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TOGETHER FOR HEALTH AND HEALING • SPRING 2016

Meet Our Medical Directors

LEADERSHIP
AND EXPERTISE
WHEN IT
MATTERS
MOST



San Joaquin Community Hospital
 Adventist Health

THREE PATIENTS, ONE OUTCOME: FIVE-STAR CARE.
Read their stories and meet the leaders of three elite SJCH teams.



Retired Deputy SURVIVES THE ODDS

In July 2015, Dave Lostaunau, 53, had what he thought was a bad and lingering headache. It turned out to be something much more serious: a hemorrhagic stroke.

After being gone for a few hours, Dave's wife, Susie, returned home. She found Dave unconscious on the floor and immediately called 911.

Dave was well-known to the emergency responders. In 2012, he retired after 29 years as a Kern County deputy sheriff and was still a reserve deputy. Officers and paramedics arrived within minutes of Susie's call. They rushed their friend to San Joaquin Community Hospital (SJCH), a Nationally Certified Stroke Center.

"The doctor told me it was really bad," Susie says.

Hemorrhagic stroke, which accounts for only about 13 percent of stroke cases, is caused by a blood vessel that ruptures and bleeds into the brain. Dave was rushed into surgery.

"It was a last-ditch effort," Susie says. "His chance of surviving was about 25 percent that first night."

But Dave did survive. And although he had a series of complications and needed two more surgeries, today he is recovering well—walking short distances with a cane, for example.

'I got the best care you can get'

"We still have a long road ahead of us with rehabilitation, but God put the right people in the right place at the right time," Susie says.

"I'm incredibly grateful," Dave says. "At San Joaquin, I got the best care you can get anywhere in the world. Everyone treated me like family."

●●●● *"At San Joaquin, I got the best care you can get anywhere in the world. Everyone treated me like family."*

—Dave Lostaunau, stroke survivor

Meet Sassan Keshavarzi, MD

Medical Director, The Brain and Spine Institute at San Joaquin Community Hospital

Q When did you know you wanted to be a doctor?

A From age 7 or 8...and a surgeon specifically. It seemed like the most honorable way to spend my life. In my family, being a doctor is the most prestigious thing you can do, because it gives you the opportunity to serve many different people.

Q Why is it important to have brain and spine care in Bakersfield?

A I've had people in my own family who have had to drive more than 100 miles into Los Angeles to have surgery. A lot of people don't have the resources to do that. When your physician is out of the area, it also makes your follow-up care more difficult. It's important that we have physicians here, solving health care issues and ensuring the day-to-day quality of care is high.

Q What do you find most fulfilling in your work?

A When I perform surgery for patients who otherwise may not have access. Being a physician gives me the opportunity to provide the same high-quality care for all my patients that I would give to my own family if they were in need.

Q What is your hometown?

A Right now my hometown is Bakersfield. I've brought my mom to live here too. I've lived all over the world, but this is where I want to live indefinitely. It's the first time I haven't wished I was somewhere else.



The specialist will see you now. Talk with your primary care physician if you think an appointment with a brain and spine specialist is the right thing for you.



You can count on US

The Brain and Spine Institute at San Joaquin Community Hospital (SJCH) provides comprehensive care, including the best in stroke treatment. In fact, SJCH is the first hospital between Los Angeles and San Francisco to earn distinction as a Nationally Certified Stroke Center and to be ranked among the top 5 percent of hospitals nationwide for the treatment of stroke. That means we've met the top standards—with the best possible results—for the people in our care.

THE BRAIN AND SPINE INSTITUTE FEATURES:

- ✓ A highly skilled Stroke Alert Team, available 24/7
- ✓ An award-winning, nationally recognized Primary Stroke Center
- ✓ Advanced diagnostic imaging services for diagnosing brain and spine disorders
- ✓ A dedicated ICU (intensive care unit) for brain and spine patients
- ✓ Telemedicine access to provide neurological care throughout Kern County

We stand at the ready. Our elite team delivers the highest level of care. If you or a loved one needs brain or spine treatment, you can count on our expertise, advanced technology and compassion.

If you think you or a loved one is having a stroke, call 911 immediately. Tell the paramedics to take you to San Joaquin Community Hospital.



Sassan Keshavarzi, MD

Medical Director, The Brain and Spine Institute

Dr. Keshavarzi is a board-certified and fellowship-trained neurosurgeon, with a subspecialty in reconstructive spine surgery and scoliosis. Before joining The Brain and Spine Institute in 2016, Dr. Keshavarzi was chairman of the Department of Neurosurgery and medical director of the Spine Institute at the University of Florida in Jacksonville, a level 1 trauma center. He went to medical school in New York and completed his residency, internship and fellowship at UC San Diego.



Personal Care & PEACE OF MIND

●●●● *"I just knew that my team was doing everything that needed to be done, and I didn't need to worry."*

—Brenda Day,
breast cancer survivor

When Brenda Day felt a lump in her breast in March 2015, she turned to Quest Imaging at San Joaquin Community Hospital (SJCH), where she'd had her last mammogram. Soon, she was under the care of an expert team at The AIS Cancer Center at SJCH.

After thorough testing, which included another mammogram, an ultrasound and a biopsy, Brenda was diagnosed with stage III breast cancer. Many of her friends urged her to go to Los Angeles for treatment.

"But my aunt did some research and told me that at SJCH, I was with the dream team," Brenda

says. "I had total faith and confidence in their hands."

Keeping faith through it all

After two months of chemotherapy to shrink her tumor, Brenda had a mastectomy. Weeks of radiation therapy followed. Through it all, Brenda maintained a positive attitude, bolstered by her faith and the support of her team at SJCH.

"Every time I went for treatment, I couldn't help but smile and praise God," she says. "I just knew that my team was doing everything that needed to be done, and I didn't need to worry."

We're here to help. If you or a loved one has concerns about breast health, call us at **661-323-4673 (HOPE)**. Whatever it is, we're here for you.



We're focused on YOU

The Breast Center at San Joaquin Community Hospital (SJCH) provides comprehensive breast cancer care. From screening to treatment, everything is available in one place. So you won't have to travel across Kern County or farther to get the care you need—delivered with compassion you can feel.

TOP-OF-THE-LINE CARE

Our highly skilled oncologists, surgeons and radiologists specialize in breast health. And our affiliation with UC Davis offers additional access to new and innovative treatments.

YOUR CARE OPTIONS INCLUDE:

- ☒ Genetic counseling to explain the role your genes might play
- ☒ Chemotherapy in our soothing, calm infusion suites
- ☒ Radiation that precisely targets your cancer, while sparing healthy tissue
- ☒ Advanced surgical techniques

EVERY STEP OF THE WAY

Throughout treatment, we're here to help. Your entire team is focused on your health and healing. You also have your own nurse navigator to guide you through your care—coordinating your therapies and answering any questions.

Meet Francesca Hoehne, MD

Medical Director, The Breast Center at San Joaquin Community Hospital

Q *You specialize in treating women with breast cancer. What made you choose this area of medicine?*

A I feel called to take care of women with breast cancer—and their families. I make lasting connections with my patients. I continue to see them after their treatment is finished. It's so fulfilling to take cancer out of a patient, help her heal from the inside out and be part of her emotional healing.

Q *You were practicing at a well-known hospital in Los Angeles. What made you return to Bakersfield?*

A I did my residency in Bakersfield, and I met my husband here. Then I did my fellowship and went into private practice in Los Angeles. I came back to Bakersfield to serve the community. There wasn't a specialized breast surgeon here, and I felt it would be a unique opportunity to provide a new type of care to the community.

Q *What's your personal mission as a doctor?*

A To make a difference and help people. It's as simple as that. It's using my talents to help women through a really difficult time. I work with everyone as an individual. I enjoy identifying each of my patient's special needs... and bringing and guiding her through the whole process, from start to finish.

Q *How are you working to change breast care in Kern County?*

A I want to bring new oncology techniques to the community, but it goes beyond that. It's starting at the beginning, asking how can we better identify and help high-risk patients with the many options we have today, such as genetic testing and genetic counseling.

It's providing services from the moment a woman schedules her mammogram through treatment and then past that, with yoga, support groups, etc. It's also removing barriers to care and providing support, like transportation to and from radiation or chemotherapy appointments, and help with finding wigs, mastectomy garments and other things. It's making sure patients have the best and most comprehensive care possible.



Francesca Hoehne, MD

Medical Director,
The Breast Center

Francesca Hoehne, MD, is a general surgeon specializing in the treatment of breast disease. She is one of the only female fellowship-trained breast surgeons in Kern County. Dr. Hoehne graduated from the University of Chicago Pritzker School of Medicine. She completed her residency at Kern Medical Center in Bakersfield and a breast surgery fellowship at the John Wayne Cancer Institute in Los Angeles. After time as a private practice breast surgeon at Huntington Memorial Hospital in Pasadena, Dr. Hoehne returned to Bakersfield in 2007.

“I FEEL
LIKE A



“I can’t thank the staff at SJCH and Dr. Ferro enough. They’ve given me a new life.”

—Lynne Edwards,
knee replacement recipient

Want to learn more about joint replacement? Visit sjch.us and use the “Find a Doctor” search tool to find a specialist in orthopedic surgery.

BIONIC WOMAN”

In 1998, Lynne Edwards, of Bakersfield, fell and tore the cartilage that cushioned and stabilized both knees. Surgery to repair the damage left her with bone rubbing on bone. Her surgeon told Lynne she’d eventually need both knees replaced but encouraged her to wait. She was only 44, and at the time, most knee replacements lasted just 10 to 15 years.

Soon, the pain of bone-on-bone robbed Lynne of a normal life. She quit work. Barely able to walk, she crawled up the stairs in her house. Sunday school classmates in their 80s grabbed

chairs for her because she couldn’t stand. Her husband and son helped her with most everything.

“I never dreamt life could get so hard,” Lynne says. “I’ve gone through cancer, but this was worse.”

A new knee, a new life

Lynne endured the pain for more than 17 years. Finally, in December 2015, she had her right knee replaced by Thomas Ferro, MD, at San Joaquin Community Hospital (SJCH).

Just 15 minutes after being wheeled back into

her room after surgery, Lynne was walking, with the help of a walker and a physical therapist. Less than 24 hours later, she was climbing stairs. Three days after surgery she walked five blocks—all without pain.

“What a beautiful gift to be able to walk beside my husband again,” she says. “I’ll be able to dance at my son’s wedding. I feel like a bionic woman.”

Lynne plans to have her left knee replaced soon. She says: “I can’t thank the staff at SJCH and Dr. Ferro enough. They’ve given me a new life.”

Meet Thomas Ferro, MD

Medical Director, Orthopedics

Q Why did you choose orthopedics, and joint replacement, as a specialty?

A When I did my training, I looked at what field would give me the ability to help people the most. I saw that orthopedics was exploding with new technology and techniques. Total joint replacements were starting to transform people's lives. Patients have been hurting for years, and after the surgery, suddenly they can go and walk with their families, or play tennis or ride a bicycle or play golf. It's truly a life-changing operation.

Q Why do you practice here?

A The people of Bakersfield want the best. San Joaquin Community Hospital's (SJCH) vision, which matches my vision, is to offer absolutely state-of-the-art services—the same care people would expect at the most premier facilities in the country. We're focused on using proven medical methods and practices so our patients get the very best in care.

Q Are you using new techniques for joint replacement surgery?

A Yes. It's not your parents' surgery anymore. For the last five years, my focus has been on short-stay joint replacements. We're able to send our patients home the next day, sometimes the same day with younger patients. We're using very minimally invasive techniques—that means smaller incisions with quicker recoveries.

Q What do you find most rewarding in your work?

A The absolute, most fulfilling thing is when I see patients after surgery and they tell me how it's changed their lives. There will be some big guy in there getting teary-eyed because he can go play ball with his kid. Or a woman who can dance again or do something she hasn't done in years. When patients do well, it's very satisfying.



Teamwork, technology and a caring touch

Getting patients back to what they enjoy: That's what the Orthopedics team at San Joaquin Community Hospital (SJCH) does best. Our medical experts combine advanced techniques with personalized, compassionate care to relieve pain and restore motion.

Our total joint replacement program specializes in helping people regain their quality of life as quickly and safely as possible. Most of our patients go home the day after surgery—some even the same day. Our expert team of physicians, nurses, physical therapists and hospital staff guides you every step of the way, ensuring that you go home with confidence. We also provide pre-surgery education to help ease the way. You and your family can learn what to expect before, during and after surgery.

From the moment you arrive. At SJCH, we're committed to meeting your orthopedic needs in a safe, comfortable environment.



Thomas Ferro, MD

Medical Director, Orthopedics

Dr. Ferro is a board-certified, fellowship-trained orthopedic surgeon specializing in joint replacement. Dr. Ferro completed medical school, his internship and a research fellowship in orthopedic surgery at UC San Diego. He finished his residency at the University of New Mexico, Albuquerque. He completed an additional fellowship in joint replacement and adult reconstructive surgery at the Anderson Orthopaedic Research Institute in Arlington, Virginia.

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