

YOU+US

TOGETHER FOR HEALTH AND HEALING • SUMMER 2015

2 IN LOVE, 2 HEARTS IN NEED

“When I walked into the emergency room and said ‘heart,’ everyone sprang to action.”



San Joaquin Community Hospital

 Adventist Health

AT THE HEART OF HEALTHY

How slimming down can help your heart



When Amira Ayad, MD, works with her patients to help them control their weight, she knows their efforts are heartfelt.

“The heavier a person is, the higher the risk of heart disease,” says Dr. Ayad, who is board-certified in obesity medicine. Below, Dr. Ayad answers a few important questions about weight control and how it can improve heart health.

Caring for hearts—it’s what we do. San Joaquin Community Hospital is home to a comprehensive heart institute. We’ve got you covered.

Q Why is weight management so important?

A It plays a vital role in a person’s overall health. Working toward and maintaining a healthy weight can improve many medical problems and prevent others. When you manage weight, it’s really preventive medicine.

Q How does a person’s weight affect their heart health?

A Being overweight or obese raises a person’s risk for heart disease and heart attack. That’s especially true when you look at belly circumference. The larger a person’s waistline, the greater the risk.

Q Is there a point where an overweight person is more at risk for heart disease?

A People with the highest risk are those with a body mass index (BMI) over 30. The risk continues to increase as BMI goes up.

But anyone with a BMI over 25 may have increased risk too—especially if they have other risk factors for heart disease, such as if they smoke or have high blood pressure. A high BMI is also a risk factor for type 2 diabetes. We want to help prevent diabetes before it starts or causes harm—so early intervention is always key.

Q What is your advice to people reading this—those who know they are overweight but aren’t sure where to begin?

A I’d say to start today by consulting a primary care doctor. And don’t blame yourself. Just take the first steps to protect your health and feel your best. Most important, be patient. This can be a long journey, and there will be ups and downs. But you don’t have to do it alone.

Ready to make a change? You can schedule a weight management consultation with Dr. Ayad at the Adventist Health Physicians Network in downtown Bakersfield. Call **661-214-3522**.



Keep an eye on your BMI

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
	Normal weight						Overweight						Obese						⚠			
Height	Weight in pounds																					
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328

OVERWEIGHT and overwhelmed?

Bariatric surgery could help you live the life you want to live

If you need to lose a significant amount of weight, you might consider bariatric surgery. San Joaquin Community Hospital offers this option through Bariatric Solutions.

There are several factors to consider when determining if bariatric surgery is the right option for you. That's why our bariatric program holds monthly seminars for those considering weight-loss surgery. You can learn more about our services, which include:

- Roux-en-Y gastric bypass: This is the most common type of weight-loss surgery. It reduces the size of the stomach by stapling off a section of it and attaching it directly to the small intestine. This limits the amount of food a person can consume and how many calories absorbed.
- Vertical sleeve gastrectomy: This procedure removes a large part of your stomach—about 80 percent. The part of the stomach that remains is joined together with staples.
- Lap-Band system: Tailored to fit your needs, this low-risk procedure gets you back home the next day. The band is adjustable, and the procedure is reversible.



Your questions answered! Hormuz Irani, MD, and John Garcia, MD, are surgeons with the bariatric program. They hold monthly seminars for those considering bariatric surgery. Seminars are held on the second Tuesday of every month. For more information or to sign up, call **661-214-3530**.



Diabetes and heart health: We're here to help

According to the American Heart Association, adults with diabetes are two to four times more likely to have heart disease or a stroke than people without diabetes. The Wellness Center at San Joaquin Community Hospital offers the only hospital-based, nationally certified diabetes education center in Kern County. We're committed to helping people take control of their health and live happier lives.

Be in the know, in better health. We offer a series of four diabetes education classes each month. A doctor's referral is needed to attend the classes. For more information, call **661-214-3530**.



Sydney Flippo, RD, provides education and support to help people living with diabetes. "It's rewarding to see people change their lives by learning to take control of their diets," she says.

Information in YOU + US comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations. **Questions or comments?** Email ahbakersfield@gmail.com. 2015 © Coffey Communications, Inc. All rights reserved. CMM31465

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2 HEARTS in need



Why a local co

Chuck Hoyt will never forget how his heart brought a normal day to a screeching halt.

"I was driving and the pain was so intense that I had to pull over," Chuck recalls. He knew he needed help—and he immediately thought of San Joaquin Community Hospital (SJCH). "I was aware that SJCH had a great heart program and was also a faith-based hospital, so I knew that was where I wanted to go."

Fast, skilled and caring

"When I walked into the emergency room and said 'heart,' everyone sprang to action," he says. "I couldn't believe how fast they started caring for me. It was obvious everyone knew what they were doing."

Chuck says he felt truly cared for too. "I was very impressed with both the care and the nature of the staff. There was an atmosphere of faith and prayer throughout the hospital."

His wife, Sandy, was grateful and impressed too. "I saw how well they treated Chuck, and I figured if I ever had to go to SJCH that I'd get the same treatment."

Like déjà vu

The Hoyts couldn't have known they would need SJCH's expert heart care again—this time for Sandy. It was New Year's Day, 2015. Sandy, along with her son, Travis, decided to enjoy the day off by attending her grandson's basketball tournament. Afterwards, they met up with Chuck for a relaxing dinner. But on the way into the restaurant, Sandy began to sense that something was terribly wrong.

"When I got out of my son's pickup, I had intense pain in my arm, jaw and chest," Sandy says. "At first, I tried to pretend nothing was wrong. But after taking one look at my food, I thought, 'I need to go to the hospital.'"

When Sandy told Chuck her symptoms, he knew exactly what was happening. "The symptoms were classic, so I was absolutely sure she was having a heart attack," he says. "Without hesitation, I told her, 'We're going to San Joaquin Community

Couple calls SJCH 'the only place to go'

Hospital.' As far as I'm concerned, it was the only place to go."

Despite her symptoms, Sandy was having a hard time believing it was a heart attack. In addition to eating well, the Hoyts live an active lifestyle—regular mountain biking, kayaking and playing golf. In addition, Sandy tries to do 45 minutes of cardio exercise each day.

"When we got to SJCH, it was like déjà vu. We said 'heart,' and the team sprang to action."

—Chuck Hoyt

But the realization of what was happening began to sink in. It was scary—but she and Chuck were both comforted by the trust of a familiar place.

"When we got to SJCH, it was like déjà vu. We said 'heart,' and the team sprang to action," Chuck says.

Still, he remembers feeling anxious and helpless while Sandy was taken back to the Cath Lab. "I was just sitting there in the waiting room

wondering how my life was going to change. It's not a pleasant feeling. I was so relieved when they wheeled her out and she was smiling."

Enjoying life—feeling grateful

While their close calls haven't been forgotten, life is pretty much back to normal for the Hoyts. Which, for them, means doing all the activities they did before. "Since our procedures, we're even more committed to living healthy and active lives," Chuck says.

In addition to their heart health, the couple is also very thankful for the great care delivered at SJCH—and the added confidence of having a go-to hospital right here in their community.

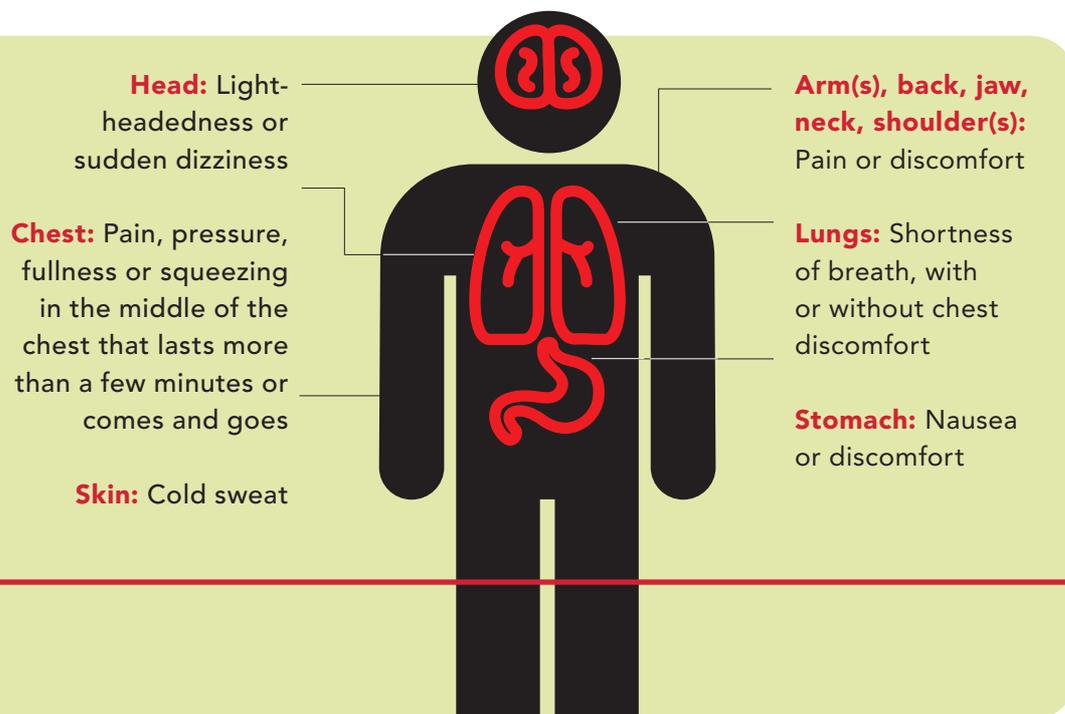
"To me, SJCH is all about caring for our community," Chuck notes. "They strive to be the best in all categories of medicine—not just heart care."

Sandy echoes his thoughts, with an emphasis on the well-being of her family. "I'm so thankful to the hospital for the amazing care I received. It's amazing to still be able to do all the things I love to do! No matter the situation, I want all my kids and grandkids to go to SJCH for their health care. It's the only place to go."



"When my wife had a heart attack, there was no question that we needed to go to SJCH," Chuck Hoyt says.

ANATOMY OF HEART ATTACK SYMPTOMS



MAKE THE CALL NOW

Don't wait more than five minutes to call 911 if you think you or someone else is having a heart attack. Fast action can save lives.

Source: American Heart Association



You can count on us

The heart institute at SJCH stands at the ready. If you are having symptoms of a heart attack, call 911.

The Heart Institute

LEADING THE WAY, SAVING LIVES



Jesus Pimentel and his family are forever grateful. They know he's alive today thanks to his quick-acting co-workers and the dedicated staff at SJCH.

For more than four decades, San Joaquin Community Hospital (SJCH) has been a pioneer in heart care. SJCH is the first in Kern County to have both a Nationally Accredited Chest Pain Center and be a National Mission Lifeline Accredited Heart Attack Receiving Center.

Today, our cardiac care expertise is nationally recognized. SJCH is home to an award-winning, accredited chest pain center and heart attack receiving center. A 24/7 on-call cardiac alert team is always ready to respond.

"It means we can provide lifesaving treatment within minutes of arrival," says Stella Williams,

Chest Pain Center coordinator.

We're committed to our community—to caring for hearts, saving lives and keeping families together.

'He's our miracle'

It was Friday, and Jesus Pimentel, 61, was preparing to head home from work when he suddenly collapsed. His co-workers at Bolthouse Farms called 911 right away and took steps to revive him. For just this type of emergency, Bolthouse had an automated external defibrillator (AED) on site. This portable device delivers an electric shock to help restore heart rhythm during cardiac arrest.

Still alive thanks to the efforts of his co-workers, Jesus was rushed to SJCH. As he was undergoing treatment, his heart stopped several more times. His family waited for news. "We just believed in the care he was getting at San Joaquin Community Hospital and in the power of prayer," says Jesus' wife, Margaret.

Jesus is now well on his way to a complete recovery. He's happy to be fishing again with his sons and enjoying time with his family. "He's our miracle," says his sister, Maria Sanchez. "All the money in the world couldn't repay San Joaquin Community Hospital for the care he received."

Precise device

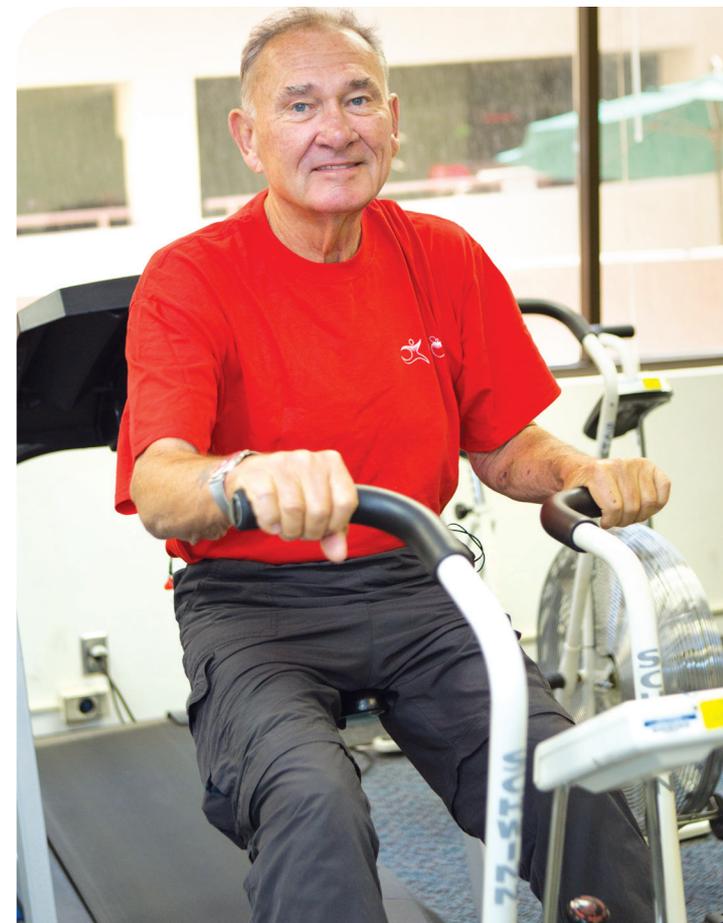
SmartTouch catheter leads to a safer procedure

With lifesaving advances, San Joaquin Community Hospital continues to lead in heart care expertise in Kern County. One high-tech procedure involves a SmartTouch technology catheter. With this device, doctors treating an abnormal heart rhythm no longer have to estimate the amount of force being applied to the heart wall.



Courtesy of Biosense Webster. Photo has been enlarged to show detail.

This SmartTouch catheter gives doctors precise readouts. It makes this procedure more effective and safer for patients.



"Cardiac rehab has kept me busy, given me something to do and put me on the right track," says Terry Redwine. Terry went through the cardiac rehab program. He now uses the center's workout facility to keep his heart in tip-top shape.



Our Cath Lab: Decades of innovation and success

In 1972, San Joaquin Community Hospital (SJCH) became home to Kern County's first modern cath lab. It used 35mm film—considered state-of-the-art at the time.

Today, SJCH has three all-digital cath lab suites. That means patients can get the expert care they need quickly. "We have met or exceeded the national standards for response time," says Alex Pamintuan, administrative director, cardiovascular service line.

On-site, cardiologists perform a number of special procedures, including angioplasty and pacemaker surgery.

The Cath Lab at SJCH is used to diagnose and treat heart and vascular conditions.

Attack back!

Fight heart disease at The Wellness Center

Are you recovering from a heart attack or living with heart disease? If so, taking care of yourself is a big part of regaining your health and strength, and we're here to help.

Our Wellness Center is home to a cardiac rehabilitation program. It's designed for people who have had a heart attack, coronary angioplasty or cardiac surgery. The program offers:

- A 12-week teaching and exercise course
- A gym, open Monday–Friday, 7 a.m.–noon
- Education on healthy living

Take heart. To join the cardiac rehab program, you need a doctor's referral. To learn more, call **661-214-3530**.





YOUR CHANCE TO WIN!

Somewhere within *YOU + US*, we've hidden a picture of a sneaker. Find it, take a selfie with the page and post it along with the hashtag #MeAndSJCH to Facebook, Twitter or Instagram—and you could win a...

FREE Fitbit!

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— THE MOST RECOGNIZED — **HEART PROGRAM** — IN KERN COUNTY —

At San Joaquin Community Hospital (SJCH), we take your health to heart. But you don't have to take our word for it. SJCH's heart program has been recognized by such organizations as the American Heart Association, the National Cardiovascular Data Registry and the Society of Cardiovascular Patient Care. Even more important, we received the approval of community members when we were voted the Best Hospital of 2015 by *The Bakersfield Californian* readers. Trust us with your heart—call 661-869-6580.

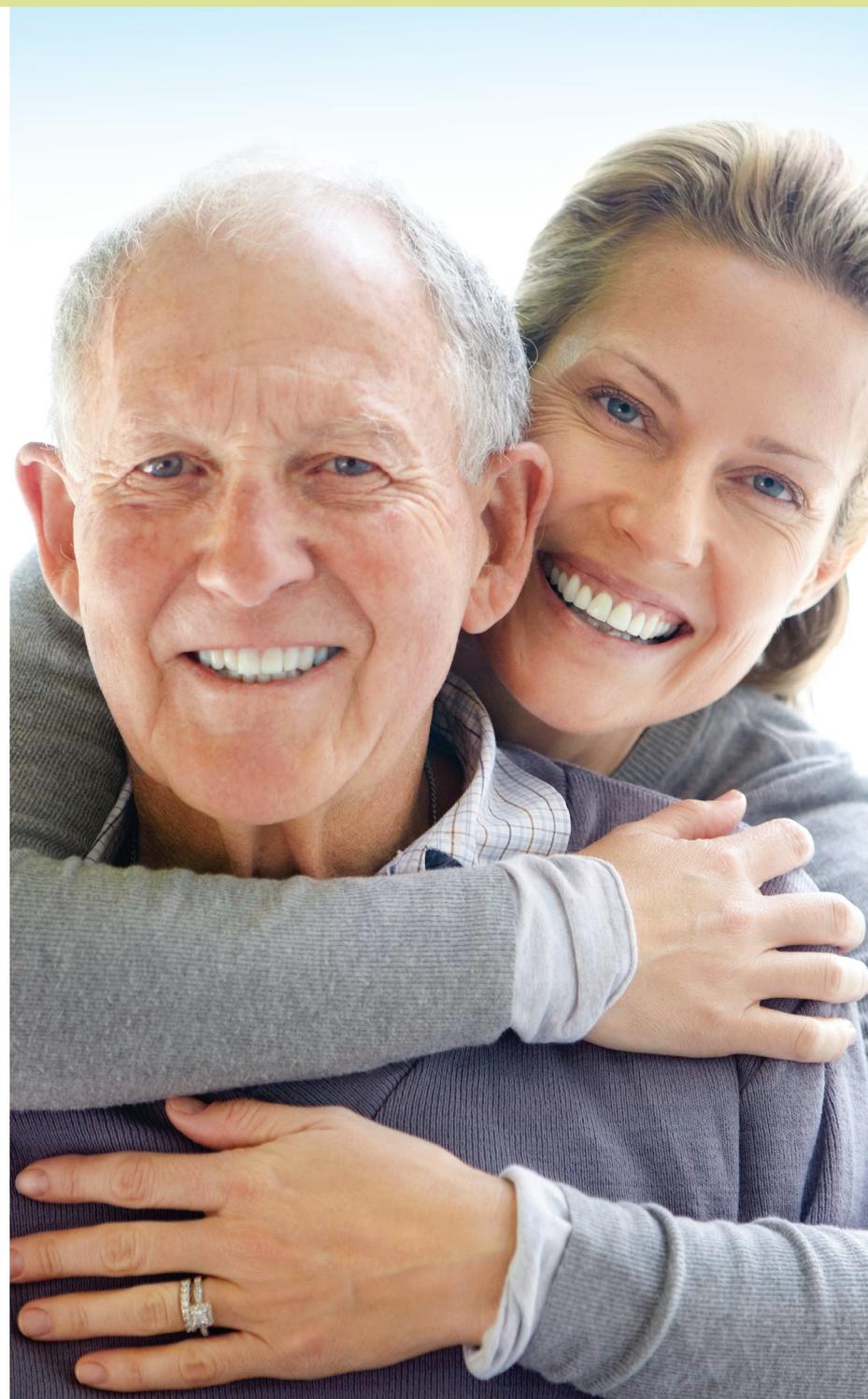


SJCH consistently followed the treatment guidelines in ACTION Registry®-GWTG™ for eight consecutive quarters in ACTION Registry-GWTG Premier and met a performance standard of 90% for specific performance measures to receive this 2015 award. For more information, go to ACC.org/ACTION.



American Heart Association
ACCREDITATION
Meets standards for
Heart Attack Receiving Center

**MISSION:
LIFELINE**



San Joaquin Community Hospital
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