the Medical Service Corps was leading outpatient operations in health care facilities. He helped lead and implement numerous initiatives for the Defense Health Agency and Air Force Medical Service. He was commissioned as an officer at David Grant Medical Center on Travis Air Force Base, prior to receiving orders to go to Seymour Johnson Air Force Base in North Carolina.

Tim holds a master’s degree in business administration—healthcare management from the University of North Carolina—Fayetteville State University. He is a Fellow in both the American College of Healthcare Executives (FACHE) and the American College of Medical Practice Executives (FACMPE).

NorthBay Health Welcomes New Physician

NorthBay Health has added another physician to its stellar Pain Management team. Akbar Khan, D.O., is a pain management specialist who comes to NorthBay Health from Adventist Health. He received his doctor of osteopathic medicine from Touro University, and his fellowship from Cleveland Clinic. He completed his residency at Tufts Medical Center in Boston, and an internship at Nassau University Medical Center in East Meadow, New York.



Jubilee Returns as Two-day Celebration

NorthBay Health Foundation’s perennially popular Jubilee

returns later this year after a three-year hiatus with a two-day format and, for the first time ever, a \$100,000 Title Sponsor.

Moving back to an indoor celebration at the Sunrise Event Center in Vacaville, the 2023 event will retain some aspects of what people enjoy most about Solano County’s most popular fund raising event, noted Paul McGinty, Foundation President, while adding exciting new twists.

Jubilee Weekend on Oct. 27–28 will kick off Friday with the NorthBay Health Jubilee Gala, a black-tie event for about 300 sponsors. This event will feature heavy hors d’oeuvres and fine wines from 5:30 to 10 p.m., celebrating individuals and organizations that have supported the Foundation through sponsorships that range from \$2,500 up to \$100,000. That \$100,000 Title Sponsorship belongs to Nobell Energy Solutions.

Sponsorships of all levels includes not only an invite to the Gala, but tickets to the NorthBay Health Jubilee, which opens at 4 p.m. for VIPs and 5 p.m. for the general public on Saturday, Oct. 28.

Once again, the Jubilee will feature food, wines and brews in the format that has been enjoyed by thousands of attendees for more than 30 years. Ticket holders can sample offerings from some of the area’s finest eateries, breweries and wineries, and be part of a Live Auction. The event runs until 10 p.m.

NorthBay Health Foundation Vice Chair and Jubilee Chair Scott Reynolds promises a phenomenal fundraising weekend. “We are excited to bring back this annual tradition celebrating our amazing health system, our faithful supporters and the incredible community we care for! Our attendees will come



together once again to celebrate the traditions of the past and also enjoy a new format. We’re back and better than ever!”

One new feature to this year’s Jubilee will be the addition of entertainment. “We are thrilled to feature the world famous Passing Zone, as seen on America’s Got Talent,” Paul noted. “And locals will appreciate the musical stylings of the popular local band, The Rhythm Method Trio.”

Presenting Sponsors are Al and Patt Shaw; Platinum Sponsors are Heidi Y. Campini, Medic Ambulance, and Robert and Elizabeth Layne; Gold Sponsors are Dennis and Alex Landis, Ventas, Western Health Advantage, Jelly Belly Candy Co., and Before The Movie; Silver Sponsors are 360DTii and 95.3 KUIK; Bronze Sponsors are Jackson Medical Supply, Seth Kaufman, M.D., Bill and Karen Seiden, Sheniece Smith, Vacaville Magazine, Heather Resseger, Insight Investments, The D’Angina Family, Traci Duncan, Bill and Annette Fell, Ferrari Philanthropic Consultants, Inc., Amanda Ferrari JD, Robert Sheldon JD, Jean Cox in Memory of Bill Cox, the McGinty Family, Scott and Cathy Reynolds and Mounzer Al Samman, M.D.

Tickets are \$150 each, and can be purchased by going to northbay.org/jubilee.

Proceeds from this year’s Jubilee weekend will support investments in NorthBay’s Heart and Vascular program and other key services.

For more information, go to northbay.org/jubilee or call (707) 646-3133.



NorthBay Health to Gear Up Volunteer Program Again

NorthBay Health’s volunteer program made a critical step forward in efforts to re-launch when it hired Robin Hunt as manager of Volunteer Services in May.

Robin comes to NorthBay from St. Joseph’s Medical Center and the Behavioral Health Center in Stockton, where she served as manager of Volunteer Services.

“It has been a long wait for this day,” said Paul McGinty, President of NorthBay Health Foundation. “Our faithful volunteers have been absent for three years and our system has desperately missed their touch — from their cheerful greetings and kind words, to the TLC volunteers offer our patients, and for tireless energy they have put in to support so many projects that benefit NorthBay. Through the years our volunteers have helped make our health system the best it can be for every patient, every encounter, every time, and we’re ready to get the program rolling again, with Robin’s guidance.”

Robin previously worked with Hospice of Michigan as a volunteer coordinator, joined Dignity Health in 2011 as Volunteer Services supervisor and then became regional manager of the Bakersfield market in 2016.

“Throughout the interview process I was impressed with the warmth I felt from everyone I encountered,” Robin noted. “This will be an easy transition and I already feel right at home.”

A meet-and-greet session between Robin and long-time volunteers was held in June, where attendees learned about upcoming plans to fully re-launch the program. Those plans include reviving the “Cuddler” program for the Neonatal Intensive Care Unit, and assigning volunteers to help at both hospital’s front desks, with badging, patient and visitor escort, and wheelchair recovery assistance.

Other volunteer services are needed; to learn more, go to northbay.org/volunteer.

Bringing HOPE to NorthBay

Women’s Philanthropy Group Supports Health Care Mission

Have a passion for assuring there is quality health care available locally? Want to make a difference in your community? You’re invited to join a new women’s philanthropy group with the mission of supporting NorthBay Health.

NorthBay Health Foundation has created a new initiative for women in Solano County: “Women’s HOPE at NorthBay.” It’s a networking group focused on Health, Opportunity, Philanthropy and Engagement.

“Our goal is to build a network of like-minded women making a difference through collective philanthropy and engagement.”

Paul McGinty, President of NorthBay Health Foundation

Throughout the year, HOPE members will be invited to exclusive, fun and educational events, where they will hear directly from physician leaders, specialists and hospital administrators about general health care issues that affect residents of Solano County, and the care NorthBay Health provides.

An initial kick-off reception to introduce HOPE’s mission and goals was held May 2, when executive leaders shared an inside look at NorthBay’s future, followed by a presentation from the NorthBay Heart & Vascular team.

Katie Lydon, Women’s HOPE steering committee member and NorthBay nurse leader, set the evening’s tone by describing NorthBay’s unique ability — as an independent, community-based health system — to make quick decisions that have a positive impact on the quality of care it provides to Solano County residents.

“The past year and a half has been very challenging to our organization,” she told the gathering of more than three dozen. “But our nimbleness to make necessary changes is incredibly unique, as is the uniqueness of the people who work here. Throughout the organization, you’ll find employees dedicated to serving our community.”

The second Women’s HOPE meeting was held July 25 at Wooden Valley Winery, where guests learned about NorthBay’s Magnet and trauma programs. Another session is planned for Oct. 3 to discuss the NorthBay Cancer Center.

To join Women’s HOPE, individual members make a tax-deductible annual donation of \$1,000, or \$2,500 for a business with three memberships. Every fall, all members vote on how to invest their collective donations to fund patient care needs at NorthBay Health. Membership fees may be made as a one-time payment split up over four payments of \$250.

As a promotion to build up membership, all new members who join in 2023 will see their \$1,000 go toward membership for 2023 and all 2024 events/receptions.

Katie urged colleagues and women in the community to check it out. “It’s an opportunity to come together and make an impactful difference, while networking and learning more about our system and the community we serve,” she said.

For more information, or to RSVP for the group’s next event, contact Susan Cianci at SCianci@NorthBay.org, or call (707) 646-3131.



The Women’s HOPE Steering Committee is (l–r) Keyo Tocchini, Susan Cianci, Gaylene Andersen, Francie Bryan, Katie Lydon, Ana Reyes and Wendy Jackson.



B. Konard Jones

NorthBay Health
President and CEO

Ready for the Next Chapter

NorthBay President and CEO Plans to Retire Dec. 31, 2023

After a 40-plus year career that spanned both the health care industry and corporate America, NorthBay Health President and CEO B. Konard Jones has decided it is time to begin a new chapter.

In March, he announced plans to retire at the end of the year, giving the 63-year-old organization ample time to find a new president and CEO as it regains firm financial footing in an ever-changing health care landscape, triggered by the global pandemic.

"There's never a perfect time to step away," reflected Konard, "because there are always challenges on the horizon. But I'm proud of the many ways this organization has navigated through uncharted territory. Our teams banded together and did the hard work, and this health care system and the community are the better for it."

NorthBay's most appealing qualities through the years, he said, have been its unwavering dedication to the community, and its independent spirit.

"We're small and nimble and feisty," he said. "It makes a difference when you encounter such challenges. This team is courageous and fearless. They make it happen against all odds."

Konard has actually worked two stints at NorthBay. In 1995, he took the opportunity to step in as NorthBay's Vice President of Human Resources.

"I told my wife, now of 38 years, there was a great opportunity for our family to leave Southern California to move up north," he recalled. "Without a single question she supported this dream and put her own corporate career on hold while planning for the life-changing move."

When he arrived, he was welcomed with open arms by Gary Passama, then president and CEO, and Deborah Sugiyama, then president of the healthcare group.

"They trusted me with running operations and I am forever grateful to them for helping shape me into the executive I've become," he said.

He stepped away in 2004 to pursue other opportunities, creating a medical supply distribution company and later taking a key role at Benioff Children's Hospital in Oakland. When he returned to NorthBay in 2015, he took the job of hospital division president, when Deborah retired. When Gary retired two years later, Konard took on the CEO role.

"It has been an exhilarating opportunity—and that was true even before the pandemic," said Konard. "NorthBay has been a perfect fit in so many ways."

Konard was raised in South Central Los Angeles and educated in Compton. He earned degrees in business management and education psychology from Grambling State University. He's quick to tell you that he was lucky to be raised in a two-parent household, which wasn't common in the neighborhood. He said his parents always encouraged him to shoot for the stars in everything he did.

“Throughout my entire journey, my desire has been to serve my community, and give back to families who needed care. And that is central to the fabric of NorthBay.”

B. Konard Jones, President and CEO of NorthBay Health

"We often refer to 'The NorthBay Way,' and it's sometimes difficult to explain but it manifests itself in every interaction between employees, physicians, patients, business associates and the community at large. You get that 'family feeling' from the moment you enter the door, when you see caring professionals at every level give their all to care for the needs of our patients."

As CEO, Konard has had the opportunity to represent NorthBay by serving on various boards of directors including Western Health Advantage, CHI Optima, Touro University, California Hospital Association, American Hospital Association Regional Policy Board, Partnership Health Plan, Solano Economic Development Council, Solano Affordable Housing Foundation and Rebuilding Together Oakland | Eastbay.

"It has been an honor," he said. "I've also appreciated the opportunity to serve our NorthBay Boards of Directors, senior leaders, physicians, employees and volunteers and of course our patients and our community."

Konard and his wife Denise, his "ride-or-die partner on the wild ride called life," plan to travel and enjoy the blessing of time with family and friends. He promises he will continue to root for NorthBay, just from the sidelines.

"I will continue to be NorthBay's biggest cheerleader in perpetuity as you go about your business of delivering compassionate care and advanced medicine, close to home," he shared in an email to the organization.

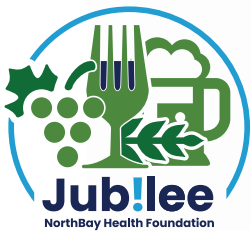
As for advice to the next President and CEO? It's simple, he said: "Enjoy the ride, give your all every day and let The NorthBay Way live in your spirit and soul, always."



c/o NorthBay Health Group
1200 B. Gale Wilson Boulevard
Fairfield, CA 94533-3587

Telephone (707) 646-3336
www.NorthBay.org

Get your Jubilee tickets while they last!!



Solano's most popular fundraising event benefits NorthBay Health Heart & Vascular and other key services.

Presented by



SPONSORS



Elizabeth & Robert Layne



Heidi Y. Campini

Dennis & Alex Landis

The D'Angina Family
Seth Kaufman, M.D.
Heather Resseger
Bill and Karen Seiden
Sheniece Smith

Ferrari Philanthropic Consultants
Bill and Annette Fell
McGinty Family
Traci Duncan
360 DTii

Scott & Cathy Reynolds
Jean Cox
- In Memory of Bill Cox
Before the Movie
Mounzer Al Samman, M.D.

Join us!

Oct. 28, 2023

Live & local entertainment!
Food, Wines & Brews. Sunrise Event Center.

Get Your Tickets Online Today at
NorthBay.org/Jubilee

