

Good Samaritan Hospital GoodHEALTH

Caring for the Community

When Knee Replacements
Need to Be Replaced

Staying Current on
Screening Guidelines

Pregnancy: Separating
Fact From Fiction

Heart Health for
Men and Women

Forming New Blood
Vessels in the Heart

Comprehensive
Imaging Services



Do You Know:

*What is the name of the new system
Good Samaritan acquired for MRI-guided
biopsies of the breast?*

The answer is somewhere in this issue. Call our Physician Referral line at 800 GS-CARES with the answer. If you are one of the first 50 callers to provide the correct answer, you will receive a free gift.

Good Samaritan associates and their immediate family members are not eligible to win.

Published Quarterly / Summer 2011



Good Samaritan Hospital

A Tradition of Caring

www.goodsam.org

From Our CEO



The old saying that an ounce of prevention is worth a pound of cure has endured because it is so true. It is far more difficult, uncomfortable, expensive—and much more risky—to become ill than it is to take steps to prevent illness. In this issue of *Good Health* we have included information about the importance of having an annual physical exam, getting appropriate health screenings, and eating healthy as the best strategies we know for preventing or lessening the impact of such major diseases as cancer, diabetes and heart disease.

Of course, there are instances when, despite your best precautions, you require medical attention. Good Samaritan Hospital offers a range of sophisticated diagnostic and treatment services rivaling those you would generally find only in academic institutions. You will read about a patient whose failing knee replacement was successfully revised by an orthopedic surgeon at our Orthopedic Institute. You will also read about a patient whose heart procedure enabled his heart to grow new avenues of circulation. And finally you will learn about our high-tech imaging services, which feature the most sophisticated tools for diagnosis and treatment.

Wishing you a safe and healthy summer.

Andrew B. Leeka
President and CEO
Good Samaritan Hospital



She Changed

When her second knee replacement began to fail, executive coach and Pilates instructor

Monica Blake was told to find a more sedentary job. Then she came to Good Sam.

Monica Blake is used to facing physical challenges. At the age of 25, she was diagnosed with rheumatoid arthritis, a chronic inflammation of the joints and surrounding tissues. Despite her condition, Monica worked as a human resource executive, raised a son and became a Pilates instructor.

Over the years, her right knee was replaced once, and her left knee twice. She began a new career as a life, executive and career coach, while continuing to teach Pilates and facilitate fitness classes for the Arthritis Foundation.

A few years ago, Monica's artificial left knee began to shift. This not only caused her pain, but it threatened to fracture her femur, the large leg bone that connects the knee to the hip.

Monica needed a third knee replacement, but the physician who had performed her revision surgery said he could not

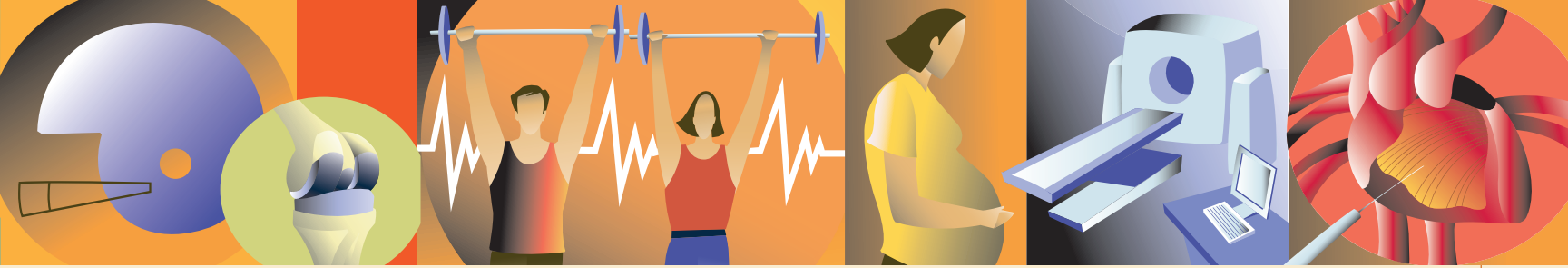
perform such a technically demanding procedure. When she consulted other orthopedic surgeons, they suggested Monica find a more sedentary occupation.

Fortunately, she discovered the Orthopedic Institute at Good Samaritan Hospital, where she met with orthopedic surgeon **William Long, M.D.**, who was confident he could help.

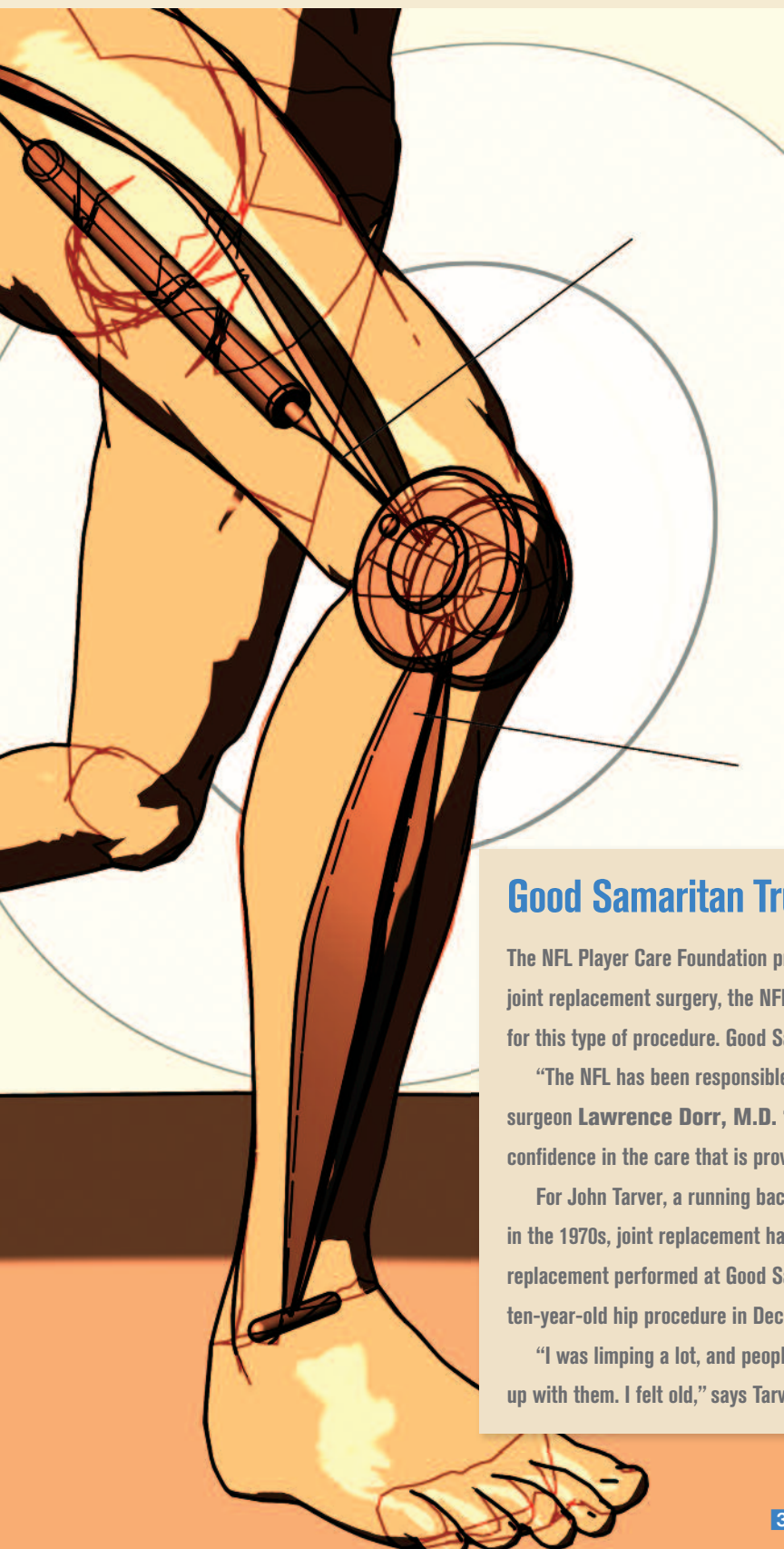
“Knee revision surgery presents several challenges,” notes Dr. Long. “First, it can’t be done too soon or too late. Second, it can be difficult to affix new parts to bone that has already been cemented. We use special, porous implants that allow bone cells to grow on and inside of them. Lastly, scar tissue from previous surgeries can impede range of motion. Monica’s active lifestyle provided the flexibility and muscle tone that would help speed recovery.”

On Valentine’s Day, Dr. Long performed Monica’s knee revision surgery. She





Her Knee *Instead of Her Life*



used a walker that same day, and by the second day only needed a cane. When she was discharged on day three, Monica could walk without aid.

“My knee is stronger than it was before,” she says. “To be able to do the work I do, I have to be in top physical condition. This surgery is about more than my mobility. It’s about my livelihood, my sense of self-esteem and being a role model for others with any life obstacle.”

“Good Samaritan is the only hospital in the greater Los Angeles area with the expertise and technology required for joint revision surgery,” says Dr. Long. “We have computer navigation for total knee replacement, which allows

surgeons to check sizing and alignment of the socket and implant before and during the procedure. Robotic surgery for partial knee replacement does the same thing, plus takes control of the bone-preparing instruments to ensure complete accuracy.”

Good Samaritan Hospital offers knee and hip replacement surgeries, knee and hip revision surgeries and a range of other orthopedic procedures including reconstructive pelvic and hip surgeries, treatment of foot and ankle conditions, and hand-related surgeries such as carpal tunnel release. ■

[For a referral to a Good Samaritan Hospital joint replacement specialist call 800 GS-CARES \(472-2737\).](#)

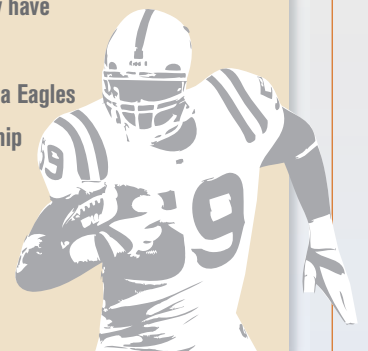
Good Samaritan Trusted by NFL for Joint Replacement

The NFL Player Care Foundation provides certain medical benefits to retired players. For those who require joint replacement surgery, the NFL has designated 16 facilities throughout the country as centers of excellence for this type of procedure. Good Samaritan Hospital’s Orthopedic Institute is one of those 16 facilities.

“The NFL has been responsible enough to take care of its players who need assistance,” says orthopedic surgeon Lawrence Dorr, M.D. “They selected doctors and hospitals where they have confidence in the care that is provided.”

For John Tarver, a running back with the New England Patriots and Philadelphia Eagles in the 1970s, joint replacement has made a world of difference. He had a primary hip replacement performed at Good Samaritan in May of last year, and revision of a ten-year-old hip procedure in December.

“I was limping a lot, and people would have to slow down so that I could keep up with them. I felt old,” says Tarver. “Now, I feel like a young man again.”





HAVE an Annual Physical TO GET the Health Screenings

YOU NEED

Having an annual physical is the best way to keep tabs on your health. You'll receive health screenings, which give important clues about your well-being.

If you want your car to run smoothly, you need to take it in for regular maintenance. The same is true for your body.

"The annual physical is when your doctor can best assess your health and head off any potential problems," says **John T. Liu, M.D.**, internal medicine physician at Good Samaritan Hospital. "It's a time for you to receive important health screenings, share any concerns and get your questions answered."

Here are some of the screenings and tests you may have during your annual physical:

Laboratory Blood Panels

Your blood will be drawn and analyzed for liver function, kidney function, blood glucose and blood count. "Blood count gives us valuable information about your immune status, your wound healing ability and whether you have anemia," says Dr. Liu.

Blood Pressure

"Most people cannot tell if their blood pressure is high because there are

usually no symptoms," says Dr. Liu. "But it's important to check because high blood pressure can increase the risk of heart failure, heart attack, stroke and kidney failure, while low blood pressure can indicate a variety of conditions including heart failure, infection and gland disorders."

Bone Density Testing

Women over age 65 should be tested for bone density to assess their risk of osteoporosis.

Cancer Screening

Each person has a unique cancer risk profile, so it's best to work with your physician to determine which tests are most appropriate and when they should begin. In general, colon cancer screening should start at age 50. Women should have their first cervical cancer screening about three years after becoming sexually active, or no later than age 21. Women at normal risk of breast cancer should have annual mammograms starting at age 40, along with a clinical

breast exam. Men age 50 or older should speak with their doctor about screening for prostate cancer.

Height and Weight

This information is used to determine BMI, or body mass index. "Although it has limits, BMI is a good gauge of risk for diseases that can occur with higher percentages of body fat, such as heart disease, high blood pressure and type 2 diabetes," says Dr. Liu.

Lipid Panel

This test gives readings on levels of LDL ("bad"), HDL ("good") and total cholesterol, as well as triglycerides.

Urinalysis

"A urinalysis can give us clues about the health of your kidneys. It will also show if there are problems with the urinary tract," says Dr. Liu.

Vaccines

"Your doctor will determine which vaccines you need," says Dr. Liu. "For example, most adults should get annual

vaccines for influenza and H1N1, which will probably be combined into one shot this year. Other vaccines to discuss with your physician include those for tetanus booster, whooping cough, shingles, papillomavirus, Hepatitis A and B and pneumonia."

Dr. Liu notes that during a physical exam, your doctor may also discuss such topics as healthy lifestyle practices and habits such as sleep, diet and exercise. If it is your first exam, the doctor will take a detailed family history, which can also provide valuable information about your risk for certain health conditions.

"Sometimes, people make more effort to maintain their vehicles than their own bodies," says Dr. Liu. "But they need to remember that an ounce of prevention is worth a pound of cure." ■

Your annual physical is one of the keys to good health. Be sure to schedule your physical now. For referral to a qualified physician, please call 800 GS-CARES (472-2737).

Busting MYTHS

Those Pregnancy

Much of the unsolicited advice pregnant moms receive is more fiction than fact. Three Good Samaritan OB/GYNs dissect some of the most common pronouncements.

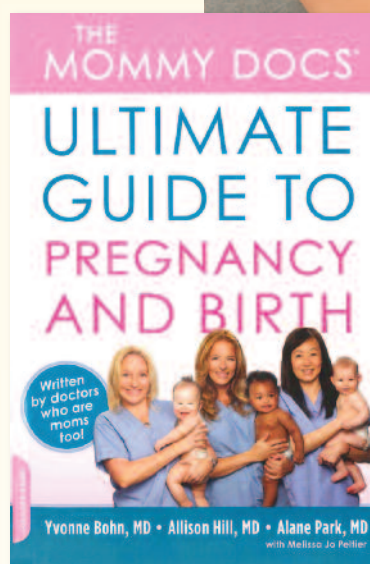
It seems like the moment a woman gets pregnant, she gets bombarded with advice about what to do and what not to do.

“Our expectant patients hear so much confusing and contradictory advice that some are afraid to do almost anything,” says Allison Hill, M.D., an obstetrician/gynecologist affiliated with Good Samaritan Hospital. Dr. Hill and her partners Yvonne Bohn, M.D., and Alane Park, M.D., just published *The Mommy Docs’ Ultimate Guide to Pregnancy and Birth* to debunk some of these myths and give expectant moms sensible, medically based information. All three authors are both mothers and physicians.

Eating and Drinking

“One of the biggest concerns we hear relates to food and diet,” says Dr. Park. “For example, the saying ‘You’re eating for two’ can be misleading, because a pregnant mom should consume only 300 additional calories a day.”

Other food-related myths involve foods that



supposedly cannot be eaten. “Contrary to popular belief, sushi can be consumed during pregnancy,” says Dr. Bohn. “Sushi does not have any parasites or bacteria that can cause birth defects. However, raw meat does have such bacteria and should be avoided.”

When it comes to fish, pregnant women may eat up to 12 ounces per week, with no more than six ounces of that from tuna. Mackerel, shark, swordfish and tilefish, which are known to have high mercury content, should be avoided.

Moderate caffeine intake is permitted. “Limit

your coffee to 200 milligrams per day, the equivalent of one good-sized cup,” says Dr. Hill.

Animals

“You don’t have to give up your cat if you get pregnant,” says Dr. Bohn. “But you do want to avoid cat feces, which can transmit an infection called toxoplasmosis.” She suggests having someone else clean the cat’s litter box. Pregnant women should avoid contact with pet rodents, such as hamsters, guinea pigs and mice, as well as reptiles like lizards and snakes.

Beauty Products

“There are no medical data to suggest that hair dye causes any problems,” says Dr. Bohn. As a precaution,

she suggests avoiding chemical treatments to hair during the first trimester of pregnancy, when the fetus is changing most rapidly. However, she assures moms who may have colored or permed their hair before learning that they were pregnant that they have not exposed their babies to risk.

All three physicians urge expectant mothers to enjoy this time in their lives and to take unsolicited advice with a grain of salt by checking it with a doctor or another reputable source. ■

For a referral to one of Good Samaritan Hospital's ob/gyn specialists call 800 GS-CARES (472-2737).





The Heart Institute at Good Samaritan Hospital

Show Your Heart Some Love

The actions you take can go a long way toward promoting a healthy heart. Cardiologist Steven Burstein, M.D., offers strategies that can make a difference.



When it comes to the health of your heart, you have more control than you may think. Cardiologist **Steven Burstein, M.D.**, director of the Cardiac Catheterization Laboratory at Good Samaritan Hospital, provides these suggestions for decreasing your risk of coronary artery disease:

Modify Your Lifestyle

“This is where you can make a big difference,” says Dr. Burstein. “For example, losing even 10 percent of excess body weight can dramatically lower heart disease risk.”

Adopt a heart-healthy diet. This means eating fewer foods that are high in fat, cholesterol and salt, and eating more fruit, vegetables, whole grains and low-fat dairy products. Dr. Burstein also suggests limiting portion size and drinking enough water.

Get regular, daily exercise. “Try to get 30 minutes of physical activity most days of the week. Be sure to include both aerobic and weight-bearing exercise,” says Dr. Burstein.

Poor sleep can contribute to heart disease, and chronic stress increases heart rate and blood pressure, so get adequate sleep and take steps to minimize stress.

Avoid Harming Your Body

Tobacco use is one of the most significant risk factors for developing heart disease. “The chemicals in tobacco may promote atherosclerosis, the narrowing of the arteries,” says Dr. Burstein. “Also, nicotine narrows the blood vessels and increases heart rate and blood pressure.” Fortunately, the risk decreases dramatically within a year of quitting smoking.

Alcohol should be consumed in moderation. This

means an average of one to two drinks per day for men, and one per day for women.

Be Aware of Your Underlying Risk Factors

Certain factors that we cannot control can increase heart disease risk, but some of these can be mitigated with medication and other interventions. For example, risk increases with age, and the U.S. Preventive Services Task Force recommends that men age 45 to 79 and women age 55 to 79 take aspirin daily if the chances of preventing a heart attack or stroke outweigh the chances of gastrointestinal bleeding. If you have a family history of heart disease, your doctor may suggest taking additional medications.

Get Screened

As part of your annual physical (see article on page

4), your physician will monitor your blood pressure, cholesterol, BMI and other factors that can signal heart disease risk. “High blood pressure and high cholesterol can damage your heart and blood vessels, but you may not be aware that you have these conditions unless you’re screened,” says Dr. Burstein. “You may also want to talk to your doctor about being screened for diabetes.”

“Heart health takes a multipronged approach and is enhanced by working closely with your physician,” concludes Dr. Burstein. “By taking an active role, you can positively affect your health.” ■

For more information or for referral to a Good Samaritan cardiologist, please call **800 GS-CARES (472-2737)** or visit www.goodsam.org.

Laser Procedure Relieves Chest Pain and Helps the Heart Grow New Blood Vessels

Coronary artery bypass surgery has relieved chest pain and added years to the lives of countless patients. However, the surgery does not put an end to the processes that cause coronary artery disease in the first place. Even after a successful bypass operation, new artery obstructions may form over time.

This was the case for Richard Lechner, who initially underwent quadruple bypass surgery in 1993 and had a reoperation bypass surgery via an alternative approach called thoracotomy in 2009. By then, his artery disease had progressed to the point that he could no longer undergo any more angioplasty procedures.

Fortunately, when Richard's cardiac surgeon, **Ali Gheissari, M.D.**, performed the 2009 surgery at Good Samaritan Hospital, Dr. Gheissari also performed a second procedure designed to enhance the growth of Richard's own arteries in the heart and spare him from future incidences of chest pain.

The procedure, called transmyocardial revascularization (TMR), uses laser technology to create small channels in the heart muscle. TMR

involves making between 20 and 40 tiny holes—or channels—from the outside of the heart into its pumping chamber. The outer areas of the channels close, but the scar tissue that forms stimulates creation of new blood vessels inside the heart muscle.

When Richard was at Good Samaritan this spring for a hip replacement, he awoke with severe chest pain and thought he was having a heart attack. An angiogram—an image of the heart's blood vessels—showed that he did not have a heart attack but that his artery disease had caused the bypassed artery to close.

Most significantly, the angiogram showed that Richard's heart had also formed tiny new blood vessels around the areas that had previously been lasered. This phenomenon is referred to as *angiogenesis* because it involves the formation of new avenues that bring blood to the heart.

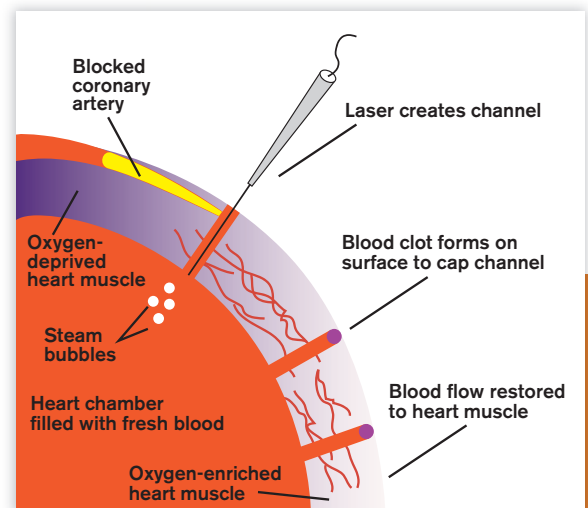
"These channels will continue to develop and increase blood flow to the heart via collateral arteries," says Dr. Gheissari. "This means Richard's chest discomfort will continue to decrease."

Dr. Gheissari notes that TMR is not appropriate for every patient. In most cases, bypass surgery is still the best option. However, some patients who could benefit from TMR don't receive the procedure because the majority of hospitals do not have the necessary laser equipment.

"This is a valuable alternative for those patients who are not candidates for bypass surgery or those who have exhausted all other means of treatment of their coronary disease," says Dr. Gheissari. "We will soon initiate a clinical trial to see whether injection of stem cells in the laser channels at the time of surgery will enhance and speed up the formation of collateral blood vessels. I suspect TMR is going to become more commonplace over time." ■

For a referral to a Good Samaritan Hospital cardiothoracic surgeon call **800 GS-CARES (472-2737)** or visit www.goodsam.org.

A new method to speed up the formation of blood vessels in the heart.



During transmyocardial revascularization (TMR), the surgeon uses laser technology to create small channels in the heart muscle. The outer areas of the channels close, but the scar tissue that forms stimulates creation of new blood vessels.



Good Samaritan Hospital

A Tradition of Caring

1225 Wilshire Boulevard
Los Angeles, CA 90017
(213) 977-2121
www.goodsam.org

Non-Profit Org.
U.S. Postage
PAID
Los Angeles, CA
Permit No.15937

A Sophisticated Range of **IMAGING** Tools

A 1.5 tesla MRI with sentinel breast 3-D diagnostic and biopsy system, along with a whole body PET/CT scanner, are among Good Sam's sophisticated imaging technologies.



“Patients can feel confident that our imaging capabilities far surpass just about any other imaging center’s and are equal in caliber to those found in academic centers,” says **Scott Yochim, M.D.**, a radiologist practicing at Good Samaritan Hospital.

The hospital’s imaging services feature an array of advanced equipment, including a 1.5 tesla MRI device. MRIs produce detailed pictures of organs, soft tissues, bone and other internal body structures. They are vital in detecting tumors, enlargements of blood vessels and many other conditions.

“This device has extremely high image

quality and can help us identify small abnormalities that other machines cannot detect,” says Dr. Yochim.

The hospital just acquired a new sentinel breast 3-D diagnostic and biopsy system, used for MRI-guided biopsies of the breast. “This type of equipment is typically only found at university hospitals,” says Dr. Yochim. “Our patients can receive this procedure right here at Good Sam without having to go elsewhere.”

The MRI device is also able to provide images of the entire spine. “Normally this requires the technician to reposition the patient, so it will enhance patient

comfort and shorten the time needed to perform the exam,” says Dr. Yochim.

Other features allow for imaging of vessels, which is helpful for the diagnosis of such conditions as narrowing of the arteries supplying blood to the kidneys or narrowing of the arteries supplying blood to the brain.

Another sophisticated imaging tool is a whole body PET/CT (positron emission tomography—computed tomography) scanner. “We often use this device with our patients who have cancer. It can help us evaluate for recurrent or residual cancer, as well as diagnose nodules or masses,” says

Dr. Yochim. “But it has applications beyond cancer. For example, it can also be used to determine the effects of a heart attack on areas of the heart.”

Imaging services at Good Samaritan Hospital also include a 64-slice CT scanner, which produces cross-sectional images of the body; diagnostic ultrasound, which uses sound waves to produce pictures of the inside of the body; computed radiography, a type of digital imaging; and DEXA (dual-energy X-ray absorptiometry) scanning,

which measures bone density.

“Medical imaging is a crucial diagnostic tool and is playing an increasingly important role in treatment, for example through the use of image-guided intervention procedures,” concludes Dr. Yochim. “That’s why Good Samaritan is committed to maintaining imaging excellence.” ■

For referral to a Good Samaritan Hospital physician, please call 800 GS-CARES (472-2737) or visit www.goodsam.org.