

GOOD HEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 10 • SUMMER 2014

**ALL NEW
MEDICAL &
SURGICAL CENTER
AND EYE CENTER**

**THE TRIP
OF A LIFETIME**

**TRAVEL MEDICINE
UPDATE**

**SUPPORTING
LOCAL FARMING**

**WEIGHT LOSS
SUCCESS**





Dear Patients,

In January some of the key features of the Affordable Care Act (ACA) went into effect. We have seen some new patients come into the system as a result, but the full impact on our healthcare system is yet to be seen. While there is some uncertainty about how this will all play out over time, it is clear that many patients have benefitted from these changes and that some people who previously did not have access to affordable healthcare are now able to get the care they need.

While the healthcare environment is changing we continue to evolve to stay ahead of the community's needs. This is an exciting time in our history as we are

opening the first new Sansum Clinic building in Santa Barbara since the 1970s.

The new Medical and Surgical Center on Foothill Road is designed specifically to meet the needs of the physicians and surgeons who provide patient care. There is a tremendous focus on quality, affordability and accessibility in healthcare. This facility allows us to deliver all three and it is a wonderful example of the steps Sansum Clinic is taking to enhance care for our patients. For more about the site, please see page 4.

I would like to thank Dr. James and Chris McNamara, who are leaving a lasting legacy with the clinic upon Dr. McNamara's retirement after 45 years of service (see page 12). Recognizing that our people are Sansum Clinic's most valuable asset, the McNamaras have established the **McNamara Fund for Professional Enrichment and Education** to provide employees unique personal and professional development opportunities. This fund is a testament to Jim and Chris and their commitment to medical excellence through ongoing education to benefit not only our employees but also our patients and the community.

We continue to explore an affiliation with Cottage Health System, which is still in the review process with federal regulators. We believe this relationship will further strengthen our ability to deliver the best quality healthcare to the community.

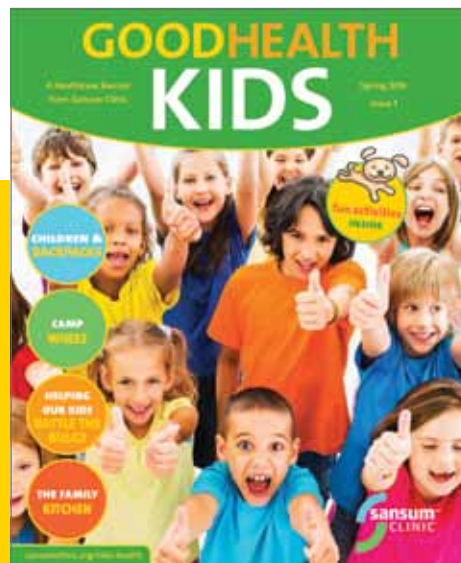
In the meantime, we hope you have a happy and healthy summer. If you are out and about enjoying some of the beautiful outdoor activities our area has to offer, please be safe and wear your sunscreen and a hat.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

Introducing GoodHealthKIDS

We know that nothing is more important to you than your child's health. We recently distributed our debut issue of *Good Health KIDS* magazine, our latest publication that provides you with information, articles and tips for your kids' good health. Visit sansomclinic.org/kids-health



GOOD HEALTH™

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Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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Enjoy the Trip of a Lifetime

While Supporting Local Cancer Care

You can help support quality cancer care at the Cancer Center of Santa Barbara with Sansum Clinic by bidding on an exceptional travel opportunity. We are auctioning off a World-Class voyage for two anywhere Azamara Club Cruises sails!

Azamara Club Cruises offers the winning bidder and their guest the opportunity to choose any voyage offered by Azamara



with a stay in one of their elegant Club Continent Suites—a value of up to \$20,000 (based on voyage selected). **Bids start at \$5,000 and the online auction closes at 11:45 pm on Tuesday, August 5, 2014.**

Adventurous and enchanted travelers can choose from a wide variety of compelling destinations including Southeast Asia, South Korea, Japan, China, Indonesia, North Sea, Scandinavia, The Baltics, British Isles & Ireland, Western Europe, Greek Isles, French & Italian Rivas, Holy Land, The Adriatic, Black Sea, South America, West Indies, Central America, Baja California and California Coast. With trips ranging from 4 to 18 days and longer stays in most ports of call, guests have the opportunity to feast on the vibrant cultures, flavors and sights of their select destinations.

100% of the winning bid will support oncology programs and services at the Cancer Center of Santa Barbara with Sansum Clinic.

Visit ccsb.org/cruise_auction/ for details on how to register and bid. Some restrictions apply—see auction site for details. Voucher will expire July 31, 2015. Thank you for supporting the Cancer Center of Santa Barbara with Sansum Clinic.

Good luck in your bidding! 🌟

GOODHEALTH

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On the cover: Ronald Latimer, MD, Trustee; Chad Hine, CFO, Vicki Hazard, Chair; Vince Jensen, President & COO; and Kurt Ransohoff, MD, CEO and Chief Medical Officer led the Sansum Clinic Trustees on a tour of the new Medical and Surgical Center, page 4.



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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

Announcing the U.S. Arrival of Chikungunya Virus!



Dr. Mary-Louise Scully is an Infectious Disease Specialist and is the Director of the Sansum Clinic Travel and Tropical Medicine Center.

Summer is here and it's time for travel. Although many of us won't be traveling to distant, exotic locations there are still some important travel tips for the United States. A hot topic right now is the arrival of Chikungunya virus (pronounced chik-en-gun-ye). Chikungunya virus derives its name from an east African dialect that roughly translates as "that which contorts or bends up" to represent the achy muscles and joints associated with the fever and flu-like syndrome. And although you usually don't die—you just feel like you might for several days—some patients can experience debilitating joint pains that can persist for months.

The Aedes mosquito, which is a daytime biter, transmits Chikungunya virus, and this mosquito also is present throughout the United States raising concern about the possible further local spread of the disease. In December 2013, the first cases in the western hemisphere occurred in Saint Martin and now over 189,000 suspected and confirmed cases have been reported in 19 other Caribbean countries. As of June 24, 2014 the CDC has reported 72 cases in U.S. citizens associated with Caribbean travel. The predominant countries where travelers acquired the disease were Haiti, Dominican Republic, Martinique, and Saint Martin. Like Dengue fever virus, which is an increasing global threat, we have no vaccine or pill to prevent Chikungunya virus. In addition, there is no specific anti-viral treatment—only supportive measures such as rest, hydration, and use of Tylenol or anti-inflammatory medications such as ibuprofen, for relief of symptoms.



Countries and territories in the Caribbean where chikungunya cases have been reported* (as of June 24, 2014)

Personal protection measures and proper use of repellent is therefore the key to prevention. Covering exposed skin and use of clothing treated with permethrin can help. For repellent, the CDC recommends either a DEET based product, 25-35% (no need for 100%, might melt your cellphone!), or products with 20% Picaridin or IR3535. Beware many products labeled as "natural" are actually not. Repellents containing a synthesized version of oil of lemon eucalyptus (not the "pure" oil of lemon eucalyptus), do seem to have activity against the Culex mosquito, the vector of West Nile virus (WNV). WNV is still a problem, though not getting much media attention these days. However, in 2013 there were 2,469 U.S. cases of WNV reported and the largest number of those cases were from California (237). Evening mosquito protection is needed for WNV, as opposed to daytime insect precautions for Dengue and Chikungunya.

So what to do? I have a saying "If you don't get bit—you don't get sick," easier said than done sometimes. But maybe make some room in your carry-on for a bit of bug repellent. And also remember, accidents and cardiovascular disease still account for the majority of illness and death associated with travel. So remember -don't drink and drive, buckle up that seatbelt, and wear a helmet if using a bicycle or motor scooter.

Bon voyage! 🌞



Aedes aegypti



Aedes albopictus

Local Farming

Gerri French, MS, RD, CDE is one of our certified diabetes educators who is committed to creating interesting ways to improve the health of our patients and our community. We asked her to tell us about her latest farm adventures.

WHY ARE YOU INTERESTED IN FARMS?

I love farmland; seeing food grow in a healthy environment surrounded by flowering plants, birds, bees and other wildlife “feeds my soul”. I created the Santa Barbara Food and Farm Adventures to increase awareness and understanding between the connection of fresh, local foods, good health and our environment. The inspiration for farm tours began with an adult education class entitled, “Walk with the Farmer and the Cook” which was very popular. Farm Tours are an ideal and fun way to learn about local food production. Not to mention that farm tours give our farmers the opportunity to share their passion for preserving the soil and wildlife while growing delicious, nourishing foods for this community.

WHAT HAPPENS ON A FARM TOUR?

Each farmer gives us a tour of their farm and demonstrates their particular method of growing food without the use of intensive, conventional fertilizers and pesticides. Topics of discussion include composting, cover crops and beneficial insects, dealing with gophers, deer and pests. The gardeners in the group eagerly ask questions of interest. We usually sample fruits and vegetables out in the field and food is often available for purchase.



WHAT IS THE SANTA BARBARA FOOD AND FARM ADVENTURES MEETUP GROUP?

The Adult Education class transitioned to a Meetup Group to give people the ability to pick and choose which farm tours they want to attend. Meetup.com was started after 9/11 to get like-minded people together; it is nationwide. The Santa Barbara Food and Farm Adventures Meetup Group meets every two weeks at various locations and/or carpools to events to learn the secrets of Santa Barbara’s sensational cuisine. In addition to farms that grow vegetables and fruits, we visit cattle, chicken and hog farms, farmers markets, restaurants, culinary stores, wineries, the harbor and many more.

WHAT IS CULINARY MEDICINE?

As a long time “foodie”, I believe that fresh food is culinary medicine in addition to physical activity, especially outside with nature. To support this belief, I developed a class entitled “Walk with the Doctor and the RD”. Physicians, dietitians and farmers are genuinely interested in improving our health. Nutrition is an important component to good health, quality of life and longevity, physicians and farmers would agree. 🌻



Gerri French, MS, is a registered dietitian (RD) and a certified diabetes educator (CDE) at Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. You can find out more or register for one of our nutrition classes or other health education programs online or by calling toll free (866) 829-0909.



Introducing the All New Medical & Surgical Center and Eye Center

This summer marks a momentous occasion in the 93-year history of our organization. In June we began seeing patients in the first brand-new Sansum Clinic building in Santa Barbara since the 1970s. Beginning with the Sansum Clinic Eye Center, the opening of the new **Sansum Clinic Medical & Surgical Center** throughout the summer at 4151 Foothill Road will provide services and programs that add to our rich history and remarkable service to our community.

The campus has two buildings with 60,000 square feet of new medical and surgical space with modern facilities and the latest equipment and technology. Building B houses the Sansum Clinic Eye Center and is now open for business. Building A, the larger building along Foothill Road, includes medical offices for surgical specialties, as well as Sansum Clinic's advanced outpatient surgery center, "Foothill Surgery Center at Sansum Clinic," outfitted with the latest surgical equipment and technology within one of Santa Barbara's most comprehensive surgical suites. By September the move will be complete.



Building A – Advanced Medical & Surgical Center

Schedule of Services:

Physical Therapy (41 Hitchcock Way and 334 S. Patterson Ave. only)	Monday, July 14
Ear, Nose & Throat (ENT)/Audiology	Monday, July 21
Urology	Monday, July 21
Orthopedics	Monday, August 4
Podiatry	Monday, August 4

This new site is the result of a long-term vision for the future of Sansum Clinic, and a great deal of teamwork among many physicians and staff. This is certainly something to celebrate!

Foothill Surgery Center at Sansum Clinic

Our specialty surgeons, anesthesiologists, physicians and nursing staff work as a coordinated team to offer an affordable and convenient alternative to overnight hospitalization.



By choosing Sansum Clinic, you will experience:

- Advanced outpatient surgery
- A compassionate clinical team
- Modern facilities with state-of-the-art technology
- A convenient and easily accessible location
- Lower costs for more procedures
- Comfortable family waiting area
- Free Internet access
- 4 multi-specialty operating rooms
- 3 private short-term stay recovery rooms
- Individualized patient care provided by skilled medical teams
- Discounts with hotel partners for out-of-town patients & guests

We are committed to outstanding patient care and clinical outcomes.

Café 154

Please visit Café 154 for an assortment of fresh sandwiches and salads.

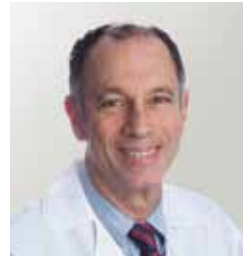
WE ASKED A FEW PROVIDERS TO SHARE THEIR THOUGHTS ABOUT THE NEW FACILITY.



I have been an otolaryngologist for 37 years and I have worked in academic ENT facilities in Budapest, London, Stockholm, University of Pennsylvania, UCLA, and Boston University before I came to Santa Barbara. I have had the pleasure of working at Sansum Clinic for 17 years. Our office was relocated from Pesetas Lane to our new facility on Foothill Road in July of this year. I am so

excited because this change will give both patients and healthcare providers everything they need for the best healthcare in Santa Barbara. Personally, I am so thankful for Michael Towbes and his builders for the amazing building and for our administration for listening to our suggestions. Honestly, our Foothill Facility appears to be better than the one we dreamed of.

— ANDREW MESTER, MD, ENT/OTOLARYNGOLOGY,
HEAD AND NECK SURGEON



I have been really looking forward to relocating to the new Foothill outpatient surgical center and medical office. We will continue to provide the highest quality medical and surgical care for our community and patients and will do so with brand new state of the art resources. The ability to offer coordinated care, including preoperative consultation,

surgical care and postoperative care all in the same facility will be a great advantage for our patients. My partners and I look forward to working together to deliver the best urological treatment for our patients!

— ALEX KOPER, MD, UROLOGY



I'm looking forward to having a more comfortable clinic environment and state-of-the-art examination equipment for our patients. I'm also looking forward to having a consolidated site with our orthopedic clinic, physical therapy, radiology and outpatient surgery all in the same building.

— BRYAN EMMERSON, MD, ORTHOPEDICS



I have been looking forward to moving to the Foothill office for more than just the obvious reason that it's a brand new facility. I am also excited to combine our exceptional PT staff from Hitchcock and Goleta. The clinical expertise at Foothill PT will allow more patients with varied diagnoses to be treated at one facility. Our staff is also thrilled to be working next

to our outstanding orthopedic staff, which will facilitate a much smoother transition of care between the orthopedic patients and PT.

— MIKE LAWSON, PHYSICAL THERAPIST

With the construction of Sansum Clinic's Medical and Surgical Center almost complete, three directors have been hired to administer the ambulatory surgery center within the highly anticipated new facility, called the Foothill Surgery Center at Sansum Clinic.



FOOTHILL **SURGERY** CENTER
at **sansum** CLINIC



Dr. Andrew Mester with (from left to right) Karen Neary, Aniko Kim and Kelly Kapp.



Dr. John Keating joins Sansum Clinic as Medical Director of the Foothill Surgery Center at Sansum Clinic. He received his medical degree from Georgetown School of Medicine in Washington, D.C. and completed his anesthesiology residency at the Naval Hospital in San Diego, CA. He also

completed a Pulmonary Physiology Research Fellowship at the University of California, San Diego and a Cardiovascular Anesthesiology Fellowship at John Hopkins Hospital in Baltimore, MD. Dr. Keating comes to Sansum Clinic from the Anesthesia Medical Group of Santa Barbara where he acted as Practice Manager for the past ten years. He has also served as Medical Director of Outpatient Surgery at Cottage Hospital.



Karen Neary, RN, BSN joins Sansum Clinic as Director of Nursing at the Foothill Surgery Center at Sansum Clinic. Ms. Neary received her Bachelor of Science in Nursing degree at St. Mary's College and Samuel Merritt University in Moraga, CA and completed her nursing internship at Santa Barbara Cottage Hospital. Ms.

Neary comes to Sansum Clinic from the Outpatient Surgery Center at Cottage Hospital where she worked as a Level III Clinical Resource Nurse, Operating Room Nurse, Pre-Op Nurse and Pediatric Oncology Nurse.



Aniko Kim, MPH joins Sansum Clinic as Director of Operations. Ms. Kim received her Bachelor of Arts from Tufts University in Medford, MA. She went on to receive her Master of Public Health from the University of California, Los Angeles. Ms. Kim comes to Sansum Clinic from Cottage Health System where she served as a Practice Development Consultant.



Building B The NEW Sansum Clinic Eye Center

Santa Barbara's most comprehensive and convenient eye care center has moved.

The Sansum Clinic Eye Center provides a full spectrum of ophthalmology services to meet the eye care needs of your entire family. Our Eye Center is the only center of its kind in the region – uniting a team of board-certified eye care experts to meet the needs of patients ranging from infants to senior citizens. The Eye Center provides comprehensive evaluation and treatment for all eye and vision disorders and offers the most advanced procedures in our new state-of-the-art eye care and surgery center.

Along with general ophthalmology we offer many eye care specialties, advanced surgical facilities and we have the only pediatric ophthalmologist in the tri-county area.

- General Ophthalmology
- Pediatric Ophthalmology
- Neuro-Ophthalmology
- Retina Specialists
- LASIK Vision Correction
- Cornea/Refractive Surgery
- Cataract Surgery
- Glaucoma Surgery
- Oculoplastics

Now Seeing Ophthalmology Patients At:

Sansum Clinic Eye Center
4151 Foothill Road – Building B
Call (805) 681- 8950 to schedule an appointment.



The new Eye Center has significantly improved patient care within the Ophthalmology Department by designing the building for maximum efficiency, improving patient access to the clinical space and updating technology. I've noticed that the patients and staff are happier overall, which is my ultimate goal at the end of the day.

— TONI MEYERS, MD, OPHTHALMOLOGY



Please note: Our Optometry Department and Optical Shop are still located at our convenient downtown location at 29 W. Anapamu Street in Santa Barbara.

Our skilled optometrists use the most advanced equipment and technology to spot problems before you may realize they exist. Exams include eye health evaluations, cataract testing, color blindness testing, glaucoma testing, refraction for glasses and/or contact lenses and visual fields and depth perception testing. If your optometrist recommends corrective lenses, you won't have to look very far. Our Optical Shop features an extensive collection of fashionable, affordable custom frames, lenses and contact lenses for the whole family. ☀

Health & Wellness Programs

Become an active participant in your good health. Our Health Education Programs are designed with you in mind. All are taught by professionals, include take-home materials and are available on an ongoing basis. They are free of charge or low cost and are open to the community.

Programs include:

- Advance Care Planning
- Advance Directives
- Back Wellness
- Balance & Mobility Training
- Bariatric Surgery Orientation
- Bariatric Surgery Support Group
- Brown Bag Medication Review
- Diabetes Education
- Dementia Caregivers Support
- Doctors' Weight Management Program Orientation
- Healthier Living with Ongoing Health Conditions
- Heart Health
- Hip or Knee Replacement Seminar
- Insulin Users Support Group
- Lymphedema Education
- Medicare Information
- Neck & Posture Wellness
- Nutrition Navigator
- Oncology Patient Support Programs
- Pre-Diabetes
- Stop Smoking Help
- Stress Management
- WomenHeart Support Group

For more information or to register visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909.

Health Resource Center

- Reliable answers to your health questions
- A private, comfortable place with trained staff
- Internet, books, newsletters & videos on health
- Community resource information
- Information and registration for health programs
- Help with Medicare by appointment
- Help with Advance Directives by appointment

Free of charge and open to the community!
215 Pesetas Lane, Santa Barbara,
(800) 281-4425 x7672. ☀

Patient Access

We know that preparing for a medical procedure can cause anxiety. With that in mind, we have streamlined our scheduling and registration processes for primary care appointments, including Internal Medicine, Family Medicine and Pediatrics. Our new Patient Access Department has a centralized scheduling process that reduces scheduling time and improves the efficiency and accuracy of registration.



Our courteous staff with specialized training is available now with extended hours:

- Monday through Thursday from 7:30 am to 6:00 pm
- Friday from 7:30 am to 5:00 pm (Please note: although some of our offices are closed on Friday afternoons, we are available by telephone to help schedule your next appointment.)

Centralized scheduling is also useful for new patients since our schedulers can help you determine the most convenient access for the care you need.

Please have all of the following information available before calling:

- Patient name
- Home phone/preferred phone number to use
- Date of birth
- Social Security number
- Insurance information

To schedule an appointment, please call 1(800) 4 SANSUM, 1(800) 472-6786. ☀

Working Together to Provide Quality Healthcare

WITH DR. ROBERT LEPOSAVIC, DERMATOLOGY AND
DR. DAVID LAPATKA, FACIAL PLASTIC SURGERY



It takes a team to provide quality healthcare. At Sansum Clinic, teamwork is emphasized and valued, and every member works together to meet our patients' needs and improve patient outcomes. These two Sansum Clinic physicians understand the importance and value of working together as a team.

Dr. Robert Leposavic is a board-certified dermatologist with specialized training in MOHS surgery. He often uses this advanced treatment to remove two of the most common forms of skin cancer: basal cell carcinoma and squamous cell carcinoma. This procedure is a state-of-the-art treatment in which the physician serves as the surgeon and the pathologist. It relies on the accuracy of a microscope to trace and ensure the removal of skin cancer. This procedure allows the dermatologist to see beyond the visible disease, and to precisely identify and remove the entire tumor, leaving healthy tissue unharmed. It also allows the MOHS surgeon to be certain that the entire cancer was removed without leaving any of the "roots" behind.

Success with MOHS surgery has been reported to be 99%. The benefit of MOHS surgery in areas such as the face or nose, is that the amount of healthy tissue removed is kept to a minimum without compromising the removal of the cancer. After the MOHS surgery, the surgical defect created from the skin cancer removal will need to be repaired.

There are many factors that need to be considered when repairing the defect. Dr. Leposavic will look at the location, size, depth, and extent of the defect. If the defect requires a special closure or is located in a cosmetically sensitive area, Dr. Leposavic will frequently recommend Dr. David LaPatka, board-certified facial plastic surgeon, to perform the MOHS reconstruction surgery.

In addition to his expertise in facial plastic surgery, Dr. LaPatka has extensive experience repairing facial defects created by MOHS surgery. MOHS reconstruction is performed utilizing different types of grafts and/or flaps to close the defect. The type of repair performed depends on the size and location of the wound. Most reconstructions are performed under local anesthesia in the office. Larger repairs may be performed under twilight sedation in an ambulatory surgical center. Rarely is general anesthesia required.

Depending on the size of the defect, repair can average approximately 30 minutes to 2 hours. The vast majority of patients go home immediately after the procedure. When performed in the outpatient surgery center under twilight anesthesia, patients are observed for approximately one hour after the procedure prior to being discharged with a companion.

Most patients do not complain of significant pain after the procedure. In fact, the majority only take over-the-counter Tylenol for pain. Most patients can go back to work the day after the procedure. Some patients opt to take more time off depending on the type of repair performed, and all are given specific wound care instruction prior to leaving the office in order to allow for the best possible healing and outcome. ✿

JAMES V. McNAMARA, MD, FACP

Dear patients,

The time has come for me to retire from the practice of Internal Medicine at Sansum Clinic, and I am writing not only to share this news with you but also to seek your support in the establishment of a very special employee enrichment program at the Clinic.

Over the past 45 years I have seen and cared for many patients at Sansum Clinic. The Clinic has always encouraged innovation and excellence in the delivery of healthcare and as a result, it has been gratifying to be part of the team that has become so widely known and respected throughout the western part of our country.

It has truly been a privilege and honor to have been entrusted with your personal care. Although I will miss my patients and my practice greatly, I do look forward to spending time with my family in retirement. When I step down from my post this fall, I will be leaving you in the hands of my most excellent colleagues.

My grandfather and both of my parents were physicians. Doctors Delbert and Doris McNamara were among the first physicians hired by Dr. William Sansum (the founder of Sansum Clinic) in the 1920s. The gifts they gave to me included the love of medical service but also a great appreciation for and understanding of the value of a broad education. I too want to provide the opportunity for education to others.

The legacy my wife Chris and I wish to establish at Sansum Clinic is a special program for the continuing education of the talented and dedicated employees who contribute their clinical, technical and administrative skills and services in support of the work of the Clinic's outstanding physicians. Recognizing that it is this collaboration between the Clinic's physicians and the employees that enables Sansum to provide patients with an excellent healthcare experience, we wish to establish the McNamara Fund for Professional Enrichment and Education in the interest of current and future employees of the Clinic.



Jim and his parents, Drs. Doris and Delbert McNamara.

The McNamara Fund will be established as a permanent endowment at Sansum Clinic, with the funds dedicated exclusively to providing Clinic employees with professional development opportunities. Our vision is that a special program provided by the McNamara Fund will enhance employees' personal and professional development in ways that will expand their value within the Sansum healthcare delivery team, thus creating a stronger and more dynamic platform for patient care at the Clinic.

Many of my patients have asked what they can do for me as a way of saying thank you for the many years of care I have provided...and my response is to ask you to join Chris and me in building the McNamara Fund, which will be dedicated to providing unique learning opportunities for Sansum employees in perpetuity.

Your support would mean a great deal to us, to the many employees who will benefit from this program and to the Sansum Clinic patients whose healthcare experiences will be enhanced.

Thank you in advance for your consideration. May good health and happiness prevail in your life.

Sincerely yours,

James V. McNamara, MD, FACP

Recognizing that people are Sansum Clinic's most valuable asset, the McNamaras have established this fund to provide employees unique personal and professional development opportunities.

This is a testament to Jim and Chris and their commitment to medical excellence through ongoing education to benefit not only our employees but also our patients and the community. We would like to share some of the comments we have received from supporters:

"What a wonderful vision you have created. This project will live on as the 'Crown Jewel' in Sansum's employee development efforts – and I am proud to be a part of it."

– VICKI HAZARD

"What a pleasure to be able to be a part of your continuing contributions to improving the lives of others."

– RICHARD STEINBERG, PHD

"Many thanks to Dr. and Mrs. McNamara for inspiring us all to invest in the professional development of Sansum Clinic staff. The opportunity for staff to enhance their leadership and professionalism will be of great value to our Clinic, patients and employees."

– JULIE MCGOVERN

"I am very proud to be a part of this fund. I will miss you as my doctor, but I'll never miss the both of you as my friend. Friends are forever, through the happy times as well as the tough ones. I hope retirement is joyful, with the both of you visiting children, grandchildren and great grandchildren. You both are leaving a lasting legacy with the fund."

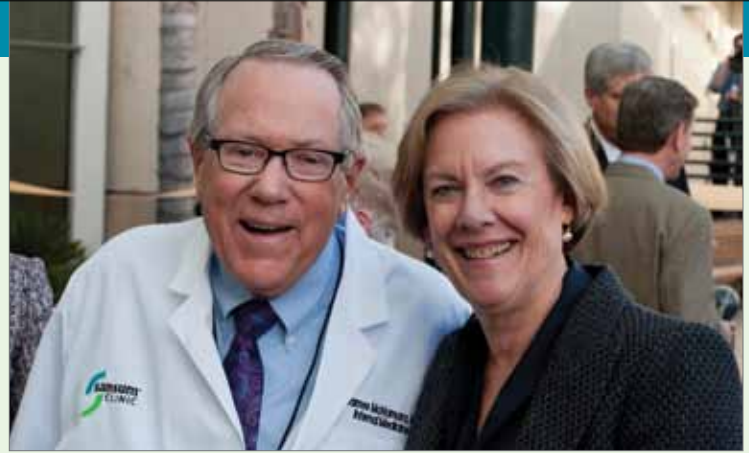
– MARLEN TILFORD



Jim and his sister Pat.

"It has been an honor and privilege to work with you and to have your leadership at Sansum Clinic. Thank you for recognizing the staff and establishing this program. It is a true testament to your compassion. We will miss you."

– MELISSA CARRILLO



Jim and Chris McNamara

"This fund represents to us your commitment to excellence in the care and treatment of patients. We have witnessed first-hand this commitment from you, like calling us on a Sunday with test results, and the trust we have in you as our health advocate. We wish you a well earned retirement of joy in your life."

– BOB & THERESA GRISWOLD

"Thank you so very much for the care you have provided our family. I will never forget my conversations with you, as my father lay in the hospital gravely ill. You explained each critical issue with me, then gave me your home phone number for use by me during nights or weekends. My father did heal and exited the hospital. Your care and kindness will never be forgotten. Have fun with all your spare time."

– KEN & DARLENE LINDAHL



Dr. McNamara's sister, Pat Chatfield, and her husband Blake are supporters of the McNamara Education Fund. In addition to a cash gift they have made a provision in their estate plan.

If you would like information about making a gift or including the McNamara Fund for Professional Enrichment and Education in your estate plan please contact Dru A. Hartley, Director of Philanthropy at Sansum Clinic at dhartley@sansumclinic.org or (805) 681-7726.

The enclosed remittance envelope also offers the opportunity to designate a gift to the McNamara Education Fund. 🌻

HEALTHCARE CHAMPIONS



Sansum Clinic had a strong showing at the *Pacific Coast Business Times* “Champions in Healthcare” awards luncheon at the Belmond El Encanto on June 19. Dr. Kurt Ransohoff was named Grand Champion in Healthcare; Julie Nadel was the Healthcare Philanthropist of the Year and Dr. Thomas Anderson, Sr. was Healthcare Volunteer of the Year. Our honorees participated in a panel discussion on “Affordable Care in the Tri-Counties: Strategies for Implementing Health Care Reform”. Each of our award winners were featured in the May 23 issue of the *Pacific Coast Business Times*, and with permission from the newspaper, we are sharing those features with you.

Physician has Bold Vision for South Coast Care

By Marlice van Romburgh
Staff Writer, Pacific Coast Business Times

Between running an organization with 1,000 employees, overseeing sweeping changes in health care delivery and shepherding along a planned merger with the South Coast’s dominant hospital group, Sansum Clinic CEO Dr. Kurt Ransohoff is one of the busiest healthcare executives around. But Ransohoff still sets aside time to maintain a physician practice, something he says is key to staying in touch with the real people that are at the center of the affordable care challenge.

“It can be really helpful to me as an administrator to really know what people are actually struggling with in their lives,” he said. “I know what it means to order a CAT scan with a \$4,000 deductible and the kind of financial impact that can have on a patient.”

Ransohoff is the chief executive and chief medical officer at Sansum Clinic, which is the largest physician group on the South Coast.

Board-certified in internal medicine, he received a bachelor’s degree from Bowdoin College in Brunswick, Maine, and a medical degree from UCLA School of Medicine. He was the chief resident and clinical instructor at UCLA from 1988 to 1989, then spent three years as an assistant clinical professor of medicine.

He joined Sansum Clinic in 1992 as chairman of its internal medicine department, a post he held for two years before becoming assistant medical director from 1994 to 1997. He has been Sansum Clinic's medical director since 1997, president since 1998 and CEO since 2002. He also serves on the boards of CenCal Health, Hospice Care of Santa Barbara and the California Medical Association's Council on Legislation.

Mitigating Uncertainty

Along the way, Ransohoff has overseen the switch to electronic medical records, construction of a new South Coast surgical center and an affiliation with Cancer Center of Santa Barbara. He's become a sought-after speaker on Affordable Care Act implementation, which he says is extremely complex, with new questions popping up on an almost daily basis. "The biggest thing about the ACA continues to be this uncertainty," he said. It may take several more years for health-care providers to figure out how to deal with the new rules, especially when mandated employer-provided coverage kicks in.

Healthcare providers, for example, are still navigating how to deal with patients who have obtained subsidized insurance through Obamacare but then stop paying their premiums. Under the rules, the insurer will stay pay a claim in the first month, but not the second. If something happens during that time, it can be a thorny question of who pays what. "You can imagine what a challenge that is for the provider," Ransohoff said. He frequently finds himself on the phone with his colleagues around the country, discussing exactly those issues. Eventually, he hopes the complexities of the new rules will be worked out.



Since the passage of the Affordable Care Act, Sansum Clinic's chief executive, Dr. Kurt Ransohoff, has focused his administrative expertise on optimizing the delivery of patient care on the South Coast.

Economies Of Scale

Despite the confusion surrounding many aspects of the new law, healthcare reform has done its job for many people, he said. "I see a lot of my own patients, and I see a lot of the benefits of the Affordable Care Act," he said. "I see patients who were in marriages that were bad, but were only maintaining the marriage so one spouse could continue to be covered. I see people who were in jobs they didn't like and were only staying on for the insurance coverage. They don't have to do that anymore, and that part of the ACA is just phenomenally good." Sansum Clinic is pursuing a merger with Cottage Health System that is expected to close sometime this year. The deal would combine Cottage Health System's three hospitals - in Santa Barbara, Goleta and Santa Ynez - and Sansum Clinic's 23 ambulatory sites under one organization. Leaders at both groups have said they believe the merger is exactly the kind of partnership Obamacare advocates are looking to see. The deal is still under review with the Federal Trade Commission, which reviews large mergers for anti-trust issues.

Cottage and Sansum have said they believe a combined organization can gain the economies of scale needed to bring the cost curve down. "As health care reform takes hold, we are taking the necessary steps to meet the needs of patients in our communities," Cottage CEO Ron Werft said in a statement after the deal was announced last year. "Sansum Clinic has the mission, infrastructure and track record to play an essential role in meeting these demands."

A Central Coast Powerhouse

In the meantime, Sansum is nearing completion on a new 60,000-square-foot South Coast surgical center, its first new building in decades. The long-vacant site on Foothill Road near Highway 154 is being co-developed with Santa Barbara-based developer The Towbes Group. Ransohoff said he expects the project to be completed in coming months and to open to the public later this summer.

The clinic, a multi-specialty surgery suite, is a model of the new approach to affordable care, Sansum has said. Sansum was the first multi-specialty clinic on the West Coast when it opened 90 years ago and it is now one of the largest nonprofit health systems between Los Angeles and San Francisco.

It sees about 150,000 patients per year at its network of clinics located throughout Santa Barbara County.

Ransohoff sees a small fraction of those patients as often as he can. "Being a physician is a real honor and getting a chance to take care of patients is really an honor," he said. "The more administration you do, the more you realize that." 🌻



Julie Nadel, right, and her husband Jack are active healthcare philanthropists. Last year, Julie organized an event hosted by Jay Leno that raised \$1.2 million for Sansum.

Wife and Husband Form Fundraising Powerhouse

By Patrick Kulp
Special to the Business Times

When a friend fell ill from mixing two prescriptions, unaware of any possible interactions and sorely lacking guidance from medical experts, Julie Nadel had a realization. Nadel, who serves as chair of Sansum Clinic's Women's Council, saw that her friend's plight was not uncommon in a medical community increasingly dominated by specialization and proliferated with pharmaceuticals. Patients often no longer have just one primary care physician, but rather a team of specialists, and sometimes "the right hand doesn't know what the left is doing," as Nadel puts it.

Her idea was Prescription Navigator, a pharmacist-led program that puts all of a patient's prescription needs under the umbrella of one head pharmacist. This pharmacist answers questions about drug interactions and side effects, makes sure patients adhere to their prescriptions and even visits patients' houses and walks them through the process if necessary. The Sansum-based program has been in its pilot stage since January and has already attracted a considerable amount of interest, Nadel said. Dr. Kurt Ransohoff, CEO and Chief Medical Officer of Sansum, said these types of programs are becoming more and more necessary for hospitals in order to maintain quality patient care.

"This pharmacist-led program is the way of the future and Sansum Clinic is at the forefront thanks to the Nadels," Ransohoff said in an email. The way in which Nadel arrived on the idea for Prescription Navigator is characteristic of how she originates most of her charity endeavors. Julie and her husband, Jack, an award-winning author and entrepreneur who co-runs the Nadel Foundation with her, practice a highly personal brand of philanthropy. Both said they seek out exclusively local projects that usually focus on issues

directly affecting family or friends. Together, they have a long list of philanthropic accomplishments under their belt. The Nadel Foundation has funded two major renovations to Sansum Clinic, created the Elly Nadel Music Therapy Program at the Visiting Nurses and Hospice Care in Santa Barbara, started a program to give seniors more computer access and sponsored health care education events, among many other projects.

Julie is noted by many who know her for her involved approach to her efforts and her ability to see a project all the way through. She is never satisfied to simply donate from the sidelines, and she enjoys pouring time and energy into projects she truly cares about, Jack said.

"There are very few people that are hands-on like Julie is," Jack said. "Julie will come in there and get down and help find the problems and help manage the project through to its final conclusion."

Having run a successful catering company for many years in Los Angeles, one of Julie's strengths is event planning. Last year, she organized a gala event to celebrate the merger of Sansum with the Cancer Center of Santa Barbara. The event, which was hosted by Jay Leno, brought together over 500 guests and raised \$1.2 million for oncology programs and services.

Julie has also maintained a lifelong interest in medicine. This passion is what originally drove her to volunteer at Cedars-Sinai Medical Center and serve on the board of trustees of UCLA's Jonsson Cancer Center when she first moved to Los Angeles. When she moved to Santa Barbara, she and her husband were struck by the quality of care they received at Sansum and saw that the clinic was in dire need of new buildings.

"We are not a fan of bricks-and-mortar improvements, but we saw that the clinic physician pool was so highly skilled - from Harvard, Yale, Stanford - that the buildings themselves were not up to the level of the physicians that were practicing," Julie said. Before Sansum, Jack was seeing a concierge doctor who would often pass him off to specialists. When he made the switch to Sansum he was amazed at the clinic's ability to treat all of his conditions under the same roof with a computer system that kept all of his patient history in one place.

"I was able to survive some very harrowing sicknesses that were life threatening, and between Sansum and my wife Julie, we got through it and are more active than ever now," Jack said. While the inspiration for their work is personal, the Nadels draw on their respective business backgrounds when it comes to implementation and they rely on many of the principles of entrepreneurship that Jack outlines in his books. Julie said she uses her husband's five-step approach, the "Nadel method," when designing business plans for philanthropic projects. Julie said the health care situation in Santa Barbara makes it the "perfect storm" for the Affordable Healthcare Act to be successful, and she has high hopes for her ability to make an impact as the clinic evolves.

"Whatever my husband and I can do to help implement whichever programs they need help with, whether financially or conceptually or our time, I want to be part of that," Julie said. 🌻

Missionary MD Devoted to Aiding Island Recovery

Business Times Staff Report

Dr. Thomas Anderson has taken 17 trips to Haiti, the Caribbean nation devastated by a magnitude 7.0 earthquake four years ago. But the number of lives he's touched through his volunteer medical clinic is too many to count. Anderson, a physician with Sansum Clinic in Santa Barbara, is currently preparing for his 18th trip to Port-au-Prince, the country's largest city and located just a few miles from the 2010 earthquake's epicenter. There, he works with an organization called Child Hope that provides volunteers, medical care and goods and services to impoverished communities.

Anderson, who has recruited other Sansum doctors and area nonprofits to help him on his mission, donates his time, money and services to operate a temporary medical clinic where he sees 40 patients per day, many of whom have no access to health care and are too poor to afford much-needed medications. Some of his patients come in seeking treatment for injuries; others are dealing with chronic conditions such as high blood pressure and diabetes.

"I'd never been to a Third World country, so I was just overwhelmed by what I saw, what I smelled, and just the people and the poverty that was so in your face, with trash on the streets and people trying to sell whatever they could along the sidewalks," Anderson said of his first visit to the country.

The donated medications and supplies come from Anderson and many of his friends and colleagues. Anderson set up his clinic in a church near the Child Hope orphanage, where he also volunteers.

On his first day, he arrived to find 30 people lined up to see him. For many, it was their first-ever doctor visit. "I was just hoping I could see them all. I couldn't stand the idea of not being able to see everyone who was waiting there and who, sometimes, had been waiting for hours," he said.

Anderson soon realized that most of his Haitian patients could not fill the prescriptions he was writing them. So he started providing the medication himself. He spent \$3,000 of his own money on medications during his first four or five trips there. Then he partnered with Goleta-based nonprofit Direct Relief International in 2010, around the same time that the earthquake struck. Direct Relief provides funding for the medication and Anderson now takes about 150 pounds of medication—enough for six to nine months - back with him on each trip.

He leaves the empty suitcases he brings the medicine in behind and Haitians use them for furniture or for storing clothes. Anderson has enlisted other health-care practitioners from Sansum Clinic, his own family members and volunteers from Santa Barbara area churches to accompany him on trips.



When he's not providing urgent care to Santa Barbara County residents, Anderson operates a free clinic in earthquake-devastated Haiti.

"I can go any place in the clinic and nurses would want to come help and join me. It's a life-changing experience for these people. For the first time, they can see people in poverty and see how loving these people can be and the grace they have," he said. Anderson, who is optimistic about Haiti's future, said the people on the island nation are full of gratitude and a positive outlook, despite living in one of the most impoverished countries in the world.

"When people see that, they see how beautiful these people are. They're not bitter, they're not angry, they're just so full of love...They have this attitude of 'This is my situation, and I'm going to make the best of it,'" he said.

Anderson is board-certified in emergency medicine by the American Board of Emergency Medicine and in family practice by the American Board of Family Medicine. After receiving his medical education at University of Kansas, he completed his internship at the Los Angeles County/University of Southern California Medical Center. He did his residency at UCLA, then practiced medicine in his native Kansas from 1976-1983 before joining Sansum Clinic, where's he's been ever since.

When he's not serving his South Coast patients, Anderson is setting the stage for his dream project in Haiti: building out a permanent, dedicated and state-of-the-art medical and surgical center. Eventually, he'd like to see the facility staffed full-time by Haitian doctors.

"On every visit to Haiti, these people consistently teach me that the power of faith, hope, love and trust, in the midst of severe poverty and even hunger, can provide joy, peace and happiness that sustains these people from one catastrophe after another," Anderson said. 🌻

— *Business Times intern Marissa Wenzke contributed reporting.*

Pacific Coast Business Times is the award-winning weekly business journal of record for the Central Coast of California. Now entering its 15th year of publication, the Business Times produces weekly print editions, 24 special reports and eight awards events each year.

Can't Lose Weight? Read On...

MARC ZEREY, MD, CM, MSC, FRCSC, FACS



Deanna Before



Deanna After with Dr. Zerey

There is a disturbing trend emerging from studies evaluating weight-loss strategies. It seems almost impossible to permanently lose weight. As incredible as it sounds, only about 5-10 percent of people who try to lose weight ultimately succeed and keep it off. Health products, diets, exercise machines, training videos, websites, dietitians and physicians may be successful in helping individuals lose weight.

Our genetic make-up, however, makes it difficult to maintain those losses over long periods of time. Studies have shown that our brains may be wired to maintain a certain metabolism that may induce our weight to creep up again. Indeed, when comparing trials that separate patients into groups of intense exercise with nutrition counseling, the results show only minor sustained weight loss. The study from the University of Minnesota found that the average amount lost was only about two pounds from the original weight.

Most clinicians know this from anecdotal experience. For most people, even those that are slightly overweight, the message should be about a healthier lifestyle rather than weight loss. The healthier lifestyle is for achieving and maintaining your health. In other words, eating right, exercising is healthy...but it might not make you thin overnight! Is that enough of a motivator? Are you willing to change your lifestyle (exercising, limiting caloric intake) to achieve better health knowing your weight may not

change much? Consider that you only need a daily excess of energy of 100 calories (the equivalent of a small chocolate bar) to lead to an increase of around 10 lbs of fat over 12 months or 100 lbs over 10 years. Making a small improvement in your lifestyle for a long period will likely be more beneficial than an intense effort for a short period.

For people who need to lose more weight (more than 50-70 lbs), bariatric surgery is likely the most effective tool. Research suggests that the Roux-en-Y gastric bypass or the sleeve gastrectomy—the two most commonly practiced surgical procedures for weight

loss—can induce long-term weight loss in the severely obese, improving health and quality of life at the same time. Surgery, however, is not a suitable option for everyone.

With the world's population becoming heavier—particularly children—more needs to be done. In a recent online issue of the British medical journal *The Lancet*, the latest statistics are troubling. The study warned that more than one in five kids in developed countries are now overweight or obese. This is not surprising given that we are constantly faced with a flood of promotional advertisement for food consumption. This may all be part of our evolution since early on, our biology favored an ability to gain weight not knowing when our next meal would be. The problem is if we do not make significant changes in our individual lifestyles and at all levels of food production and marketing, what was once an evolutionary advantage may become more of a liability. 🌻

Dr. Marc Zerey is a board certified physician specializing in bariatric weight loss and advanced laparoscopic surgical techniques. Dr. Zerey has published extensively including journal articles in American Surgeon, American Journal of Surgery, American Journal of Surgical Research and is an ASMBS Bariatric Surgery Center of Excellence designee. The Bariatric Surgery Center can be reached at (805) 898-3472.

Deanna Power, RN – Success

WHAT LED YOU TO THE DECISION TO CHANGE YOUR LIFESTYLE & LOSE WEIGHT?

The main reason I made the decision to go ahead with gastric bypass surgery was realizing that all the joint pain, high blood pressure, asthma and exhaustion didn't leave me with the quality of life I wanted to have. Looking back I wish I had made the decision much sooner but I'm so happy with where it has led me in life.

HOW HAS YOUR LIFE CHANGED AS A RESULT OF THE SURGERY?

Life is amazing now! Every aspect of my life is easier and more fun. At first it's the little things that you notice, like not getting short of breath when I went upstairs, or needing to move the driver's seat up because one day the steering wheel seems too far away. But then you start to notice little by little that every aspect of life has changed. I recently went to Disneyland and was amazed at how easy it was to get on rides and enjoy the whole visit without getting winded or being in any pain and having to rest.

WHAT WERE SOME OF THE CHALLENGES YOU ENCOUNTERED ON YOUR JOURNEY?

While this has been immensely successful for me now having lost 124 pounds I did have a couple of minor complications. I had a small ulcer develop in my new pouch that was easily treated and at one point I got dehydrated and developed a kidney stone which required me to be admitted to the hospital for a couple of days but all in all I would say that I have had a pretty easy road post-gastric bypass surgery. The most challenging post-op issue was hair loss which is very common, it was frustrating but it is now almost completely resolved. I have absolutely no regrets and would do it all again in a heartbeat.

WHAT INFORMATION ABOUT THE SURGERY WOULD YOU LIKE TO SHARE WITH OTHERS WHO STRUGGLE WITH THEIR WEIGHT?

This is by far one of the best decisions I have ever made in my life. I am so happy with my progress and so grateful to Dr. Zerey for his expertise and in fact to the whole team including Kalyann, Jessica and Emily. I owe my great success in a major way to all of them and their support all along the way. As Dr. Zerey says at every orientation group meeting, this is a tool and he will give you the best procedure he is capable of doing, but the rest is up to you. I would say the most important post-op suggestion I can give to anyone considering this surgery is to be prepared and follow the rules. Also, attending the post-bypass monthly group meetings, which I still do every month, is very important. The encouragement and support we give each other is very powerful.

NOW THAT YOU HAVE REACHED YOUR GOAL, ARE YOU ABLE TO MAINTAIN A HEALTHY WEIGHT?

Yes, I am maintaining my weight and so pleased with where I am now in life. I pay very close attention to what I eat every day, make sure I eat plenty of protein and watch my fluid intake closely. I follow a healthy diet with good portion control; I can eat a little of everything but I personally try to stay away from refined sugar as much as possible. I still don't love the gym but I definitely know it is a priority and I exercise at a gym three times a week and walk a mile at least five days a week. I'm excited to start hiking and am always looking for new adventures to take on with my new self.

IS THERE ANYTHING ELSE YOU WOULD LIKE READERS TO KNOW?

It is very important for people to know that this is a lifetime journey; the surgery is only the first step. To be successful you need to be willing to follow the plans set forth by Dr. Zerey and the team as well as work at maintaining your new lifestyle. It's worth every effort you put forth and I would encourage everyone who is thinking about doing this surgery to discuss it with your doctor. If it's appropriate for you then take on the challenge and go for it—you won't regret it! 🌟

How Many Calories Can You Burn?

Some physical activities burn more calories than others. Below are the average number of calories a 154-pound person will burn, per hour, for a variety of activities. A lighter person will burn fewer calories; a heavier person will burn more.

Moderate Activity

Hiking	370
Light gardening/yard work	330
Dancing	330
Golf (<i>walking and carrying clubs</i>)	330
Bicycling (<i>less than 10 mph</i>)	290
Walking (<i>3.5 mph</i>)	280
Weight lifting (<i>light workout</i>)	220
Stretching	180

Moderate Physical Activity Calories Burned per Hour

Vigorous Activity

Running/jogging	590
Bicycling (<i>more than 10 mph</i>)	590
Swimming (<i>slow freestyle laps</i>)	510
Aerobics	480
Walking (<i>4.5 mph</i>)	460
Heavy yard work (<i>chopping wood, for example</i>)	440
Weight lifting (<i>vigorous workout</i>)	440
Basketball (<i>vigorous</i>)	440

Vigorous Physical Activity Calories Burned per Hour

Sedentary Activity

If you are relaxing in a chair, or playing computer or video games, you are burning less than 50 calories per hour. It is up to you, will you drive or ride a bike the next time you go to visit a friend in the neighborhood?

Source: Adapted from the 2005 Dietary Guidelines Advisory Committee Report 🌟

Awards & Acknowledgments

Bialis Family Foundation Award

Sansum Clinic Orthoptist Eileen Schuler and The Cancer Center of Santa Barbara with Sansum Clinic's Hangama Abassi, NP, OCN and Socorro Williams, RN were recently named as 2014 recipients of the Bialis Family Foundation Award for Nursing Excellence. Ellen and Gary Bialis established the Bialis Family Foundation Award for Nursing Excellence in May 2006 to recognize outstanding performance in nursing practice in Santa Barbara County.



Hangama Abassi, NP, OCN and Socorro Williams, RN



Mark Silverberg, MD, and Eileen Schuler, Orthoptist

Sansum Published in Peer Reviewed Journal

An article entitled "The Effect of an Educational Intervention on Alcohol Consumption, At-Risk Drinking, and Health Care Utilization in Older Adults: The Project SHARE Study" by Dr. Kurt Ransohoff and his colleagues at UCLA was published in the peer-reviewed Journal of Studies on Alcohol and Drugs.

Sansum Clinic Pulmonologist and Critical Care Specialist, Dr. David Zisman was named **teacher of the year 2013-2014 by the Internal Medicine residents at Cottage Hospital.**

Dr. Dan Greenwald, Medical Oncologist at the Cancer Center of Santa Barbara with Sansum Clinic, was named **2013 Physician of the Year at Santa Barbara Cottage Hospital.**

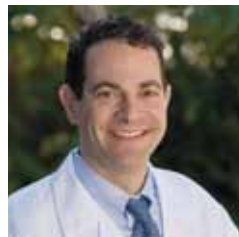
Sansum Clinic Orthopedist Dr. Bryan Emmerson was named **2013 Goleta Valley Cottage Hospital Physician of the Year.**



Kurt Ransohoff, MD



David Zisman, MD



Dan Greenwald, MD



Bryan Emmerson, MD

News-Press Readers Choose Sansum Clinic

Sansum Clinic was voted as the **Best Medical Facility** and a number of our doctors as among the best in our community in the 2014. Thank you for choosing Sansum Clinic.

Best Medical Facility— Sansum Clinic

Best Pediatrician — Dr. Saida Hamdani, Hitchcock Pediatrics, 41 Hitchcock Way

Best Pediatrician - Runner Up — Dr. Jerold Black, Hitchcock Pediatrics, 41 Hitchcock Way

Best Family Doctor — Dr. John Vallee, Goleta Family Medicine, 122 South Patterson Ave.

Best Family Doctor - Runner Up — Dr. Glenn Hollingshead, Goleta Family Medicine, 122 South Patterson Ave.

Best Ear, Nose and Throat Doctor - Runner Up — Dr. Andrew Mester, New office location! Foothill Medical & Surgical Center, 4151 Foothill Road

Best Lasik Surgeon - Runner Up — Dr. Douglas Katsev, New office location! Foothill Eye Center, 4151 Foothill Road ☀



Saida Hamdani, MD



Jerold Black, MD



John Vallee, MD



Glenn Hollingshead, MD



Andrew Mester, MD



Douglas Katsev, MD

Parkinson's Symposium

Do you know someone who has Parkinson's? If you said, "no," the chances are you will say "yes" in the very near future because every nine minutes someone in the U.S. will hear, "you have Parkinson's". It is a diagnosis that changes lives forever. The Parkinson Association of Santa Barbara (PASB) mission is to continually provide outreach and education to Central Coast families navigating the challenges of this neurological disease and the purpose the April 21, Parkinson's Symposium.

A favorite time was the opportunity to meet Sansum Clinic's newest Neurologist and Movement Disorders Specialist, Dr. Sarah Kempe-Mehl, who, along with keynote speaker, UCLA's Director of Movement Disorders, Dr. Jeff Bronstein, created a crowd of enthusiastic questioners. Many asked to pose with Dr. Kempe-Mehl and Dr. Bronstein and reported to Symposium organizers they appreciated these very assessable doctors and their time spent answering questions. 🌻

Dr. Sarah Kempe-Mehl and Dr. Jeff Bronstein



Photo by Kevin Steele

Healthier Living

Diabetes, arthritis, hypertension, lung disease—conditions like these make life challenging for millions. Among older adults, almost 92% have at least one chronic condition and 77% have two or more. Healthier Living: Managing Ongoing Health Conditions is a proven program to empower individuals with chronic conditions to manage their own care and improve their quality of life. Developed at Stanford University, this award winning program is now offered at Sansum Clinic.

Do you or your family member or friend have an ongoing health condition? Join Healthier Living to:

- Manage your health to lessen its impact on your life
- Lower anxiety and pain, sleep better and have more energy
- Communicate more easily with doctors, friends and family
- Set goals and problem solve for better health

Healthier Living is unique in working with people with diverse medical conditions and helping them develop the skills and coping strategies they need. It employs tools such as action planning, interactive learning, behavior modeling, problem solving, decision making and social support for change. It results in significant, measurable improvements in the health and quality of life of the participants. Health benefits shown include improvement in exercise and ability to participate in one's own care, improved health status in areas such as fatigue, shortness of breath, pain, social activity limits, intrusiveness of the illness, depression and health distress.

Workshops meet weekly for 6 weeks
Upcoming workshops:

- Aug. 19–Sept. 23, 9:30 am – noon
Sansum Clinic, 215 Pesetas Lane,
Santa Barbara, 3rd floor conference room
- Sept 9–Oct 14, 4:00–6:30 pm
Mental Wellness Center, 617 Garden St.,
Santa Barbara

The programs above are co-sponsored by CenCal Health, Mental Wellness Center, Partners in Care Foundation and Sansum Clinic. Funding is provided in part by the generous support of The Towbes Foundation. For more information or to make a reservation please visit www.SansumClinic.org/Classes or call toll-free 866-829-0909. 🌻

Sansum Clinic Earns 4.5 of 5 Stars on Clinical Care Report Card

Sansum Clinic received 4.5 out of a possible 5 stars on the Physician Group Clinical Care Report Card issued by the Integrated Healthcare Association (IHA). IHA measures the performance of physician groups in treating their Medicare Advantage patients on a subset of the Medicare Stars clinical quality measures.

This is exciting news for Sansum Clinic. Our organization is focused on one thing – providing excellent medical care to our patients. Ratings like this indicate we’re doing our job well.

Sansum Clinic is the only medical group in Santa Barbara that earned 4.5 stars. Other well respected medical groups that

scored high in California are Cedars Sinai Medical Group and UCLA Medical Group with 4 stars and Palo Alto Medical Foundation/Sutter Health with 5 stars.

The Medicare Stars Physician Group Clinical Care Ratings are a set of sixteen clinical measures which are collected from participating health plans and from self-reporting physician groups. Results are audited to ensure accuracy and consistency across groups.

The measures are based on the services provided to Medicare Advantage members who were patients of the physician group during 2012. 🌟

Viva Las Vegas



Barry Waters, Liz and Todd Dewell, Belinda and Steve Zola, Marissa and Brett Grimes and Moon Waters board a private jet to Las Vegas

Belinda and Steve Zola were the winning bidders of the Las Vegas Package at the Gala with Jay Leno last May. The Gala raised over \$1.2 million for oncology programs and services and celebrated the partnership of Sansum Clinic and the Cancer Center of Santa Barbara.

This super-deluxe high-roller package included:

- Round trip private jet air travel in a Lear 35 with Clay Lacy Aviation from Santa Barbara
- The 5,000-square-foot Presidential suite for two nights at The Palazzo Las Vegas
- VIP tickets to Rock of Ages and “O” at the Bellagio
- Canyon Ranch SpaClub massages
- Dinner at Wolfgang Puck’s Postrio Bar & Grill and CUT 🌟

Welcome New Providers



Wanda Sue Kim-Hayes, PA-C
Urgent Care



Kristen Nelson, NP
Lompoc Obstetrics &
Gynecology



Jeanne Szarzynski, PA-C
Obstetrics & Gynecology



Anne White, DO
Skilled Nursing Facility Dept.



Christine Yip, PA-C
Occupational Medicine

WANDA SUE KIM-HAYES, PA-C Urgent Care 51 Hitchcock Way, Santa Barbara

Wanda recently began working full time in our Hitchcock Urgent Care Center. She is certified by the National Commission on Certification of Physician Assistants and received her degree from the University of California Davis in Sacramento, CA. Wanda is a member of the American Association of Physician Assistants, the California Association of Physician Assistants and the Society of Dermatology Physician Assistants.

KRISTEN NELSON, NP Lompoc Obstetrics & Gynecology 1017 E. Ocean Avenue, Suite A, Lompoc

Kristen earned a Masters of Science degree as a Family Nurse Practitioner and received her Post-Master's certification in Women's Health from Harbor-UCLA Medical Center after receiving her nursing degree from the University of San Diego in San Diego, CA. She is a member of the National Association of Nurse Practitioners in Women's Health, the American Congress of Obstetricians and Gynecologists (ACOG) and the American Academy of Nurse Practitioners.

JEANNE SZARZYNSKI, PA-C Obstetrics & Gynecology 515 W. Pueblo Street, Santa Barbara

Jeanne is a Certified Physician Assistant and received her training at the Keck School of Medicine of USC, University of Southern California and completed an internship in Medical Technology at Deaconess School of Medicine in Boston, MA. Jeanne is a member of the American Academy of Physician Assistants and the California Academy of Physician Assistants.

ANNE WHITE, DO SNF Skilled Nursing Facility Department 51 Hitchcock Way, Santa Barbara

Dr. Anne White has joined our skilled staff providing primary care to patients in skilled nursing facilities throughout southern Santa Barbara County. Dr. White is certified by the American Board of Internal Medicine and received her medical degree from Western University of Health Sciences, College of Osteopathic Medicine in Pomona, CA. She completed her internship and residency at Los Angeles County + University of Southern California Medical Center in Los Angeles Internships. Dr. White is a member of the American Osteopathic Association and Osteopathic Physicians and Surgeons of California.

CHRISTINE YIP, PA-C, MS Occupational Medicine 101 South Patterson Avenue, Santa Barbara

Christine Yip is certified by the National Commission on Certification of Physician Assistants, Inc. and is a member of the Academy of Physician Assistants, the California Academy of Physicians Assistants and the American Academy Surgical Physician Assistants. She received her Master of Science degree in the physician assistant program at University of Detroit Mercy in Detroit, Michigan. 🌻

The Eye Doctor Can See You Now!

Welcome to the NEW Sansum Clinic Eye Center



Introducing Santa Barbara's new comprehensive eye care center at 4151 Foothill Road

The Sansum Clinic Eye Center is part of the Sansum Clinic Medical and Surgical Center, our new advanced patient care facility located at 4151 Foothill Road in Santa Barbara. The new center has two buildings consisting of 60,000 square feet of medical office space and surgical facilities offering the latest treatments, equipment and technology. By the end of summer 2014, the following departments will also be located at 4151 Foothill Road – **Building A: Physical Therapy** (some offices), **ENT/Audiology, Orthopedics, Podiatry and Urology.**

Along with general ophthalmology we offer many eye care specialties and advanced surgical care including:

- General Ophthalmology
- Pediatric Ophthalmology
- Neuro-Ophthalmology
- Retina Specialists
- LASIK Vision Correction
- Cornea/Refractive Surgery
- Cataract Surgery
- Glaucoma Surgery
- Oculoplastics

See page 6 for Eye Center address and phone number.

Our **Optometry and Optical Shop** will remain at our convenient downtown location at 29 West Anapamu Street in Santa Barbara. Call (805) 681-8980 to schedule an appointment or stop by to browse our wide selection of designer frames and sunglasses.



Sansum Clinic Mailing Address: 470 South Patterson Avenue, Santa Barbara, CA 93111