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TOGETHER FOR HEALTH AND HEALING • FALL 2015

**“I’m very
fortunate
to be here”**

A stroke survivor’s story of
strong faith and expert care



San Joaquin Community Hospital
 **Adventist Health**

FOCUS ON STROKE

Find out what it is, what the signs are—and how you can prevent it.



Grateful for each day: Stroke survivor Terrance Minnoy savors time with his family, including his young daughter.

THE RI THE

Why Terrance Minnoy considers SJCH a godsend

If you're 44 years old, work out four times a week, eat reasonably well and referee college basketball for fun, you're not supposed to have a stroke.

At least that's what Bakersfield resident Terrance Minnoy thought. That was until he ended up on his bedroom floor, trapped in a body that couldn't even get to his cellphone lying just a few feet away.

From concerning to terribly wrong

In early February 2015, Terrance was in Los Angeles for a quick work trip. After a long day, he decided to meet up with a friend for dinner at a nearby mall. As they casually cruised through the stores, Terrance noticed a problem with his vision—but he chalked it up to fatigue.

"I realized pretty quickly that my vision wasn't normal," he says. "I just tried to ignore it and figured I would sleep it off."

But the next day wasn't better. Terrance decided he needed to get back to Bakersfield to see his eye doctor. He made the trip back home without incident and went straight to the optometrist's office.

"The doctor did a full exam and told me that my eyes were structurally fine," Terrance says. "He said it might be a problem with my brain

To see Terrance tell his story, visit sjch.us/stories.



RIGHT PLACE, RIGHT TIME

and suggested that I get a CT scan or MRI in the next couple of days.”

But Terrance didn’t have a couple of days.

That night, while watching TV in bed, he knew something was terribly wrong.

“Tingles went through my entire body. The room began spinning, and I quickly realized that I couldn’t stand up out of bed.

“I figured I was having a stroke,” Terrance says. “I ended up on the floor, trying to crawl over to my phone—but I wasn’t able to get there.” That’s when he started to pray.

Fortunately, his 26-year-old son had recently moved back in with him. Terrance didn’t know if he was home but managed to yell for him three times. On the third cry, his son burst into the room and immediately called 911.

The EMTs quickly arrived and told Terrance they were taking him to San Joaquin Community Hospital (SJCH)—home to Kern County’s most experienced stroke team. For Terrance, the experience was nothing short of top-notch, he says.

“When I arrived, they whisked me through the Emergency Room. In less than a minute, a physician began taking care of me. I was impressed with how seamless the care was throughout the entire process.”



Terrance had indeed had a stroke. He learned that the vision problem he had in Los Angeles was what is sometimes called a mini-stroke. He spent eight days at SJCH, finally being discharged to a long-term stroke care facility. Just 12 weeks later, he’s nearly back to 100 percent.

Good fortune and faith

“Considering all that happened, I’m very fortunate to be here,” Terrance says.

From the beginning, he’s chosen to focus on the positive. “Having a good attitude is really easy when things are going well, but what happens when

life throws you a curveball? When you’re down, you’ve still got to be positive. No matter what you’re going through, every moment is an opportunity.”

He also considers himself blessed to end up at the right place—a hospital where medicine and faith meet.

“When I realized I was having a stroke, the first thing I did was pray,” Terrance says. “It’s no coincidence that I ended up at San Joaquin Community Hospital—that place was a godsend for me. I would recommend [SJCH] for all health care needs—stroke, heart attack, broken leg—it doesn’t matter. I wouldn’t go anywhere else.”



Welcome home!

How to help a loved one recover from a stroke

Someone very dear to you is coming home after surviving a stroke. Your happy anticipation might be tinged with a bit of anxiety.

That’s to be expected, according to the American Stroke Association (ASA). Most people who find themselves caring for a loved one after a stroke come to the job with no prior experience.

Here are some tips from the ASA to help you and the person you’re caring for navigate this recovery period.

Get answers. Do you know what each medication is for? Should your home be modified to accommodate your loved one? Don’t be afraid to ask if you’re not sure. Write down questions as you think of them.

Reduce risks. Find out how you can help prevent a second stroke. This may include preparing healthy meals and making sure your loved one gets to all follow-up medical visits.

Be alert to changes. Monitor progress, and let your doctor know if you see any changes in the person’s abilities, behavior or attitude. Remember that depression is common after a stroke and is best treated early.

Stay positive and be patient. No two people recover from a stroke the same way. Improvements may take months.

Ask for help when you need it. You can’t take care of someone else unless you take care of yourself.

WHEN EVERY MINUTE MATTERS



Our elite team delivers the highest level of care

When a stroke strikes, the clock is ticking. Speed and expertise matter more than ever. Saving lives and protecting people from the damaging effects of stroke—that's what our stroke team does best. San Joaquin Community Hospital (SJCH) leads the region in stroke care. In fact, SJCH is the first hospital between Los Angeles and San Francisco to become a Nationally Certified Stroke Center.

Our care has touched thousands of lives and families. That includes reaching the outlying areas of Kern County with our telestroke program. See "Telestroke: Connecting for care—and quick!" below for details.

We stand at the ready

If you or a loved one needs stroke care, you'll get the most

experienced and expert team in the county at SJCH. You can count on:

- A 24/7 stroke team. That includes neurologists and advanced certified stroke nurses.
- Fast access to brain imaging services. That cuts the time it takes to diagnose a stroke. The sooner a diagnosis is made, the sooner treatment can begin.
- Support and follow-up care, including nurse navigators; board-certified nurse practitioners; and physical, occupational and speech therapists.

We know our efforts make a difference. "There is nothing more fulfilling than seeing the full recovery of a patient after they receive treatment," says Michelle Hartshorn, Executive Director of SJCH's Brain and Spine Institute.



Telestroke: Connecting for care—and quick!

San Joaquin Community Hospital's stroke expertise is just a video conference call away.

Through our telestroke program, we're honored to help two Kern County hospitals—Delano Regional Medical Center and Ridgecrest Regional Hospital—provide expert stroke care to their patients.

HOW IT WORKS

The telestroke program allows health professionals at these outlying facilities instant access to our stroke team. Using video conferencing, our physicians can provide rapid evaluations and recommend treatments—in a matter of minutes. A patient's imaging tests

are securely shared. And if necessary, patients can then be transferred to SJCH for a higher level of care.

"We want patients in our entire county to have the benefit of our expert stroke care," says Michelle Hartshorn, Executive Director of SJCH's Brain and Spine Institute. "Our telestroke program helps make that possible."

Expertise, experience, speed: The SJCH stroke team has won the American Stroke Association's Gold Plus Award four years in a row.

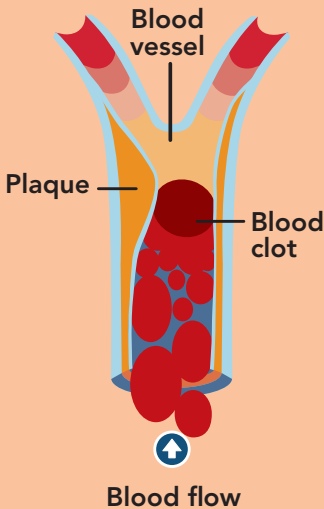


What is a stroke?

A stroke occurs when blood flow to part of the brain is interrupted—or when a vessel breaks and bleeds into the brain. In either case, within minutes, brain cells begin to die.

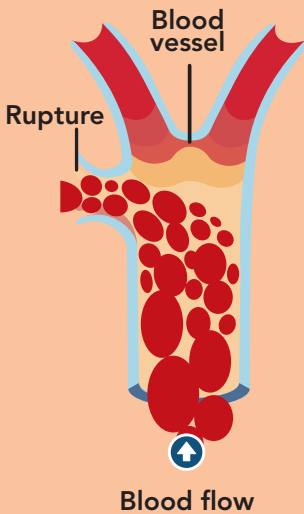


Two types of stroke



Ischemic strokes are the most common type. They result from blockages in blood vessels in the brain or in the neck arteries that carry blood to the brain.

Often they are caused by a clot that forms in an artery that already has a buildup of fatty deposits called plaque. In some cases, a blood clot can form in another part of the body and then travel to the brain.



Hemorrhagic strokes occur when a blood vessel in the brain becomes weak and then ruptures, flooding the surrounding tissue with blood.

Source: American Heart Association

If you think you're having a stroke, call 911 immediately. Tell the paramedics to take you to San Joaquin Community Hospital.



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'WHAT WE DO HERE IS LIFE-CHANGING'

Now more than ever, doctors have options to turn to when a stroke occurs.

One of those brain-saving treatments, thrombectomy, requires great expertise. Donald Cornforth, MD, of San Joaquin Community Hospital (SJCH), is one of only two physicians in Bakersfield who do this procedure.

It may be used for people who are having a stroke caused by a blood clot. To remove the clot, doctors thread a catheter through an artery to the blocked area in the brain. Using digital imaging, they guide a specially designed tool that traps the clot and removes it.

"Not all people are candidates for this procedure, but those who are respond very well," Dr. Cornforth says. It can help save brain cells—and prevent some of the more serious effects of stroke.

"Every day, we have people from our community come into the Emergency Department for stroke treatment. And every day, I am reminded that what we do here is life-changing," Dr. Cornforth says.



Going after clots, saving brains:

Donald Cornforth, MD, is one of only two physicians in Bakersfield to perform an advanced stroke procedure called thrombectomy.



Bring it up: Kiranjeet Loewen, DO, Adventist Health Physicians Network, urges her patients to practice healthy habits to help prevent strokes. It's important to talk with your doctor about steps you can take to reduce your risk for stroke, Dr. Loewen says.

Practice prevention: Start today!

Not every stroke can be prevented. But many could. That's if people take charge of their health—and those stroke risk factors they can control, such as:

- High blood pressure
- Smoking
- High cholesterol
- Diabetes
- Obesity and inactivity

What can you do? Focus on a healthy lifestyle. Eating nutritious foods, staying active and maintaining a healthy weight can all help.

Be sure to talk with your doctor about your personal risk of stroke. Your age, gender, health history and race can all play a role.

Someone to watch over you. A primary care doctor can help you stay healthy. Find a doctor at sjch.us—select "Family Medicine" or "Internal Medicine" as the specialty, or call 661-214-3522.



Janet's story

YOUNG, TOUGH AND A SURVIVOR

It was the day before her 21st birthday when Janet Bautista had a stroke.

Janet was at home when her father noticed one side of her face was drooping. She seemed confused, and she was pacing with no clear destination.

Her dad called 911, and paramedics rushed her to Kern Medical Center. When she arrived, Kern's emergency team didn't take her off the ambulance. Instead, they sent her to San Joaquin Community Hospital (SJCH) to receive the advanced stroke care they knew she needed.

Just where she needed to be

At SJCH, Janet received a clot-busting treatment called tissue plasminogen activator, or tPA. This medicine is time-sensitive—so it's good that Janet's father acted quickly. To help, tPA must be given within 4.5 hours or less of the onset of symptoms, depending on the case, according to the American Stroke Association.

Physicians must quickly evaluate stroke patients to determine if they can receive time-sensitive treatments such as tPA, to help save brain function and reduce disability.

Janet has since celebrated her 22nd birthday. "San Joaquin Community Hospital saved my life," she says. "I'm still recovering, but everyone is so supportive."



Back in the swing of things: Janet Bautista was eager to participate in the 2015 Saving Strokes event. This annual event brings stroke survivors together. They're paired with golf coaches to work on agility, balance and coordination. San Joaquin Community Hospital (SJCH) was a sponsor of this annual event, which was held at Stockdale Country Club.

F.A.S.T.

AN EASY WAY TO REMEMBER
THE SUDDEN SIGNS OF STROKE



FACE

Does one side of the face droop? Is it numb? Can they smile? Is the smile uneven?



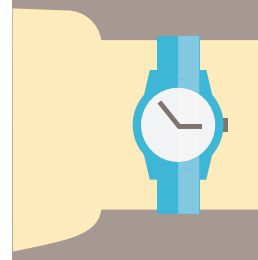
ARM

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Can they correctly repeat a simple sentence? Is it slurred or hard to understand?



TIME

Call 911 immediately, even if the signs go away. Note the time when the first signs appeared. It will help with treatment options.

OTHER STROKE SIGNS

- Sudden numbness or weakness of a leg.
- Sudden confusion or trouble understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, or loss of balance or coordination.
- Sudden severe headache with no known cause.

Call 911—so you can get to San Joaquin Community Hospital as quickly as possible.

Source: American Stroke Association



YOUR CHANCE TO WIN!

Somewhere within *YOU + US*, we've hidden a picture of a stethoscope. 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...

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- First four-time recipient of the Gold Plus Award for Stroke Care
- Only 5-Star-rated hospital for Stroke Treatment
- Only winner of the 2016 Stroke Care Excellence Award

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