

# HEALTH Outlook



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Lorraine P. Auerbach

# WHAT'S HAPPENING AT DAMERON

## We're spreading the news

Dear friends and community members,

Welcome to the inaugural issue of Dameron Hospital's *Health Outlook* newsletter. *Health Outlook* is intended to let you know about our focus on good health and how we can help our neighbors lead vibrant, healthy lives. As a nonprofit hospital, Dameron exists to serve our community, and we are here for the long run to help you with your health care needs.

Founded in 1912, Dameron Hospital has been a part of this area for generations. As I meet people in the community, they often proudly say, "I was born at Dameron Hospital," which reminds me of our deep Central Valley roots and strengthens our resolve to continue to be a vital health resource for local residents far into the future.

In order to prepare ourselves for what lies ahead in our second century of health care delivery, we've been making some exciting changes—like our new MRI unit. Some things will never change, however, such as our unwavering commitment to striving to be the hospital in the community that physicians prefer, patients request and employees choose.

One thing is going to change right now. Many people say that they don't really know what we've been up to lately. Dameron Hospital seems to have been one of the best-kept secrets in Stockton. It's clearly the right time for us to begin spreading the news about the quality of our care and our broad base of services and programs—and *Health Outlook* is one of the ways we intend to do that.

We have something really special going on here, and we're excited to share some of that with you.

Yours in health,  
Lorraine P. Auerbach  
President and CEO

## HEALTH Outlook

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## An inside look

### Investing again in leading-edge technology

Today, many health conditions can only be accurately diagnosed and treated using state-of-the-art imaging technology—such as magnetic resonance imaging (MRI). Dameron Hospital is excited to announce the addition of an MRI unit to serve our patients' needs and physicians' requests here in our facility. Our new MRI service is temporarily being delivered using a mobile MRI coach with a state-of-the-art General Electric MRI unit. This will be used until our permanent MRI facility is completed next year.

### Your support makes a difference

Dameron Hospital is committed to incorporating advanced technology to complement our compassionate patient care. To support that goal, the Dameron Hospital Foundation's mission is to raise funds for medical equipment to support the hospital's delivery of excellent patient care and improve the health of the community.

As community health needs grow, philanthropic support provided through the generosity of individuals helps us in meeting our mission. The Dameron Hospital Foundation has giving opportunities for every size and type of gift.

While we now have MRI technology on campus, your donation for our new, larger MRI facility and/or other new equipment advances will help us respond to the rapidly growing demand for critical health care services and ensure that the residents of this community, for generations to come, can benefit from our lifesaving patient care.

### CONNECT WITH US

Show your support. Funds raised in 2016 will help to underwrite the \$1.8 million cost of our permanent MRI facility. For more information, please call the Dameron Hospital Foundation at **209-461-7547**.

# Get to know the new Dameron!

## Did you know?

1

### We're truly YOUR hospital.

Dameron Hospital is owned by the community, not privately held. As a non-profit hospital, Dameron Hospital exists to help meet the health care needs of the community. Any surplus revenues generated by the hospital are reinvested into Dameron's services and facilities to further enhance the hospital's ability to provide benefit to the community.

2

### Dameron Hospital is here to stay.

To paraphrase the author Samuel Clemens, aka Mark Twain, "The reports of our death have been greatly exaggerated." Dameron Hospital is fully prepared to continue to provide critical services to the community far into the future—services such as cardiology and cardiac surgery, orthopedics, bariatric surgery, general acute care, and emergency and intensive care.

Dameron also provides primary care in our on-site Ambulatory Care Center. Some recent adjustments to our services were necessary to ensure our resources are focused on our strongest high-demand services that support the greatest community needs.

3

### We're investing in your health.

Dameron Hospital has made extensive upgrades and investments to enhance the services available to our patients. Examples of enhancements that have occurred in the past 12 months include:

- ▶ New Lumivascular catheter system for peripheral artery disease (see page 4).
- ▶ New surgical microscope for back surgery.
- ▶ 128-slice CT scanner upgrade with reduced radiation exposure.
- ▶ Two new C-arm fluoroscopy units.
- ▶ New mini C-arm fluoroscopy unit.
- ▶ New centralized telemetry monitoring system.
- ▶ New digital endoscopy system.
- ▶ New computerized "smart" IV pumps for greater patient safety.
- ▶ New admitting offices.
- ▶ Remodeled lobby.
- ▶ Remodeled surgery waiting area.
- ▶ New on-campus MRI service.



4

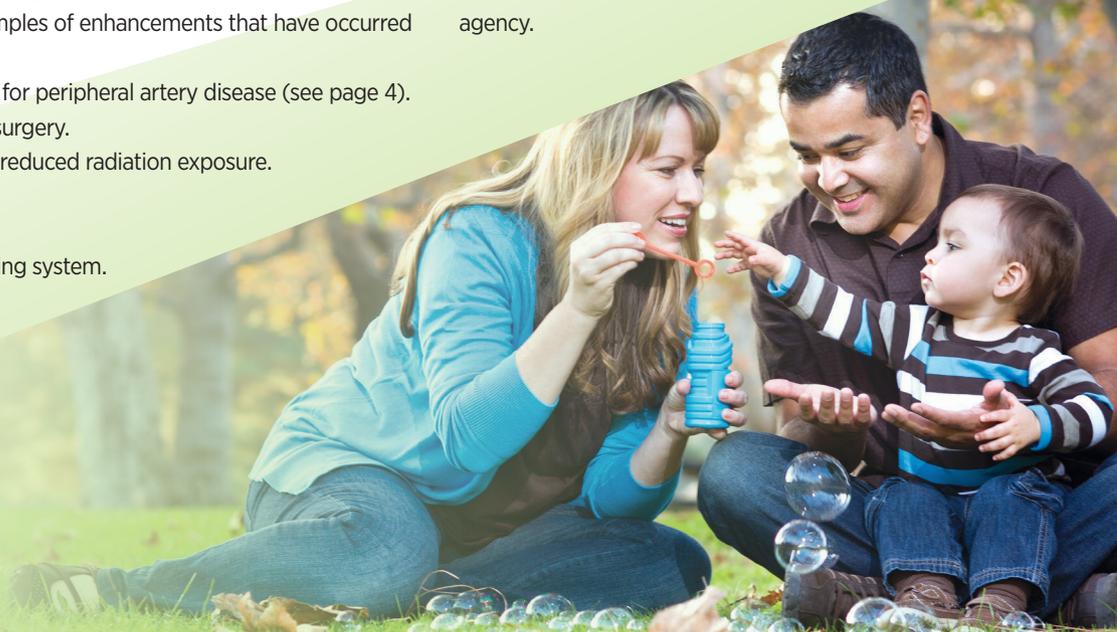
### Dameron Hospital is nationally recognized for excellent care.

Our commitment to providing the highest-quality care has earned Dameron Hospital various state and national recognitions, including a national Five-Star rating from Healthgrades® for our Total Knee Replacements in 2015 and 2017 and for Back Surgeries in 2016. Dameron has also been designated by Blue Shield of California as a Blue Distinction® Center for Bariatric Surgery and for Knee and Hip Replacements as part of the Blue Distinction® Centers for Specialty Care program.

5

### We're committed to high-quality care.

In addition to being a top-rated joint replacement center in the Stockton area and the county's leading orthopedic hospital, Dameron also ranks high for clinical performance among hospitals nationwide and has been recognized as a Top Performer for its Quality Metrics by The Joint Commission, the national hospital accreditation agency.





# Take leg pain to heart

Pain in your legs can mean a problem with your arteries—and Dameron Hospital is here to help with the latest breakthrough technology

**PERIPHERAL** artery disease (PAD) is a common circulatory problem in which plaque builds up inside the arteries in your legs and obstructs blood flow to the lower limbs and feet. It is one of the most common cardiovascular diseases, affecting 18 million Americans and 202 million people globally.

Patients who develop PAD usually notice hip, leg or calf pain when walking. This pain occurs because the peripheral arteries are not able to deliver enough blood flow to the surrounding muscles.

## Leg pain?

### Be sure to get it checked out

When a short walk becomes a painful exercise, it could signal something called peripheral arterial disease (PAD). PAD happens when leg arteries become clogged with fatty deposits that limit or block blood flow. If you have PAD, you probably have blocked arteries in other areas of your body as well.

One of the most important things you need to know about PAD is this: It's a risk factor for heart attack and stroke that shouldn't be ignored.

### What it feels like

Common symptoms of PAD include pain and cramping in the leg muscles when walking. These symptoms can often be relieved with rest.

PAD can also trigger sleep-disrupting pain in the feet or legs and coldness in lower legs and feet. It can also make it

difficult for lower limb sores to heal, which increases the risk of infections and tissue death (gangrene).

You're most likely to develop PAD if:

- ▶ You're older than 50.
- ▶ You're African American.
- ▶ You smoke.
- ▶ You have diabetes; high blood pressure; high cholesterol; or a family history of heart and blood vessel diseases, including heart attack or stroke.

If you're at risk for PAD or have symptoms, your doctor may want to perform a simple, painless test called the ankle-brachial index (ABI).

The test compares blood pressure in your legs to the pressure in your arms to determine how well the blood is flowing and whether further tests are needed.

Sources: National Heart, Lung, and Blood Institute; Society of Interventional Radiology



**John and Brenda Taylor enjoying a walk along the Stockton waterfront.**

## A new approach— here in your neighborhood

Dameron is the first hospital in the Sacramento, San Joaquin and Stanislaus county areas to offer a new approach to treating PAD using the FDA-cleared, minimally invasive Pantheris and Ocelot catheter system.

## An inside look

Under the guidance of Daren Primack, MD, Senior Cardiologist and Medical Director of Dameron Hospital's Peripheral Vascular Program, the Ocelot system is used to help restore blood flow in completely blocked arteries in patients' legs. The Ocelot catheter allows physicians to see inside the artery during a procedure by incorporating an imaging fiber on the tip of the catheter that acts like a small camera.

## CONNECT WITH US

Dameron Hospital's high-tech treatment is saving lives and limbs. Learn more at [dameronhospitalpad.com](http://dameronhospitalpad.com).

"In the past we've had to rely on x-ray images of blockages that revealed the artery and blockage in silhouette only," Dr. Primack says. "The Ocelot helps us see what we are doing during an unblocking procedure, because we are now working with a perspective from the inside of the artery. Using the Ocelot catheter system is like driving through a tunnel with your headlights on as opposed to trying to navigate that same tunnel with no headlights."

## Back in circulation

Stockton resident John Taylor fully understands the positive impact Dameron's limb-saving technology can have. Diagnosed with PAD, the excruciating pain and cramping in his legs left him unable to work; he could barely walk more than 50 yards before having to stop and rest.

After consulting with Dr. Primack, Taylor opted to try the new procedure, which required inserting the catheter into his leg artery in the groin area. Afterward, it only required an overnight stay to ensure that everything was fine. After returning home the next day, Taylor was able to stand and walk for short distances. Within a week, he was able to walk normally and began increasing the distance.

"In a short period of time after the surgery, I could walk without any pain or cramping," says Taylor. "I've been able to go to work and have no issues with my legs anymore. It's estimated that I walk about five miles a day on the job, and I can say that my legs are just fine. I'm able to perform all of my job duties without any problems. It's worked wonders for me!"

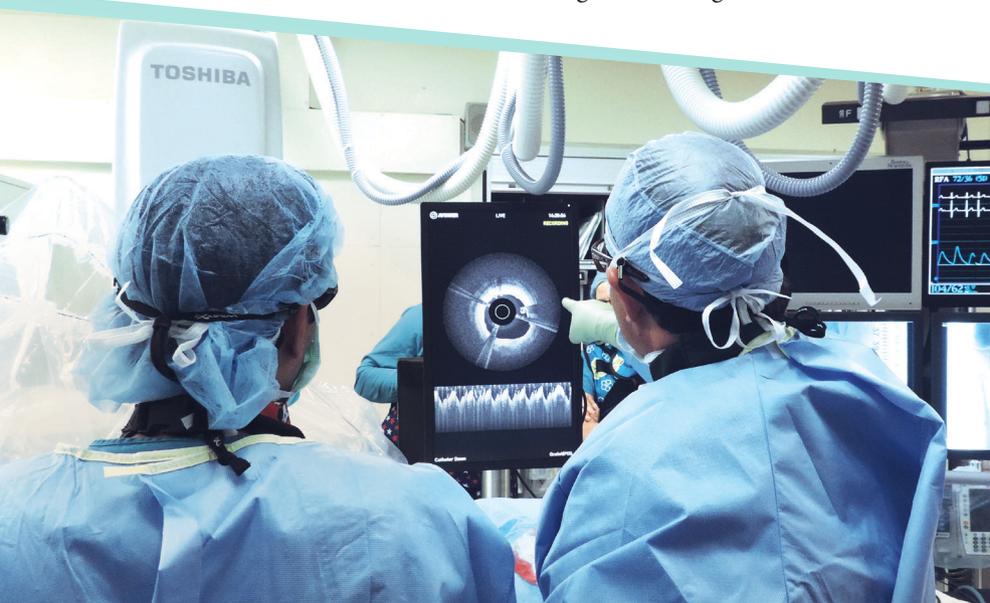
"I'm also very happy with how this turned out for John," adds Taylor's wife, Brenda. "Not only is he working again, we can do more things together again, like we used to. It's like we've gotten our lives back."

## More options, better results

In March of 2016, a new component to the PAD treatment process was also added. The Pantheris catheter is a plaque-shaving device with the same video imaging technology as the Ocelot. This allows the physician to carefully remove the plaque causing the blockage without damaging the arterial wall.

"There are two parts of this technology: the Ocelot and the Pantheris," Dr. Primack says. "One part of this amazing new medical advancement helps us get through the blockage while the other helps us clean up the blockage less traumatically and with a lower chance of it recurring. So whether an artery is partially blocked or fully blocked, we now have the means to help patients and get them on the road to recovery and better health. These two state-of-the-art medical technologies are just two more ways Dameron is enhancing their treatment capabilities with a goal of bringing better outcomes to patients."

**This state-of-the-art technology enhances the treatment capabilities at Dameron Hospital, which allows a better outcome for patients.**



# Watch for the warning signs

**IF** you live with angina or heart failure or if you're recovering from heart surgery, it pays to be cautious. No matter how good you feel now, it's important to recognize potential problems as they arise.

Contact your doctor right away if you have any of the symptoms listed below—they could mean your condition is getting worse or that you're at high risk for a heart attack.

**Angina.** Changes in the pattern of your angina could spell trouble. Watch out for pain that is longer-lasting or more frequent or severe than usual. Report pain that occurs without exertion and that doesn't go away with rest or medicine.

**Heart failure.** If symptoms that were once controlled return or you suddenly have a new symptom, it's time to call your doctor.

Warning signs include:

- ▶ Sudden weight gain. Ask your doctor how often to weigh yourself and when to report weight changes.
- ▶ Shortness of breath not related to exercise or exertion.
- ▶ More-than-usual leg or ankle swelling.
- ▶ Swelling or pain in the abdomen.
- ▶ Trouble sleeping or shortness of breath when you wake up.
- ▶ A frequent, dry, hacking cough.

- ▶ Increased fatigue or constant tiredness.

- ▶ Chest pain.

**After heart surgery.** Call a doctor promptly if you:

- ▶ Have trouble breathing or have chest pain, weakness or an irregular heartbeat.
- ▶ Feel down or have the blues for more than a few days.
- ▶ Notice side effects after starting a new heart medication.

Tell your doctor about any new prescription you've been given for a condition other than heart disease. Your doctor can tell you whether it's safe to take with your heart medicine.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

## Your heart is in good hands

Dameron is a certified cardiac care hospital that is always ready when you need us.

Dameron Hospital offers a full-range of excellent cardiac care services:

### Cardiac catheterization lab

For people who have coronary artery disease, doctors may use a procedure called angioplasty to open arteries narrowed or blocked by plaque—a waxy substance that can build up in artery walls and reduce blood flow to the heart. Angioplasty can restore blood flow, which can relieve a type of chest pain called angina and also help prevent a heart attack.



### Cardiac intensive care unit

Dameron Hospital operates a 12-bed cardiovascular intensive care unit in addition to a 12-bed coronary care unit that is covered by intensivist physicians who are specially trained to care for heart patients.

### Open-heart surgery

Our Cardiothoracic Surgery Center has been used for open-heart surgeries since 1986, and more than 3,000 open-heart procedures have been performed at Dameron Hospital during this time.

### Electrophysiology lab

An electrophysiology (EP) lab offers patients the opportunity to have their arrhythmia, or irregular heartbeat, tested, diagnosed and treated. An irregular heartbeat can lead to heart complications, fatigue, congestive heart failure or stroke. The EP lab focuses on the electrical function of the heart and treats various conditions on the spot.

Dameron Hospital operates one of the two EP labs in San Joaquin County.

### Heart attack receiving center (STEMI)

Additionally, the San Joaquin County Emergency Medical Services Agency has designated Dameron Hospital as a heart attack receiving center (STEMI) for San Joaquin County because of our LifeLine technology, cardiac-prepared emergency room staff and the full range of services to treat cardiac emergencies.

### CONNECT WITH US

Dameron Hospital is here for all your cardiac needs. Call us at **209-390-9589** or visit [dameroncardio.com](http://dameroncardio.com).



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# DAMERON HOSPITAL recognized for cardiac care campaign

Dameron Hospital's cardiac care advertising campaign was selected as a winner in the 33rd annual Healthcare Advertising Awards.

Sponsored by the *Healthcare Marketing Report*, the nationally renowned Healthcare Advertising Awards is the oldest, largest health care advertising competition. Each year, a panel of judges reviews thousands of submissions, scoring each entry on consumer appeal, graphic design, creativity, quality, message effectiveness and overall impact. Dameron Hospital's advertising agency, Orange Label Advertising, was recognized as a Gold Award winner in the Magazine Advertising/Series, Cardiology Series category for its work in collaboration with Dameron Hospital.

## Focusing on patients

Orange Label approached this advertising series with Dameron Hospital's uncompromised approach to top-quality care in mind. "Dameron Hospital's primary focus is helping patients and their families get back to their lives," says Orange Label Account Supervisor Michelle Torr. "This organizing principle directs not only the service line campaigns, but the day-to-day operations and delivery of quality, compassionate health care. It's an honor to work with a client who fulfills an inspiring mission in all that they do."

"We are pleased with the success of our cardiac care advertising campaign which was developed using a highly collaborative process," says Lorraine P. Auerbach, Dameron Hospital President and CEO. "Orange Label has been very responsive to our creative ideas and input, and we're delighted that the ad campaign received national recognition."

