Health Matters

Rehabilitation with acupuncture
Leaving a legacy
Neurosciences expand at the Queen
Nutrients for a healthy colon
Day for the Queen

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St. Joseph Health
Queen of the Valley
Neurosciences Expand at the Queen

Queen of the Valley Medical Center, already on the cutting edge of care as the region’s trauma center and a destination for neurosurgical procedures, has added two new specialists known as “neurohospitalists” to ensure patients have access to even more neurology care close to home.

Drs. Matthew Ho and Gene Tran are highly skilled neurologists who specialize in the management of stroke, brain and spinal cord injuries, seizures, concussions, cognitive function and more. As neurohospitalists for Queen of the Valley, they focus on a patient’s care from the time the patient is admitted until the day they go home.

“We are very pleased to expand the Peggy Herman Neuroscience Center and offer advanced inpatient neurological care to the people of Napa Valley and beyond,” explained JoAnn Munski, RN, director of Orthopedics, Neurology and Rehabilitation Services at Queen of the Valley. “This expansion of our clinical staff is a tremendous benefit for patients who now have a multidisciplinary team dedicated to their neurological care.”

Since joining Queen of the Valley last fall, the neurohospitalists have been busy. “Drs. Ho and Tran are seeing twice as many patients as we expected. There is a huge need for their services,” Munski said. “The neurohospitalists have also been a great asset and educational resource for local primary care physicians.”

The neurohospitalists collaborate closely with primary care physicians to help coordinate hospital services for their patients. By being on site at the hospital, they help to increase quality of care and promote faster healing. “Sometimes it’s difficult for physicians with private practices to see their patients who are hospitalized,” Munski explained. “The Queen already had a hospitalist program in place, with medical doctors caring for hospitalized patients around the clock, so we mirrored that program to provide care to our patients with neurological conditions.”

“Since coming to Queen of the Valley, Dr. Tran and I have seen many stroke patients and we’re also treating numerous patients in the hospital for head injuries and seizures, together with Parkinson’s disease patients and others with movement disorders,” said Dr. Ho, who has specialized training in epilepsy.
“Having a neurohospitalist on staff who can quickly identify the type of stroke and begin treatment immediately is a big plus for us. We have all the resources to offer 24-7 stroke care, making the Queen the best hospital in the region for these patients,” says JoAnn Munski, RN, director of Orthopedics, Neurology and Rehabilitation Services at Queen of the Valley Medical Center.

With Napa’s large population of older adults, there is a high incidence of patients entering the hospital with stroke, frequently through the emergency department (ED). “Having a neurohospitalist on staff who can quickly identify the type of stroke and begin treatment immediately is a big plus for us and the patient,” Munski said. “We have all the resources to offer 24-7 stroke care, making the Queen the best hospital in the region for these patients.”

Because the neurohospitalists are on-call at the hospital 24-hours a day, 7-days a week, there is always a trauma surgeon, a neurologist, and a neurosurgeon on staff to diagnose and treat patients. Queen of the Valley’s two neurosurgeons, Drs. Jeffrey Yablon and Peter Zahos, collaborate with Drs. Ho and Tran within the hospital’s Peggy Herman Neuroscience Center, which was established three years ago.

“This translates into better care for the patients who come in through the ED with a stroke or head injury, because they can be quickly evaluated and if needed can get the appropriate diagnosis, treatment and rehabilitation all in one place,” Dr. Ho said.

In addition to the outstanding physicians at Queen of the Valley, the hospital is linked with all neurosurgical services offered at UCSF Medical Center, which is ranked among the top five neurology and neurosurgery programs in the nation.

For more information on the Peggy Herman Neuroscience Center, visit thequeen.org/Our-Services/Neurosciences.

Dr. Ho earned his medical degree at the University of California at San Diego Medical School, and did his post-graduate work and residency in neurology at the University of California at Davis. He recently completed his neurophysiology fellowship at UC Davis.

Dr. Tran holds dual bachelor of science degrees — in chemistry and biology — and earned his doctor of osteopathic medicine degree at Western University of Health Sciences in Pomona. Following an internal medicine residency at Valley Hospital Medical Center in Las Vegas, Dr. Tran spent three years as chief neurology resident at that hospital.
Serious illness, even if not life-threatening, can be complex to treat. Patients sometimes need help to control pain and other unpleasant symptoms of their conditions, while their families want to ease suffering and improve a loved one’s quality of life. An extra level of specialized medical support for these patients, known as palliative care, is now available at Queen of the Valley Medical Center provided by a dedicated team of professionals.

The approach of palliative care is to put the patients and their concerns first, said Doug Wilson, MD, medical director of Palliative Care Services at Queen of the Valley. “Sometimes it’s helpful to step back and really understand the patient and the family environment they are living in and ask what is really important to them. We look for how we can help patients achieve their goals and live out their values in the context of what is medically possible.”

Palliative care is frequently confused with hospice care, said Dr. Wilson, who explains the difference this way: “Palliative care can be a first step toward hospice care, but hospice is appropriate in the last six months of life while palliative care is appropriate at any stage of serious illness, including those which may be cured,” he said. “Palliative care helps patients who are having issues getting through a tough stage of their illness and suffering from all causes – not just physical, but also psychological, spiritual and social.”

The Center for the Advancement of Palliative Care defines palliative care as “focused on providing patients with relief from the symptoms, pain and stress of a serious illness, whatever the diagnosis. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment. The goal is to improve quality of life for both the patient and the family.”

Palliative care team works on a consulting basis with a patient’s primary care physician. “When a primary care doctor admits a patient in distress and pain from an illness, we may be consulted. The team interacts with the patient’s doctor but doesn’t take over (the patient’s care) from the doctor,” Dr. Wilson added.

“While the cardiologist worries about the heart and the pulmonologist worries about the lungs, the palliative care team is worried about the whole person and looking at the whole picture,” explained Kami Timm, director of Palliative Care Services at Queen of the Valley. “It puts them closer to the work of the patient’s primary care physician in that they have the best interest of the whole person in mind. The team fosters relationships with the physicians as an extra layer of support for them.”

Any patient admitted to Queen of the Valley may be eligible for palliative care. Treatment is covered by their insurance. “And we are also exploring the possibility of seeing patients on an outpatient basis in our radiation and cancer center,” Timm added.

Nearly 250 patients at Queen of the Valley have benefited from the service since it was launched last July.

Dr. Wilson says the Palliative Care Services team can also be called upon to consult with patients in their doctors’ offices. “We are available to the physicians in our community to come to their private practice if they have a challenging case with a patient,” he says.

“That’s the great thing about living in a small town,” added Timm. “It’s easier to network in the medical community than in a big city.”
Debuts at the Queen

In most cases, physicians refer their patients for palliative care, but patients may also bring it up on their own as a possible treatment. “The best way for patients to approach it with their doctor is to start the conversation themselves,” Timm said. “We’ve had some of our best referrals from patients and their families. When that happens, the Palliative Care Services team contacts the attending physician to say they have been asked to get involved.”

The team helps manage pain and nausea related to cancer, stroke, lung disease, heart disease, and many other conditions. “When palliative care is involved, the length of life is increased and the quality of life is improved. Patients feel better and are able to be more active longer,” Timm said.

“For me personally,” Dr. Wilson said, “it’s a wonderful opportunity to connect with patients at a deep level around what is most important to them; helping them define who they are and what they want out of life, and how sacred transitions can be best honored and supported.”

The Palliative Care Services team works with patients to think through and talk through their value system. “Now that they have a serious illness and mortality is more visible on the horizon, we explore how they want that life to look,” Timm said. “The team has the time to sit down and have those conversations with patients.”

To learn more about Palliative Care Services at Queen of the Valley, please call (707) 257-4042

A Doctor’s Compassion Unites a Family

Beverly Mannion of Yountville gives credit to Dr. Wilson and the Palliative Care team for facilitating an emotional reconciliation within her fractured family before her husband Jack, 86, passed away. Beverly and Jack, who were married 52 years, had raised Beverly’s daughter Valerie together from the age of 4. But a few years ago, Valerie and Jack had a falling out and stopped speaking to each other. “It was hurtful to Valerie, and it also kept me from seeing her and being around her much,” said Beverly.

When Jack was admitted to the Queen in early February with serious and complex medical issues, he was kept sedated much of the time so he wouldn’t feel pain. On the day he died, Valerie came to visit Jack but remained outside his hospital room in the hallway. “She had intended to only peek in on Jack. But Dr. Wilson was there, and he spoke to us about forgiveness. He was so sympathetic, and he really understood the situation,” Beverly said.

With Dr. Wilson’s guidance and encouragement, Valerie came into Jack’s room in tears. She told Jack she loved him. Though he could no longer speak, Jack turned his head toward Valerie and silently said “I love you.” A few hours later, he passed away.

“It was such a blessing that Valerie and Jack and all of us in the room were able to have that moment together,” Beverly said. “Dr. Wilson was so wonderful because he made it all work out better in the end for our family.”
Queen of the Valley Medical Center has broadened its services that promote healing and recovery by offering acupuncture in its Acute Rehabilitation Center. With a referral from their physician, patients can receive acupuncture treatments as part of their care plan.

And since the January 1 implementation of the Affordable Care Act, all health insurance plans in California now provide coverage for acupuncture.

“Acupuncture is an ancient Chinese method of encouraging the body to promote natural healing and improve functioning,” explained Dr. Chris Henderson, a licensed acupuncturist and licensed naturopathic physician. This is achieved by inserting very thin stainless steel needles at precise points, as well as applying heat or mild electrical stimulation. Only disposable needles are used, to avoid contamination and risk of infection.

Acupuncture has been shown to be appropriate for treating many conditions, including acute and chronic pain, stress and anxiety related to surgery and other medical procedures, nausea resulting from post-surgery anesthesia, and traumatic brain injury. “It can really help speed up recovery after an acute injury, a stroke or surgery,” added Henderson.

In particular, acupuncture can reduce the need for pain medication, by helping to ease discomfort associated with many chronic conditions such as arthritis. “Someone having an issue with chronic pain who wants to avoid becoming dependent on pain medications can turn to acupuncture as a safer alternative,” Dr. Henderson said.

Lori Nuss, a winery owner who lives in Napa, says acupuncture brought her "tremendous" relief while she was hospitalized at the Queen in November with a traumatic brain injury from a fall. “My brain was swollen and I had messed up my back so all my muscles were sore. Dr. Henderson gave me at least five acupuncture treatments during my three-week stay at the hospital,” said Lori. “I truly believe that made a huge difference in my recovery.”

“Acupuncture is a supportive treatment for many different health conditions, not only for chronic pain,” Dr. Henderson said. “I’ve treated inflammatory issues, irritable bowel syndrome,
Acupuncture is an ancient Chinese method of encouraging the body to promote natural healing and improve functioning.

issues related to asthma, and others. Whenever there’s a disease process going on in the body, there’s an imbalance. Acupuncture can help bring the body back into balance.”

As a cumulative type of healing therapy, much like physical therapy, acupuncture treatments build upon each other to help bring relief.

“Sometimes patients notice a difference after only one treatment,” Dr. Henderson said. “And after three treatments they should start seeing many positive results.”

Queen of the Valley’s CARE Network has been honored by Premier, Inc. with the 22nd annual Monroe E. Trout Premier Cares Award for providing a disease management and transitional care program for patients who have been recently hospitalized or who are at high risk for hospitalization.

Sponsored by Premier and its member hospitals, the Cares Award recognizes exemplary efforts by not-for-profit community organizations to improve the health of populations in need. The Queen’s CARE Network was selected out of six finalists nationwide that work toward improving care and health outcomes at a lower cost. In order to be considered, organizations must provide creative solutions to health status improvement, demonstrate outcomes and impact on a specific population, and have programs that can be replicated in other communities. Representatives of the CARE Network accepted the Cares Award last January during Premier’s annual Governance Education in Miami Beach, Fla.

“The CARE Network is a cornerstone of Queen of the Valley’s community benefit programs that bring health, healing and empowerment to people in Napa most in need. It is one of our most visible and concrete examples of putting our mission and values into action,” said Walt Mickens, president and CEO, Queen of the Valley Medical Center. “We are thrilled to receive this award, which is further validation the CARE Network positively impacts lives and improves the health of our community.”

Patients served by the CARE Network are provided with medical case management to address various chronic health conditions and psychosocial support for behavioral health problems. In fiscal year 2013, the community outreach program achieved a 72 percent decrease in emergency room visits and a 62 percent decrease in hospitalizations for the patients it served. It helps more than 400 individuals annually better manage their own health needs through wellness efforts, disease prevention and education while also reducing overall health care costs.

This is the second national award the CARE Network has received in the past 12 months. Last July, the American Hospital Association honored the program with its prestigious AHA NOVA Award, which honors hospital-community collaborations that improve community health.

Pictured above:
Regional Vice President of Mission Integration Dan Dwyer, Executive Director Dana Codron and Clinical Coordinator Aura Silva accept the Cares Award on behalf of the CARE Network, during Premier’s annual Governance Education.
Since the year 2000, Queen of the Valley Foundation has been blessed to receive over $17 million in legacy gifts from many generous Napa families. Ranging in value from $1,000 to several million dollars, the gifts share one common truth — together they have helped to provide an uncommonly high level of care for a community the size of Napa. Today, more than ever, legacy gifts are helping Queen of the Valley Medical Center purchase life-saving technologies and complete construction projects that make top-notch care available right here in Napa Valley.

The most common legacy gift is a bequest in a will or living trust. These bequests do not require a current gift of cash or property, are changeable, and can either be restricted to a specific purpose or left unrestricted.

Other legacy gifts take advantage of the many planning strategies that are available to help secure your and your loved one’s future while also making a lasting difference for the hospital’s future.

Gift planning is not just for the wealthy. With careful consideration and professional consultation, anyone can plan a legacy gift. Donors can gain significant benefits through gift planning, such as lifetime income, income tax deductions and property transfer to heirs.

Still there are other legacy gift options that require no will or trust document at all, just a simple completion of a beneficiary designation form.

- **Employer-Provided (or Self-Provided) Life Insurance Policy**
  Add the Foundation as a beneficiary.

- **IRA Account**
  Add the Foundation as a beneficiary.

- **Payable on Death Account ("Totten Trust")**
  Name Queen of the Valley Medical Center Foundation as the payee of a bank account or brokerage account upon your passing.
Queen of the Valley Foundation recognizes and honors all community members who make a legacy gift with membership in Queen’s Heritage Circle. Each year, members are invited to attend a special luncheon and hear from one of Queen of the Valley’s leading physicians and local planning professionals. The only requirement for membership is notification that the legacy gift exists — one does not need to reveal the amount or the specifics.

The Foundation’s staff can provide confidential, no-obligation consultations about how these and other forms of philanthropy can benefit you and your loved ones as well as Queen of the Valley Medical Center Foundation. Please contact Damon Tinnon, Director, Gift Planning, at (707) 257-4144.

Leaving A Legacy

Greg Bennett’s wife, Susan, was born at Queen of the Valley Medical Center right after the hospital opened in 1958. Subsequently, their twins, Connor and Catherine were born there in 1997. And, more recently, Queen of the Valley provided care for Greg’s father during his final years.

“We want to ensure that the best health care continues to be available to our family, friends and community. Also, we see giving from our estate as a way to pass on an important value of ours to our children — caring for and giving to our community.”

“Greg and Susan Bennett are leaving a legacy for their family,” said Elaine John, vice president for philanthropy at Queen of the Valley Medical Center and president and CEO of Queen of the Valley Foundation. “They are setting an example for their children and generations to come that our greatest responsibility is to give back to our community.”

“Greg and Susan Bennett are leaving a legacy for their family,” said Elaine John, vice president for philanthropy at Queen of the Valley Medical Center and president and CEO of Queen of the Valley Foundation. “They are setting an example for their children and generations to come that our greatest responsibility is to give back to our community.”

Greg said his commitment will help the Foundation in two key ways. First, knowing about existing planned gifts assists the Foundation in estimating the financial impact of those gifts in the future. Second, the gift sends a strong signal of support to the Queen and our community. “We have informed the Foundation staff of our gift and have become members of the Queen’s Heritage Circle,” Greg said. Because estate gifts are so important, the Foundation established the Queen’s Heritage Circle, made up of community members who have named the Queen in their estate plans.

Greg Bennett has been a partner in the Certified Public Accounting firm G & J Seiberlich & Co LLP since 1987, and its managing partner since 2007. In addition to his work with the Queen of the Valley Foundation he is active in numerous other local organizations.
## Classes and Events

**SPRING/SUMMER 2014**

**REGISTER TODAY**
- **Queen of the Valley Medical Center**
  1000 Trancas Street
  Napa, 94558
- **Maternity Center**
  1000 Trancas Street
  Napa, 94558
- **Wellness Center**
  3421 Villa Lane, Suite 2E
  Napa, 94558
- **Synergy Medical Fitness Center**
  3421 Villa Lane
  Napa, 94558

### PRENATAL/POSTNATAL EDUCATION

#### Maternity Center Tour
- **Second Saturday of every month**
  9:30 a.m.
  Maternity Center
  The tour of Queen of the Valley Medical Center’s Maternity Center will walk you through what to expect when delivering your baby at the hospital. Tour includes pre-admission paperwork so you are fully prepared for that very important day! Registration is required; please call for details on dates and times.
  (877) 449-3627

#### Cesarean Birthing Class
- **May 15, July 17, September 18, November 20**
  6:30 – 7:30 p.m.
  Queen of the Valley Medical Center
  To help prepare you for a cesarean birth, Queen of the Valley offers a prenatal education class focused specifically on cesarean delivery. You will learn what to expect before, during and after a cesarean birth.
  (877) 449-3627

#### Pregnancy Water Fitness
- **Every Monday and Wednesday**
  5:30 p.m.
  Synergy Medical Fitness Center
  Meet other moms in this class designed to help expecting moms improve their comfort, strength and confidence. No registration is required but please obtain a ticket at the front desk. Class closes at 24 participants.
  (707) 251-2050

#### Sibling Preparation
- **First Thursday of odd months:**
  May 1, July 3, September 4, November 6
  5:30 p.m.
  Community Outreach
  A class for children ages 2–8, that is designed for the new big brother or sister. Parents must stay with their child.
  (877) 449-3627

#### Perinatal Emotional Wellness
- Free counseling services for expectant moms. We offer a caring, non-judgmental sounding-board for any thoughts or feelings that concern you. Please email: Cheryl.Anderson@stjoe.org or call (707) 251-2051.

### OTHER CLASSES

#### Healthy Heart Nutrition Class
- **Friday, April 18, 9 a.m.**
  Wellness Center, Second floor Classrooms
  Good nutrition is critical to heart health, but it can be overwhelming to make necessary dietary changes. We can help. Let a registered dietitian teach you how to make realistic changes so you can eat healthier for your heart. If you are recovering from heart disease or a cardiac event, or just want to find ways to eat healthier, this class is for you!
  (707) 252-4411 ext. 2408
  $20 per person

#### Learn to Live Well with Congestive with Heart Failure
- **May 14, 28**
  June 11, 25
  July 9, 23
  November 12, 26
  Wellness Center, Classroom 1
  Roughly 5.1 million people in the United States are living with Congestive Heart Failure (CHF) today. CHF is a serious condition; however with proper management through medications and lifestyle changes you can still lead a long and enjoyable life. Let a registered dietitian teach you how small lifestyle changes can make a big difference in managing your CHF.
  (707) 251-1395 option 2
  Fee: $10 per class

#### CPR Training
- We also offer a variety of CPR training classes throughout the year. Visit thequeen.org/For-Patients/Events-Calendar for more information.

### SUPPORT GROUPS

#### Bosom Buddies Breast Cancer Support Group
- **Fourth Tuesday of every month**
  4 p.m.
  Wellness Center
  Bosom Buddies at Queen of the Valley Medical Center offers emotional and social support while navigating the various stages of breast cancer, from diagnosis to survivorship. Participants are encouraged to share feelings, challenges, and coping strategies in this safe, nurturing environment. The peer support offered in the group setting ensures that no one faces cancer alone. The group welcomes patients and their support person to attend.
  (707) 257-4047
  Free

#### Attitudes For Health and Healing
- **Every Thursday**
  5:30 p.m.
  Wellness Center
  Attitudes for Health and Healing is a peer support group exploring healing attitudes as a result of illness, loss, care

#### Stroke Survivors Group
- **Second Tuesday of every month**
  3 p.m.
  Community Outreach
  The Queen of the Valley Medical Center Stroke Support Group provides stroke survivors an opportunity to learn about their stroke, share experiences about their stroke and become inspired to move forward.
  Stroke survivors and caregivers will make friends, socialize and gain and share realistic feedback that can help themselves and others. Ongoing education from expert interdisciplinary team members will be routinely provided, in addition to linking the survivors to community resources.
  (707) 252-4411 ext. 2819
  Free

#### Bosom Buddies Breast Cancer Support Group
- **Fourth Tuesday of every month**
  4 p.m.
  Wellness Center
  Bosom Buddies at Queen of the Valley Medical Center offers emotional and social support while navigating the various stages of breast cancer, from diagnosis to survivorship. Participants are encouraged to share feelings, challenges, and coping strategies in this safe, nurturing environment. The peer support offered in the group setting ensures that no one faces cancer alone. The group welcomes patients and their support person to attend.
  (707) 257-4047
  Free

### Day for the Queen

**Friday, August 15 and August 22, 2014**

Silverado Resort & Spa, Napa

Ticket prices vary. Please call for details.

(707) 257-4044

“Day for the Queen” is one of the most anticipated Napa Valley events of the summer so don’t miss out! This 37-year old tradition has a twist this year! Golf tournaments for the sports enthusiasts will take place on August 15 and the luncheon and fashion show will take place on August 22. All event proceeds are dedicated to supporting The Herman Family Pavilion at Queen of the Valley Medical Center and its patients. Tickets are required for this event. To purchase tickets for the event, please visit www.queensfoundation.org.
4 Nutrients for a Healthy Colon

Mom’s chicken soup, pizza, bread pudding — we all have our favorite foods. Unfortunately, what we like to eat isn’t always good for our bodies, particularly our colon. You can’t avoid certain risk factors for colorectal cancer, such as being older than age 50 or having a family history. But you may be able to keep your colon healthy by eating better. Try adding these four nutrients to your favorites list.

1. FOLATE

Spinach is a powerful food, filled with folate (folic acid) — a type of vitamin B instrumental in healthy cell production. That may be why research suggests folate can help prevent colorectal cancer.

Folate can be found in other vegetables like asparagus, romaine lettuce, broccoli and Brussels sprouts. Also high in folate are many fruits, beans, nuts, dairy products, poultry, meat and eggs.

2. CALCIUM

Milk’s calcium content may help with colon health. A recent research review in the Annals of Oncology found that people who drank more milk were less likely to develop colorectal cancer. Other calcium-filled foods include yogurt, kale and salmon.

3. WHOLE-GRAIN FOODS

Oatmeal and other whole-grain foods are good breakfast options. Whole-grain foods are high in fiber and derived from cereal grains. Choose whole-grain versions of foods like pasta, barley, bread and breakfast cereals.

4. FIBER-RICH FRUITS

Many types of fruit, including apples, are good sources of fiber. Additional fiber-rich foods to add to our diets include pears, berries, oranges, sweet potatoes, artichokes, green peas, and many types of beans including navy, kidney, pinto and lima.

Screenings can help reduce your colon cancer risk

Get regular colorectal cancer screenings beginning at age 50 if you are at normal risk. If you are at higher risk talk to your doctor about screenings before age 50.

Call (877) 449-DOCS to find your Queen of the Valley Medical Center physician.
A Welcome and Thank You

INTRODUCING QUEEN OF THE VALLEY MEDICAL CENTER’S 2014 BOARD OF TRUSTEES

A handful of community leaders are helping to make decisions that will help shape the future of health care in Napa County. When you think of hospital volunteers, you probably imagine the hundreds of people at our hospitals who care for sick patients and comfort family members during difficult times. Our board of trustees are also volunteers, and these generous and highly qualified professionals have chosen to devote their time and talents to helping Queen of the Valley Medical Center navigate its most important issues and decisions, which in turn affect the entire community. We thank the following trustees who serve on our board:

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Diana Dorame, Esq.
Sister Judith Dugan, CSJ
Ed Farver
Sister Judith Fergus, CSJ
Sister Patricia Hayhurst, CSJ
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