MEN’S HEALTH: A SPECIAL REPORT

ALLERGY SEASON
DO’S AND DON’TS

HOW TO AVOID AND TREAT TRAUMATIC INJURIES

DOWNLOAD EL CAMINO HOSPITAL’S NEW HEALTH BEAT APP!
At your service,

Tomi Ryba
President and Chief Executive Officer
El Camino Hospital

Chinese Health Initiative

One in every 12 Asian Pacific Islanders is infected with chronic hepatitis B—and most don’t even realize it. Hep B, an infectious DNA virus, can cause serious health concerns, including liver cancer, cirrhosis or liver failure. To prevent spreading the disease and further complications, patients should get screened immediately. If you’ve tested negative, consider getting vaccinated.

El Camino Hospital created the Chinese Health Initiative (CHI) to address the unique health issues affecting the South Bay’s Asian population. CHI has a network of 78 Chinese-speaking doctors, including primary care physicians and specialists.

FOR MORE INFORMATION, call 650-988-8202 or visit elcaminohospital.org/hepbfree

A LIFESAVING APP!

The new PulsePoint AED (automated external defibrillator) app now makes it possible for citizen bystanders to locate the nearest AED in the event of sudden cardiac arrest. This crowd-sourced app is available free from the Apple App Store and Google Play. To learn more, visit pulsepoint.org.

Visit the Hospital’s Calendar Online

For a complete listing of programs, lectures, support groups, health screenings and other events, visit our webpage. Use this shortcut: elcaminohospital.org/calendar

El Camino Hospital

The Hospital of Silicon Valley

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Produced by the El Camino Hospital Marketing & Communications Department and DCP. The information in this publication is not intended for the purpose of diagnosing or prescribing. If you have concerns about health issues, contact your personal physician. If you would prefer not to receive communications like this from our organization, please call 650-988-7703.
**New and Newsworthy**

**SURVIVING ALLERGY AND ASTHMA SEASON**

Tried-and-true strategies to relieve your suffering

Spring and summer are the seasons of fresh grass, colorful blooms—and allergy and asthma flare-ups. Asthma goes hand in hand with allergies. About half of all people with asthma have allergic asthma, triggered by things like pollen or mold.

If you’re affected, you can still enjoy the warm weather. Each season brings its own allergens, so work with your doctor to pinpoint triggers. Also, avoid exercising outdoors when the air is most polluted, and use your inhaler and any antihistamines, nasal steroid sprays or other medications your doctor recommends.

If standard treatments don’t alleviate your suffering, there may be an underlying structural or swelling problem. Nearly half of people with moderate to severe asthma, for example, also have inflamed and infected sinuses, often called sinusitis.

“Inhaling and expelling through your nose, you might have obstructed breathing through your nose, so you’re not using your nose to filter the air,” says Philip T. Ho, MD, FACS, an otolaryngologist (ENT specialist). “This can result in a lot of postnasal drip, which can then fall and irritate the vocal cords and lungs, resulting in severe cough, bronchitis and worsening asthma. But if we can make your nose and sinuses structurally and functionally work better, all of a sudden the lung disease isn’t as bad as you thought it was.”

A deviated septum is a common condition estimated to affect some 70 to 80 percent of the population. Swollen soft tissue filters in the nose are also common in sinus and allergy sufferers. For those with allergies or asthma, these conditions contribute to worsened breathing, more mucus and more coughing.

If you are concerned about an underlying nasal-sinus condition, visit an otolaryngologist. Treatments range from saline irrigation and nasal medications, to office procedures and surgery. Getting to the root of your sniffling and wheezing is the first step to feeling better and breathing freely.

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**Breakthrough Treatment for Acute Asthma**

About 10 to 15 percent of people with asthma have “severe persistent asthma,” which resists standard treatments. But now, a revolutionary procedure called bronchial thermoplasty offers new hope. The procedure is performed by Ganesh Krishna, MD, Palo Alto Medical Foundation, at El Camino Hospital, which is one of the first 12 hospitals in the country—and one of just two in California—to offer the treatment.

“Asthma patients have smooth muscles underneath the surface of their breathing tubes that get bigger and bigger,” Dr. Krishna says. “As they get bigger, they constrict more vigorously, causing the airflow obstruction to be more severe. Bronchial thermoplasty is a catheter-based treatment option that is done through a bronchoscope that is introduced into the patient’s breathing tubes. The catheter decreases the bulk of these muscles, thereby making the airflow easier.” The treatment is done in three 45-minute sessions, scheduled three weeks apart.

FOR MORE INFORMATION, visit elcaminohospital.org/Thermoplasty?HB
Preventing and Treating Trauma Incidents This Summer

El Camino Hospital’s specialists share insights into how to avoid and care for fractures, concussions and other traumatic injuries

LORIANA CIRLIG, MD, board-certified physician

As people transition from indoor inactivity during the cold months to outdoor activities as the weather warms up, it is common to see strains, sprains, tendonitis, muscle tears and cramps. Gradually restart any type of activity to build up endurance. Warm up for about 10 minutes prior to exercising, and stretch for about 10 minutes after. Alternate workouts on different body parts on different days to prevent overuse of the joints and muscles. Wear comfortable clothing and shoes, carry hydration packs or bottles, and wear safety equipment, if needed. Also, I always remind my patients, “If it is painful, don’t do it; listen to your body.”

CARSON T. LAWALL, MD, neurologist, Palo Alto Medical Foundation

This time of year, we see a lot of concussions from sports injuries. The most important thing is to rest. Most people recover pretty well on their own, but any time people do not go back to feeling like their normal selves within 15 minutes—if they feel very sleepy after an impact to the head or are not acting normally—they should seek medical attention. While playing contact sports, it is important to wear protective equipment. But even helmets don’t fully reduce the risk of a concussion, although they might reduce the severity. Still, the overall physical benefits from exercise generally outweigh the risk.

AKIRA YAMAMOTO, MD, trauma-trained orthopedic surgeon, Palo Alto Medical Foundation

Studies show that the best results for the treatment of fractures come from specialized trauma care. While most orthopedic trauma fracture care used to occur at large medical centers, it’s now often done on a local level, which benefits patients. At El Camino Hospital, we do minimally invasive fracture surgery. We have special operating room tables and equipment for trauma care, and innovations like locked-plating technology, which provides better stability for patients with osteoporosis. We’re also finding that certain fractures do fine without surgery. The latest evidence-based medicine shows that many fractures can be treated with splints, casts or slings.

MEAGAN LITTLEPAGE, MD, rehabilitation specialist

Patients who have a less intense sports injury like a rotator cuff strain or knee sprain, strain or cartilage tear usually go to an outpatient facility twice a week to work on strengthening and flexibility. Therapists have tools to relieve pain like ultrasound, ice and heat, and transcutaneous nerve stimulation (also known as a TENS unit). More serious accidents require acute inpatient rehabilitation. In this setting, the rehab physician is the team quarterback. With rehabilitation, the way to get results is by implementing the exercises that the therapy team recommends for you into your daily routine. It’s a marathon, not a sprint.

TO FIND a doctor, visit elcamino-hospital.org/physician?HB
Are You Getting Enough Vitamin D?

Vitamin D has a host of benefits, from promoting bone and muscle health to building a strong immune system. Unlike other vitamins, which come from food, this one is primarily produced by exposure to sunlight. However, if you have minimal sun exposure, the Institute of Medicine of the National Academies recommends that adults take a daily supplement with 400 IU.

Sun Salutations

While it’s important to take precautions against harmful UV rays, sunshine can be a source of rejuvenation. Learn how to shield yourself so you can enjoy life’s sunny days.

Melanoma Mindfulness

Skin cancer is the most common cancer in the United States. One in five Americans will develop the disease at some point in their lifetime. Fortunately, especially when caught early, treatments are available. Those who have had even just one severe, blistering sunburn in their lifetime are at an increased risk of skin cancer.

That’s why it’s important to do monthly self-exams and, for people over 40, yearly professional screenings. The first sign of melanoma is often a new mole or a change in the shape, color or feel of an existing one. Check your entire body for any moles or discolorations that look different, and be sure to inspect less obvious areas such as your scalp.

Sources: National Cancer Institute and American Academy of Dermatology

DIY Sunburn Relief Recipes

These easy remedies for easing the discomfort caused by sunburns can be whipped up with ingredients from around the house. Warning: See a doctor if the burn blisters are severe or you’re experiencing chills, fever or nausea, which may be a sign of dehydration or infection.

SOAK a clean towel in a bowl of ice water and then hold the cloth on the burned area for five minutes; the compress will help reduce swelling.

MOISTURIZE the affected area (but not if your skin is blistering). The moisture will relieve discomfort.

KEEP an aloe vera plant in your home, and squeeze the anti-inflammatory gel produced by the stems directly onto the burn. Or stash a bottle of store-bought aloe vera gel in your fridge and apply the soothing, cool gel as needed.

Sources: National Institutes of Health

Sunshine for the Spirit

About one in 10 people in cold climates suffers from seasonal affective disorder. Just 30 minutes of sun a day (while protecting yourself from harmful UV rays, of course) can bolster the immune system and boost your mood!
Men’s Health Matters

WHETHER IT’S PREVENTING SPORTS INJURIES OR KNOWING WHEN TO START SCREENINGS, THIS GUIDE TO MEN’S HEALTH GIVES WOMEN THE TOOLS NEEDED TO SUPPORT THEIR LOVED ONES

SCREENING AND VACCINE CHECKLIST

<table>
<thead>
<tr>
<th>Screening/Vaccine</th>
<th>Age to Start</th>
<th>How Often?</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPV vaccine (Gardasil)</td>
<td>11 to 12 (men may get the vaccine through age 26)</td>
<td>Three doses over six months</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>18</td>
<td>At least every two years. Consult his physician about how often he should get checked.</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Varies</td>
<td>He should be screened if his blood pressure exceeds 135/80 or he takes blood pressure medication.</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>35. If he’s at increased risk of heart disease, he should start as early as age 20.</td>
<td>At least every five years. Consult his physician about how often he should be screened.</td>
</tr>
<tr>
<td>Prostate</td>
<td>Not recommended before the age of 40.</td>
<td>Consult his physician (see box at right for more information).</td>
</tr>
<tr>
<td>Colorectal cancer</td>
<td>50</td>
<td>Consult his physician about how often he should be screened (through age 75).</td>
</tr>
<tr>
<td>Abdominal aortic aneurysm</td>
<td>65 to 75. Only needed if he’s smoked 100 cigarettes or more in his lifetime.</td>
<td>One time</td>
</tr>
</tbody>
</table>

Sources: Agency for Healthcare Research and Quality; American Heart Association; American Urological Association; Centers for Disease Control and Prevention; Healthfinder.gov

What About the Prostate?

The American Urological Association recommends average-risk men reach a mutual decision about prostate cancer screening with their physicians because the risks of the exam and subsequent treatments can outweigh the benefits. The AUA recommends against screening men before age 40; men between the ages of 55 and 69 seem to benefit the most. Men with urinary symptoms such as increased frequency should talk to their physicians about getting checked for benign prostatic hyperplasia (enlarged prostate).

CHECK OUT our informative video about prostate health at elcaminohospital.org/ProstateScreen?HB

The Artemis Advantage

El Camino Hospital is one of just a few hospitals in the South Bay to start using Artemis, an innovative diagnostic tool that performs more accurate prostate biopsies than many traditional models. By fusing MRI and ultrasound images, Artemis allows physicians to target suspicious lesions with needlelike precision.

VISIT elcaminohospital.org/ProstateCancer?HB to learn more
Tip Sheet

High-Impact Snacks

Smart snacking for the active, growing boy or teen

**BITTY BITES.** Serve your preschooler two to three small snacks a day, such as cut-up vegetables with hummus, frozen grapes or smashed avocado on whole-grain crackers.

**BACKPACK SNACKS.** Send your child to school with an insulated bag packed with energizing munchies such as whole-grain crackers and cheese, trail mix, or granola. Keep everything cool with a frozen water bottle or gel pack.

**PROTEIN POWER.** Highly active teen boys, who need 3,000 to 4,000 calories a day, need extra protein. Avoid protein supplements, which have not been proved to boost muscle development. Promote protein-packed snacks such as nuts or sliced lean ham and turkey.

**FUEL UP FIRST.** A light snack that includes carbohydrates, with one to two cups of water, can help your teen power through practice or games.

**RECOVER WITH CARBS.** Make sure your child gets a carbohydrate fix within 30 minutes of an intense workout and again two hours later. An apple with peanut butter makes a perfect post-game snack.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics

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Men’s Health Fair!

Join El Camino Hospital physicians for a day dedicated to Men’s Matters on Saturday, June 14, 10 a.m.–1 p.m. at El Camino Hospital Los Gatos. Enjoy a barbecue lunch, check out the latest surgical equipment, and talk with specialists in all areas of men's health. To register, visit elcaminohospital.org/MensHealthFair?HB or call 800-216-5556.
We’ve Got Him Covered
The Men’s Health Program at El Camino Hospital provides treatment for a variety of conditions:

**INCONTINENCE.**
Treatment options range from nonsurgical remedies to minimally invasive therapy to surgery.

**ERECTILE DYSFUNCTION.**
Treatments include oral therapies, injection therapy and prosthetics.

**BENIGN PROSTATIC HYPERPLASIA (ENLARGED PROSTATE).**
Outpatient treatment options include the GreenLight XPS Laser, which vaporizes excess prostate tissue.

**PROSTATE CANCER.**
The Men’s Health Program offers the full spectrum of treatment options as well as follow-up care for side effects.

**TESTOSTERONE DEFICIENCY AND SLEEP DISORDERS.**
Sleep apnea in men is often part of the same spectrum of conditions as erectile dysfunction.

**PELVIC HEALTH.**
Physical therapy sessions give each patient an individualized exercise program.

**KIDNEY STONES.**
El Camino Hospital offers state-of-the-art minimally invasive procedures to break up painful stones.

FOR MORE INFORMATION, visit elcaminohospital.org/menshealth?HB

It Takes Two
Boost your man’s health, along with your own

**COUPLES CARDIO.** Take 30-minute brisk walks together five days a week, plus do muscle-strengthening activities twice a week.

**TABLE FOR TWO.** Fend off disease with a balanced diet that includes four to five servings of fruits and veggies per day; whole grains; fat-free or low-fat dairy products; seafood, lean meat and poultry; eggs; and beans, peas, seeds and nuts.

**DE-STRESS DAILY.** Enjoy relaxing activities together such as taking a bike ride, dancing or simply talking with one another.

**CARPOOL TO THE DOCTOR.** Schedule your checkups together, since men are more likely than women to put off going to the doctor.
**special report**

**Is Genetic Testing Right for You?**

According to Katherine Sutherland, MD, medical director of El Camino Hospital’s Genomics Medicine Institute, genetic counseling and testing have been shown to improve care and outcomes in a wide variety of situations. Some of these tests can diagnose a hereditary condition, while others can evaluate risk factors for developing certain diseases. The first step is to work closely with your primary care physician (PCP), providing him or her a detailed family health history that goes back three generations. “By identifying patterns or conditions that run in your family,” Dr. Sutherland says, “you and your PCP can discuss whether genetic testing might be appropriate for you.”

**TO CREATE** your family health history, visit elcaminohospital.org/GMI?HB and click on the Family Medical History Tool

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**The Personal Touch**

Grateful patients like Todd Longbottom count on Silicon Valley Primary Care for personalized health care

Twelve years ago, Todd Longbottom began entrusting his health care to Caroline Stratz, MD. Her compassionate care impressed Longbottom, and he chose to continue seeing her when she joined El Camino Hospital’s Silicon Valley Primary Care (SVPC).

Like all the physicians at SVPC, Dr. Stratz serves as her patients’ partner in health and wellness, coordinating test results and medications, and making referrals to specialists as needed.

Longbottom says that her personalized approach made an enormous difference when he consulted her four years ago about severe facial pain. Dr. Stratz promptly referred him to a neurologist; he was diagnosed with trigeminal neuralgia and needed brain surgery.

“Throughout, Dr. Stratz was always on top of my health,” says Longbottom, who is now completely pain-free. “With her as my primary care physician, I know I am in the best possible hands.”

**TO LEARN MORE** about Silicon Valley Primary Care, call 650-962-4370 or visit elcaminohospital.org/SVPC?HB

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**Collaborative Care for the South Asian Community**

Coronary artery disease affects South Asians at a rate two times higher than the general population. To address this disparity, El Camino Hospital and the Palo Alto Medical Foundation (PAMF) have joined forces. Electronic sharing of health information provides participants of the South Asian Heart Center at El Camino Hospital who are also PAMF patients a coordinated, seamless patient experience, and vice versa.

Through personal coaching, advanced screening and lifestyle changes, these two medical institutions are helping to reduce the incidence of heart disease and diabetes as well as promote health and wellness in the South Asian community.

**FOR MORE INFORMATION**, visit southasianheartcenter.org or call 650-940-7242

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**Navigating Your Health**

**Summer 2014**

9
Support Women’s Health Care Services

Hope to Health is a committee of women like Judie Wolken who care about women’s health and believe in the power of philanthropy to make a difference. Members pool their donations and then vote on the health care programs they wish to fund. The group also holds social events throughout the year. For more information, visit elcaminohospital.org/foundation?HB, or contact Lea Morgan at 650-940-7154 or foundation@elcaminohospital.org.

Third Annual Norma’s Literary Luncheon!

We are pleased to announce that the next luncheon—scheduled for Thursday, February 5, 2015—will feature author and screenwriter Delia Ephron.

A Lasting Legacy

Philanthropist and volunteer Judie Wolken continues to make El Camino Hospital’s dreams for improved women’s services a reality

Judie Wolken’s involvement with El Camino Hospital Foundation began in 2006, when her friends Bill Reeves and Norma Melchor, two of the medical institution’s founders, invited her to a luncheon. One month later, Wolken joined the Foundation’s Imagine Campaign Cabinet, a group of community members helping to lead the fundraising effort for the programs and services to be housed on the new Mountain View campus, then being built. She served on the gala committee in 2007 and 2008 and helped plan the VIPreview festivities to celebrate the opening of the new patient tower in 2009. “Wearing a hard hat and going on a tour of the new hospital as it was being built from the ground up made me feel really proud,” Wolken says.

When the Foundation established its Hope to Health women’s philanthropy circle two years later, Wolken was among the first to join and contribute to the program. To date, Hope to Health has raised more than $400,000, supporting among other things, gynecological care for underserved women, the MOMS program for women who suffer from postpartum depression, comfort care packs for cancer patients and women’s heart health.

In 2012, to further bolster support for the Women’s Hospital, Wolken became the visionary spirit behind a new fundraiser called Norma’s Literary Luncheon, a tribute to her friend who had died that February. The inaugural luncheon took place less than a year later. Featuring syndicated advice columnist Amy Dickinson, the event raised $100,000 for the High-Risk Breast Program. This year, the luncheon was headlined by author and restaurant critic Ruth Reichl, with proceeds being allocated for the purchase of fetal monitoring equipment for antepartum moms, special monitoring equipment for Jacuzzi births and improvements to the hospital’s lactation services.

In addition to her distinguished volunteer work on behalf of El Camino Hospital Foundation, Wolken and her husband, Peter, are generous donors. The couple made a planned gift to the Imagine Campaign, which named the doctors lounge in the operating suite in the new patient tower. They also made a significant planned gift to support the work of the Fogarty Institute for Innovation.
Join HealthPerks—It’s Free!

Our free HealthPerks program is open to the community and offers you a wealth of benefits, including:

- Special offers and invitations to events and lectures
- Free private consultations with experts in nutrition, elder care and more
- Early invitations to free health screenings
- Health Library & Resource Center membership, with services available in Mountain View and Los Gatos
- Useful health tips and resources, including the HealthPerks newsletter

VISIT elcaminohospital.org/healthperks?HB to sign up today

Transportation When You Need It

Need to get to a doctor’s appointment? For almost 30 years, El Camino Hospital has been providing door-to-door transportation for older adults who are unable to drive through a program called RoadRunners.

And the service is not just for medical-related trips. RoadRunners, which operates with the help of volunteer drivers, offers round-trip rides to any destination within a 10-mile radius of El Camino Hospital Mountain View, including the grocery store, bank or hair salon.

TO SCHEDULE A RIDE, call 650-940-7016.

RoadRunners is always looking for volunteer drivers. Work one day a week, several hours or just be on call—whatever fits your schedule!

For details, visit elcaminohospital.org/roadrunners?HB

SPECIAL CLASSES AND PROGRAMS

Total Control Pelvic Floor Exercise Classes
This medically proven seven-week exercise program helps women correct and strengthen muscles to achieve a strong pelvic core, flatter abs and improved bladder control. For more information, call 650-940-7285.

Senior Balance and Exercise
There are many risk factors that contribute to falling, such as lower body and trunk weakness, poor balance and difficulties walking. This class is designed to help seniors prevent falls and increase strength. Tuesdays and Thursdays, June 3–July 10, 11–11:45 a.m. 555 Knowles Drive, Suite 100. $50 for 12 sessions. For more information, call 408-866-4059.

Maternity
El Camino Hospital offers a variety of classes and support groups to get you through the many stages of maternity, from childbirth preparation to baby’s first six months. Programs range in price from free to $95. For more information, call 408-866-3905.

Our Business Is Your Business

Videos of board meetings are online

Stay up to date with the ways we’re working to improve your health and wellness by virtually sitting in on meetings of El Camino Hospital’s governing board. To view videos of the most recent meetings, visit elcaminohospital.org/board?HB

For other news and meeting videos regarding the El Camino Healthcare District, a separate governmental entity, visit elcaminohealthcaredistrict.org/Meetings?HB
A HEAD-TO-TOE APPROACH TO CUSTOMIZED CARE FOR MEN.

We offer comprehensive, coordinated care tailored to the unique needs of men. Our goal is to provide tools to help you stay well, along with world-class medical care when you need it. We offer exceptional expertise for disease prevention, diagnosis, treatment, and beyond. Because common urological issues are often related to other more serious conditions, we look at men's health holistically. Should care be required for serious illness or injury, we offer innovative treatment options, state-of-the-art facilities, and rehabilitation services to optimize your recovery. With our personalized care for men, you can count on us to treat you well, in every sense of the word.

TO YOUR HEALTH! How's your heart? What's the state of your prostate? As your health resource, we are committed to helping you stay well. Download valuable tip sheets for ways to be at your best. Download at http://mens.elcaminohospital.org