Health Matters

Cardiac Screenings
Support the Heart of a Local Champion

"Pediatric Ready" Emergency Care Now Available in Queen's ER

Catch Lung Cancer in Time: Get a Low-dose CT Lung Screening

10 Tips for Living Longer, Better, Happier

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St. Joseph Health
Queen of the Valley
"Pediatric Ready" Emergency

Several new pieces of state-of-the-art medical equipment designed specifically for treating children in the Emergency Department are making their debut this spring at Queen of the Valley.

“Our goal is to always be ‘pediatric ready’ in our Emergency Department,” says emergency medicine physician Dr. Andrew Fenton, who led the effort to research, select and purchase the equipment for Queen of the Valley. “This new equipment, along with additional staff training, will allow us to deliver the best possible care we can give, and I’m very proud that we are able to do that.”

Dr. Fenton says pediatric trauma and injury remains the most significant health threat to children in the United States and in California. “More children aged one to 14 years die of injury-related causes than all other causes combined,” he says. “Emergency physicians provide critical and life-saving care to injured children on a daily basis, but our health care system needs to do more for kids.”

Financing for this vital equipment at the hospital was made possible by grants through Richie’s Fund, which is the only source of statewide funding for pediatric trauma. The fund is named in honor of Richie Alarcón, the three-year-old son of former State Senator Richard Alarcón, who was badly injured in a car accident in an area of Los Angeles without a pediatric trauma facility at that time. He died after being airlifted a great distance for treatment.

Following Richie’s death, Senator Alarcón partnered with the California chapter of the American College of Emergency Physicians to sponsor a bill, SB 1773, which was signed into law in 2006. The legislation allows counties to increase fines on criminal offenses, including drunk driving and traffic violations, and dedicates a portion of these dollars to emergency and pediatric trauma care.

Since its passage, the bill has provided an additional $45 million in annual funding for the emergency and trauma care safety net in California. “Richie Alarcón’s short life will always have meaning by continuing to help give life to so many other children,” Dr. Fenton says.

Through an initiative called PEDS READE (Pediatric Emergencies Department Survey Readiness Equipment Acquisition Department Education Project), Dr. Fenton and his team in the Emergency Department researched the most appropriate equipment available and sought grant money from Richie’s Fund to help enhance Queen of the Valley’s pediatric trauma services. A total of $60,400 from the fund was approved by the Napa Valley Emergency Medical Services Agency for acquiring the equipment and to fund a physician and nurse pediatric care coordinator to implement the project.

Some of the new pediatric-ready devices in the hospital ED include a resuscitator system appropriately sized for infants and babies, a “difficult airway” kit for treating little patients with breathing problems, and a set of tools that provide an “ouchless” experience for pediatric patients. Much of the equipment is colorful and whimsical, the better to provide distractions and comfort while children are being treated. These include a nitrous oxide and oxygen system that looks a bit like the robot R2D2 from “Star Wars,” and “buzzy bee” devices that use cold and vibration to naturally block the discomfort of IV insertion. A new Apple iPad loaded with kid-friendly apps helps reduce fear and keep small ones entertained during waiting periods.

Dr. Fenton worked closely with Elaine John, president and CEO, Queen of the Valley Foundation, to arrange financing for the new equipment through Richie’s Fund monies. “It’s not always possible to treat pediatric patients with the same equipment as adult patients, so all of this new equipment is designed to enhance the efficiency and appropriate response of the Emergency Department team for treating children,” says Elaine. “It also removes some of the fear small kids can have.”

Anyone who is a parent would want to know that their local trauma center is poised to give an A-level response to treat infants and small children, Elaine adds. “We all want our kids to have the best possible care, and when it’s your child, you want the Queen to be ready. Every child matters, and our Emergency Department is here to serve every segment of the population.”
Several new pieces of state-of-the-art medical equipment designed specifically for treating children in the Emergency Department are making their debut this spring at Queen of the Valley.

Full-time Napa Valley Emergency Medical Group partners who provide top-notch care in Queen of the Valley’s ER include (L to R): Faramarz Mottalei, MD, MS, FACEP; Steve Cardey, MD; Timothy Smith, DO, FACEP; Paul Kivela, MD, MBA, FACEP; Thomas Sprinkle, MD; Andrew Fenton, MD, FACEP; Nick Lopez, MD; and Andrew Nothmann, MD, MS, FACEP.

“Our goal is to always be ‘pediatric ready’ in our Emergency Department,” — Dr. Andrew Fenton
Professional cyclist Andrew Talansky lives and trains in Napa — and gets cardiac screenings at Queen of the Valley.

By Kathryn Anne Stewart

Bicycling magazine called him a “rising American star.” Twice he’s been featured on the cover of Velo, a prominent racing magazine. And he’s generally considered a frontrunner for placing on the podium at this year’s Tour de France. But professional cyclist Andrew Talansky emphasizes a different qualification: Napa resident.

The 26-year-old rider with the Cannondale-Garmin Pro Cycling team has made a home here with his wife, Kate, who grew up in the area. Now, he’s grown to love it as well. “You can spend the whole day outdoors,” says Talansky. “There’s a definite feel to the valley that makes us always look forward to coming back.”

You might even catch a glimpse of him training in the hills around Napa, because, as you’ll discover, Talansky rides a lot.

LIFE AS A PRO CYCLIST

From November through September, Talansky is laser-focused on training and racing. He rides anywhere from two to seven hours each day. Even so-called recovery days include a short ride. “Out of a month, there might be two or three days where I’m not riding a bike,” he says. And when he’s not riding, he’s prepping for it. It’s an all-consuming lifestyle, he admits.

Fortunately, Napa provides a rich selection of terrain for training. “I can ride flat roads. I can ride the mountains,” Talansky says. “I can get to anything I need.”

His racing schedule is set through July, when he’ll compete in the Tour de France. There are high expectations of him for that race — none higher than those he has of himself, he notes. But Talansky says it hasn’t changed him. “My job is to put in all the work and training and be the best I can be in July.”

MONITORING THE ATHLETIC HEART

Considering the demanding regimen that professional athletes follow, heart health is a primary concern. It’s so important to the perception of safety in the sport that cycling’s regulating body, Union Cycliste Internationale, mandates that all professional racers undergo a series of cardiac screening tests each year before they can compete. “They want to ensure that every rider is fit to race, and that nobody has any heart defects that go unseen,” Talansky explains.

It’s this requirement that brought him to the office of Andrew K. Wong, MD, an interventional cardiologist at Queen of the Valley Medical Associates. He first saw Wong in 2011 and has returned every year since.
It wasn’t the first time Wong had assisted professional cyclists with screenings. Six years ago, he performed cardiac testing for the BMC Racing Team. One of its riders, Cadel Evans, won the Tour de France in 2011.

For Talansky, Wong performs three tests: an electrocardiogram, an exercise stress test and an echocardiogram. Each test has a particular aim.

The electrocardiogram (often called an ECG or EKG) looks at the electrical system of the heart to make sure there are no issues with the heart’s rhythm.

The exercise stress test can reveal blockages in the arteries in the heart. Using the analogy of a car, Wong explains that the arteries are like fuel lines to the engine, supplying blood flow (fuel) to the heart (“the human engine”).

The third test is an echocardiogram, which is an ultrasound of the heart. “The goal is to make sure that the heart is structurally normal, and that the heart walls and valves are working appropriately,” says Wong. He looks in particular for signs of hypertrophic cardiomyopathy, a common cause of sudden death in athletes.

The implications of the testing can be serious. If something abnormal is discovered, it can affect a rider’s eligibility to race. Talansky thinks the tests are a good policy, but doesn’t worry about them much these days. For him, the tests are like any other workout plus the opportunity to visit with Wong, an amateur cyclist himself.

“It’s always nice to be dealing with a doctor who understands the physical aspects of what you do.” [Dr. Andrew Wong’s] expertise and understanding of the effect on your physiology allows him to properly interpret the test results.”

— Andrew Talansky

BUILDING EXCITEMENT FOR CYCLING

Talansky and Wong share a desire to raise the profile of cycling — both the sport and the recreational activity — in Napa Valley. “It’s a good community for cyclists; we’re trying to make it better,” Wong says.

That would be a wonderful thing for residents and their wellness. After all, cycling is a great way to exercise. “It’s a healthy activity that everybody can enjoy,” Talansky says. “It’s one of the most accessible things that you can do.”

It seems the area is headed in the right direction. The League of American Bicyclists has named Napa a “Bicycle-Friendly Community” every year since 2012. And Talansky says he’s already seen an increase in local cycling the past few years. “Whenever I see people coming down Silverado Trail or on the hills, it puts a smile on my face.”
Early detection of lung cancer is key in the survival of lung cancer patients. However, another important piece of the puzzle cannot be overlooked — the prevention of lung cancer. Quitting smoking is the most important health choice you can make to reduce your risks of lung cancer and heart disease. Each smoke-free year after you have decided to quit reduces your risk of lung cancer, as normal cells replace abnormal cells. Here is the progression of what occurs in your body when you quit smoking.

- **Within 20 minutes:** Blood pressure and pulse drop to normal rates.
- **After eight hours:** Carbon monoxide level in the blood drops to normal and the oxygen level in the blood increases to normal.
- **After 24 hours:** The chance of a heart attack decreases.
- **After 48 hours:** Nerve endings start to regrow and the ability to smell and taste is enhanced.
- **After 72 hours:** The bronchial tubes relax, making breathing easier.
- **After two weeks to three months:** Circulation improves, lung function increases and walking becomes easier.
- **After one to nine months:** Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia in the lungs begin to regrow, increasing the ability for the body to handle mucus, clean the lungs and reduce infection.
- **After 10 years:** New cells replace precancerous cells. Lung cancer death rates drop to nearly those of nonsmokers. The risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

**Can Regular Screenings Catch Lung Cancer in Time?**

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**EARLY DETECTION SAVES LIVES!**

Of the top four deadliest cancers in the U.S., lung cancer is the only one not subject to routine screening. Based on the findings of the National Lung Screening Trial (NLST), we know that CT lung screening can save lives of people at high risk for developing lung cancer. Low-dose CT (LDCT) lung screening is quick and easy and results in a minimal amount of radiation exposure. Queen of the Valley Medical Center offers low-cost LDCT lung cancer screening to individuals who meet established high-risk criteria.

To schedule your CT lung screening, call (707) 251-3555 or e-mail LungCancer.ScreeningProgram@stjoe.org.

Please note: You do not have to be a patient to receive this screening. To be eligible, you should receive a referral for the exam from your primary care physician (PCP) prior to your scheduled appointment. If you do not have a PCP or are unable to get a referral, we can help.
10 Ways for Women to Live Longer, Better, Happier

May 10 – 16 is National Women’s Health Week. This year, be sure to take care of your health — or the health of a woman you love. The National Women’s Health Information Center offers the following 10 things women can do to help live longer, better and happier:

1. Be informed. Learn about health promotion and disease prevention and ask your health care provider for specific information regarding your needs.

2. Be good to your bones. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods such as milk and other dairy products, tofu, leafy green vegetables, canned salmon or sardines, and calcium-fortified juices or breads.

3. Avoid illegal drugs and alcohol. For women, the definition of moderate drinking stops at one drink a day. The National Institute on Alcohol Abuse and Alcoholism defines a drink as one 5-ounce glass of wine, one 12-ounce bottle of beer or wine cooler, or 1.5 ounces of 80-proof distilled spirits. Remember that the alcohol content of each type of drink can vary widely. Where illicit drugs are concerned, there is no such thing as “moderate” use.

4. Take medicine wisely. Read the labels, follow the instructions carefully, and remind your health care provider or pharmacist about any other medicines or supplements you might be taking that could interact with your medication. For your safety — to lower your risk for adverse side effects or medication interactions, for instance — you should also let your health care provider know if you use any illicit or “recreational” drugs. If you have any questions about possible side effects, call your health care provider or pharmacist.


7. Don’t smoke. Smoking is the leading preventable cause of death in our country.

8. Eat smart. It is the secret to good health. Eat plenty of fruits, vegetables, and whole grains. Enjoy a variety of foods, balance foods from each food group, and exercise in moderation.

9. Get moving. The other secret to good health: just 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally.

10. Be happy. Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!
No one ever plans on having a life-threatening medical emergency, and it was certainly the last thing on Chad Meyer’s mind last Christmas Eve. The healthy, 39-year-old father of two was handling a busy holiday season as CEO of Soutirage — a wine merchant and collection consultant — and the founder of Meyer Family Office, a start-up incubator.

“In early December I’d moved a heavy bookshelf,” recalls Chad. “I thought I’d pulled a muscle in my left thigh. I iced and elevated my leg and the pain would go away, but when I returned to the gym, it hurt even more.” Despite the significant pain, there was no fever — a symptom that was probably masked by the ibuprofen Chad was taking.

When the pain continued to increase, Chad finally called orthopedic surgeon Brian Freeto, MD. He wanted to wait until after Christmas to get the problem checked out, but Dr. Freeto insisted he come in immediately.

“He appeared much more ill than he had made it sound over the phone,” recalls Dr. Freeto. “His overall appearance and exam findings indicated that there was a more malignant, systemic process at work.”

With a patient this ill-appearing, it was critical that a diagnosis be made fast. He sent Chad to Queen of the Valley’s Emergency Department, where he was given the full range of screening and imaging diagnostics that would yield the quickest results — including an X-ray, EKG, ultrasound and CAT scan. The hospital treats thousands of local residents like Chad each year in the emergency department, which is also home to Napa County’s only Level III Trauma Center.

The evaluation revealed a remarkably large abscess in Chad’s thigh that was badly infected with staphylococcus and signs of systemic sepsis — a condition that could have quickly become fatal. After his condition was stabilized in the ICU, Chad was wheeled into the operating room on Christmas morning. Dr. Freeto worked with a skilled surgical team to perform decompression of the abscess and remove the offending infection. “With something like sepsis, a patient can deteriorate fairly rapidly,” Dr. Freeto says. “Chad’s extremely lucky he came in when he did.”

After the surgery, Chad was moved to the Marjorie Mondavi Center for Intensive Care, designed to encourage family-assisted patient care that contributes to the best possible patient outcomes. Under the direction of infectious disease specialist J. Kenyon Rupnik, MD, he received intravenous antibiotics and stronger painkillers to address some of the infection’s residual effects.

“In the ED and the first couple days of ICU, I couldn’t have anticipated this positive outcome,” says Chad’s wife, Aimee, who is also co-founder and COO of Soutirage. “I was worried first that he wouldn’t survive, and then that he would lose the whole leg. It was an incredibly stressful, difficult time.”

As impressed as she was with the new state-of-the-art ICU, Aimee was even more in awe of the Queen’s staff. “It wasn’t just the medical attention, but their broader support of the whole family,” she says. “They considered what I needed as the caregiver, even what our kids needed. They looked me in the eye and said, ‘You can sleep because we’ll be awake. Get some rest.’”

Fortunately, just a month after his critical event, Chad is now well on his way to a full recovery. He is working with an endocrinologist to deal with his heightened blood sugar and blood pressure, and is making some elective lifestyle changes in his diet and exercise.

“He’s Lucky He Came in When He Did” Rapid, Proper Diagnosis Was Key to Saving Chad Meyer’s Life
More than 400 guests attended Queen of the Valley Foundation’s 22nd annual “Reach for the Stars” luncheon and fashion show on February 21 at Silverado Resort and Spa. The highlight of the sold-out luncheon was watching cancer survivors — young and old — reaffirm their personal optimism and courage by appearing on the runway in the fashion show.

Inspired by the cancer survivors, guests bid in the silent auction and lifted their paddles during the fund-a-need to help raise more than $185,000 to support the Cancer Wellness Program at Queen of the Valley. These funds enable the hospital to provide scholarships so that all cancer patients in the region, regardless of where they are being treated or if they have insurance, can participate in the program.

More than 660 patients have benefited from the Cancer Wellness Program since it was launched in 2007. Combining exercise, nutritional counseling, and psycho-social and spiritual support, its offerings are individualized to each patient and designed to provide guidance and support in the journey to becoming a proactive cancer survivor.

Peju Province Winery was honored at the luncheon for its considerable annual commitment in support of the Queen’s Cancer Wellness Program. A family-owned winery in Rutherford, Peju launched a special rosé wine, Peju Pink, in 2007 after a staff member was treated for breast cancer. Peju donates a percentage of Peju Pink proceeds each year to support patient care and treatment at Queen of the Valley’s Breast Center.

If you would like to support this cause or have questions about ways to give, please call the Queen of the Valley Foundation at (707) 257-4044.
**Classes and Events**

**SPRING/SUMMER 2015**

**Registro Today**

**Queen of the Valley Medical Center**
1000 Trancas Street
Napa, 94558

**Maternity Center**
1000 Trancas Street
Napa, 94558

**Wellness Center**
3428 Villa Lane, Suite 2E
Napa, 94558

**Synergy Medical Fitness Center**
3421 Villa Lane
Napa, 94558

**Community Outreach**
3448 Villa Lane, Suite 102
Napa, 94558

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**Prenatal/Postnatal Education**

**Breastfeeding**
First Monday of every month
6:30 p.m.
Community Outreach
A class for moms and dads. Breastfeeding is natural, but preparation is recommended. Benefits of breastfeeding and your partner’s role will be discussed.
Taught by a Lactation Consultant.
Contact: (877) 449-3627
Fee: $20 per couple

**Infant Massage**
First, second and third Friday of every month
10:00 a.m.
Community Outreach
This is a three-week series that starts the first Friday of every month. Infant massage provides a demonstration in respectful communication, gentle touch and stroke techniques used by generations of parents all over the world. Bring baby, blanket and pillow.
Contact: (707) 252-4411, ext. 2602
Free

**Maternity Center Tour**
First 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 more information.
Contact: (877) 449-3627
Free

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**Partners to Parents**
Fourth Monday of every month
6:30 p.m.
Community Outreach
A class for couples that explores the transition from partners to parents. Practical strategies include avoiding common pitfalls and supporting each other as the relationship evolves in pregnancy and with the arrival of a new baby.
Contact: (877) 449-3627
Fee: $20 per couple

**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: QVMCPerinatalEducation@stjoe.org or call (707) 251-2051.

**Sibling Preparation**
Second Thursday of odd months
5:30 p.m.
Community Outreach
A class for children ages two – eight, that is designed for the new big brother or sister. Parents must stay with their child.
Contact: (877) 449-3627
Free

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**Other Classes**

**CPR Training**
We offer a variety of CPR training classes throughout the year. Visit thequeen.org/For-Patients/Events-Calendar for more information.
Cancer Support Group  
Wednesdays: 4 p.m.  
Community Outreach  
This is a peer support group for individuals who have had a cancer diagnosis and cancer caregivers. The group meets regularly to share ideas and resources and to help one another through the cancer experience.  
Contact: (707) 251-2012  
Free

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.  
Contact: (707) 252-4411, ext. 2819  
Free

FREE MEDICARE SEMINARS

Understanding Medicare  
Are you turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You’ll learn about the different parts of Medicare, enrollment windows and timing.  
Make your reservation online at stjhs.org/medicare or call (877) 449-3627.  
Hearing impairment, call: TTY (949) 381-4947.

Wellness Center  
Conference Room 2nd Floor  
3421 Villa Lane, Napa CA 94558  
2 p.m. Wednesday May 6  
2 p.m. Tuesday June 2  
2 p.m. Wednesday July 8  
2 p.m. Tuesday August 4  
2 p.m. Wednesday September 9

Medicare Benefits  
Already covered by Medicare? Join our informative, no pressure meeting where health plan benefits will be compared so you can determine the best plan for you.  
Make a reservation online at stjhs.org/medicare or call (877) 449-3627.  
Hearing impairment call: TTY (949) 381-4947.

Wellness Center  
Conference Room 2nd Floor  
3421 Villa Lane, Napa CA 94558  
2 p.m. Wednesday May 20  
2 p.m. Tuesday June 16  
2 p.m. Wednesday July 22  
2 p.m. Tuesday August 18  
2 p.m. Wednesday September 23
Queen of the Valley Medical Center recognized as a Top Performer on Key Quality Measures® by The Joint Commission.

We congratulate and thank each of our physicians, nurses, technicians and support staff whose clinical expertise and commitment to performance improvement led to this outstanding distinction.

Queen of the Valley is the only hospital in the area to be recognized as a 2013* Top Performer on Key Quality Measures for attaining and sustaining excellence in accountability measure performance for:

- Heart attack
- Heart failure
- Pneumonia
- Surgical care

*The program is based on data reported in the previous year (2013) regarding evidence-based clinical processes.

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