

GOODHEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 21 • FALL/WINTER 2018



**HIGH-FLYING
SURGEON**

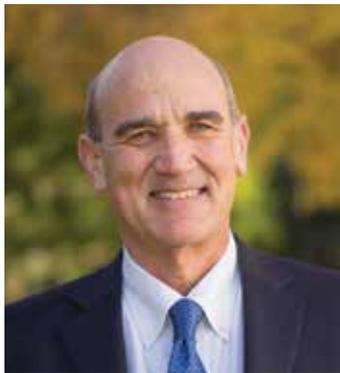
**WELCOME NEW
DERMATOLOGISTS**

**HEALTHY EATING
ACTIVE LIVING**

**THE ROLE OF
ADVANCE PRACTICE
PROVIDERS**

sansumSM
CLINIC
for your good health

Dear Patients,



As we approach the end of the year, we are reflecting on the many things for which we have to be grateful.

Our dedicated efforts in recruiting have enabled us to welcome many new talented physicians from all over the country. We celebrated the first anniversary of the Ridley-Tree Cancer Center in September, and our physicians and staff have received a number of recent honors (see page 23).

One thing we know for sure is that healthcare is going to continue to evolve, and we will continue to evolve with it. We are currently evaluating the various ways in which we can expand access to healthcare through telehealth and virtual visits. We will be starting a new Pain Management Program within Sansum Clinic that will be located at 3916 State Street, adjacent to our Psychiatry & Psychology Department. This program got its start with funding from one local couple.

We are looking to establish a Palliative Care & Advance Care Planning Program early in 2019. Our goal is to raise funds to see the program through its inception. The program will provide patients and families with specialized care that optimizes quality of life by anticipating, preventing and treating suffering. Palliative care throughout the continuum of a serious illness involves addressing physical, emotional, social, and spiritual needs and facilitates patient autonomy and access to information and choices.

I was honored to represent America's Physician Groups and Sansum Clinic recently in a Senate hearing before the U.S. House of Representatives Committee on Energy & Commerce in Washington, D.C. regarding Medicare Access and the CHIP Reauthorization Act of 2015 (MACRA). The hearing was entitled MACRA and MIPS: An Update on the Merit-based Incentive Payment System. If that doesn't put you to sleep, probably nothing will.

Special thanks to one of our longtime donors, Julie Nadel, who made a generous gift that will have a tremendous impact on the daily lives of all our physicians. A new and improved dictation system will provide greater accuracy and accessibility, and will enable physicians to connect from anywhere.

We were all saddened by the loss of Van Hamilton, MD, who passed away in September after battling some health issues. Van joined the Clinic in 1970 and was part of the group of doctors who oversaw the creation of our then-new model of Medical Foundation. That was emblematic of Van's intelligence and desire to do what was best for the patients, staff and the community. He will be missed.

Many people don't realize that as a nonprofit organization, Sansum Clinic reinvests earnings back into the community by continually improving care, equipment and services for our patients. In an era of diminishing insurance reimbursements, the Clinic's commitment to providing high quality care relies increasingly on the generosity of our donors. We consider it our privilege to serve you and we hope you will invest in Sansum Clinic with a gift today.

Warmest wishes for a healthy and joyous holiday season!

Sincerely,

Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer

GOOD HEALTH

A free publication from
Sansum Clinic published
three times a year

ISSUE 21 • FALL/WINTER 2018

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

Kurt N. Ransohoff, MD, FACP
*Chief Executive Officer and
Chief Medical Officer*

Chad Hine, MBA
Chief Operating Officer

Sansum Clinic
Corporate Office
470 South Patterson Avenue
Santa Barbara, CA 93111
(805) 681-7700
www.SansumClinic.org

Editor

Jill Fonte, Director of Marketing

Associate Editor

Christopher Williams

Contributing Writers

Jill Fonte, Gerri French,
Dru A. Hartley, Christopher Williams
and Nicole Young

Contributing Photographers

Nik Blaskovich, Annie Craton,
Fritz Olenberger and Nicole Young

If you would like to make a gift to Sansum Clinic, please contact Dru A. Hartley, Director of Philanthropy, (805) 681-7726, dhartley@sansumclinic.org

All gifts are tax-deductible
to the extent allowed by law.
Tax ID #: 95-6419205

 Design by Idea Engineering

If you would like to be removed from our mailing list, please send an email with your full name and address to donotmail@sansumclinic.org.

Virtual Reality Goggles Can Reduce Fear & Pain



Craig Zimmerman, president of The Towbes Group, and Marilyn Mendoza, MD, Sansum Clinic pediatrician, with a young patient

The Towbes Group donated 10 virtual reality goggles to our Pediatric & Adolescent Medicine physicians. According to a recent pilot study conducted by Sansum Clinic pediatric ophthalmologist, Dr. Mark Silverberg, patients who use virtual reality goggles when receiving vaccines experience less pain and fear. 🌟

Optometry on the Move

The Sansum Clinic Optometry Department is scheduled to move from 29 W. Anapamu to the second floor of the Sansum Clinic multi-specialty clinic at 317 W. Pueblo Street, across from Cottage Hospital, in mid-December.

If you have an appointment scheduled with Optometry, please call (805) 681-8980 or visit sansumclinic.org to confirm the location of your appointment. 🌟



Let's Talk Advance Care Planning

Sansum Clinic recently hosted a seminar entitled "Let's Talk: Putting Advance Care Planning into Practice" in partnership with the Coalition for Compassionate Care of California (CCCC). Led by Dr. Marjorie Newman, medical director of Sansum Clinic, featuring Dr. Lael C. Duncan, medical director of CCCC, for medical and healthcare professionals on Advance Care Planning education, goals of care conversations, skills training and support to help ensure Advance Care Planning conversations occur with greater regularity and earlier in the course of a patient's care. 🌟

GOODHEALTH

Contents + Fall/Winter 2018

FEATURES

- 2 Eye Care**
Acrobatic Oculoplastic Surgeon
- 4 Patient Access**
Betty Lee on the Front Lines
- 7 Cancer Care**
Two Grateful Patient Stories
- 8 Multi-Specialty Care**
How One Patient Benefits
- 18 Weight Management**
Heather Weitzel Back in the Saddle



DEPARTMENTS/PROGRAMS

- 9 What is a Colonoscopy?**
- 12 How You Can Help**
- 17 Food & Nutrition**
- 23 Awards & Recognition**
- 24 New Providers**

This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

On the cover: Drs. Scott Tobis and Bryce Holderness with Jace Turner, center, pg. 8.



When Sansum Clinic's newly-hired oculoplastic surgeon Dr. Mica Bergman needs to blow off some steam, you may find her sailing above the ground at a San Fernando Valley professional trapeze facility run by a fourth-generation circus performer. A gymnast since her childhood in Pittsburgh, Pennsylvania, the 36-year-old now calls flying trapeze "her passion and obsession." She first experienced the sport as a teenager during a family vacation and then learned more about the unusual sport by spending a few weeks at the Toronto School of Circus Arts. "I fell in love with it, to put it bluntly," she admits. "It feels so great to fly through the air. It's a thrill to be moving like that. I also like the fact that there is always room for growth. You can add another flip, add another twist." Strength, good timing, coordination and a willingness to receive feedback and correction is the secret sauce for the art of trapeze performance, according to Dr. Bergman. Those same positive qualities are also what helped to launch her medical career with flying colors.



Dr. Bergman left her home on the east coast to attend Stanford University where she received a biological sciences degree. Her father, Ira, a pediatric neurologist, joked at the time that she had more training ahead of her than behind her.

"He anticipated that I was that kind of person and we all laughed. And then it was exactly right," Dr. Bergman recalls. She pursued not one but two degrees, an MD and a PhD from Vanderbilt University Medical School by enrolling in its MSTP or Medical Scientist Training Program. Students complete the first two years of medical school, transitioning afterwards to PhD graduate studies.

They then return for two more years of med school that includes clinical study. The school only accepts about 14 students every year for this track which aims to produce biomedical investigators. "I like interacting with patients, taking care of them. But I also like helping the field of medicine, not only on an individual level, but an umbrella level," she says. Dr. Bergman's PhD research focused on when and where in the brain genes turn on and off



Dr. Mica Bergman



to control development, normal or abnormal. The process of untangling complicated subjects greatly appeals to her. “I like to think of creative approaches to things. I am not going to give up at the outset. I am not content to take answers at face value. I always want to search a little deeper,” she explains.

Dr. Bergman’s affection for ophthalmology developed in her third year of medical school when students are introduced to many different specialties. “I love the clinical problems being addressed and I love the surgeries,” she effuses. “Taking a patient through what is often a transformative experience is a gift to me and hopefully a gift to the patient as well.” After completing an internship in general surgery at Vanderbilt, Dr. Bergman chose USC’s Roski Eye Institute for her residency training in ophthalmology and she remained at USC for a fellowship in oculoplastic surgery. Fellows in oculoplastic surgery learn to treat functional and cosmetic concerns regarding the eyelids, the tear drainage system and the orbit or bony socket that surrounds the eye. Often patients will approach their family doctor, their dermatologist or a general plastic surgeon with these issues but ophthalmologists who have oculoplastics training may be the best equipped to solve them. While some fellowships last 12 months, Dr. Bergman’s included one year in academic training at USC and another year at a Los Angeles-based private practice, a program accredited by the American Society of Ophthalmic Plastic and Reconstructive Surgery. Upon completion of her fellowship, she became the second female doctor in her

family. The first was her paternal grandmother Sabina, who fled to the United States from Poland during the Holocaust and became an anesthesiologist.

Before arriving in Santa Barbara at the end of the summer to begin her new position as Sansum Clinic’s only oculoplastic surgeon, Dr. Bergman decided she needed a short respite from the breakneck pace of pursuing her doctoral dreams. She visited family members near Los Angeles, doted on her new baby niece and then hiked, biked and hand-standed on mountaintops around Europe for a full month. Her first few weeks on the job confirmed her belief that continuing her career at Sansum Clinic was the right decision. “Everyone here is focused on a constant evolution to make things better with the goal of excellent patient care,” she remarks. “That is the type of place I want to be part of.” 🌻

Dr. Bergman in Slovenia during a trip to Europe before starting at Sansum Clinic



Betty Lee

The Front Lines of Entry to Care

NICOLE YOUNG



From her office surrounded by glass windows, Betty Lee looks out from her desk toward rows and rows of Sansum Clinic employees lined in cubicles, headsets on and busily answering their phones. From 7:45 am to 5:30 pm daily, this small army of 50 staff handles more than 2,000 calls a day from patients seeking assistance on everything from scheduling a doctor's appointment to finding a certain medical service.

On each side of the room, huge hanging monitors display a color-coded grid tracking all the calls in queue and the percentage of inquiries handled. As Director of Patient Access,

Betty is at the forefront of one of Sansum Clinic's most important organizational priorities: enhancing the patient experience and improving the entry to care.

"I think the most rewarding part of the job is knowing we can help somebody. That is really what it's all about for me," she explains. Funneling phone calls headed for 23 different clinic locations into one streamlines the scheduling process, according to Betty. "We are taking the phones away from the front lines," she acknowledges. "Without having to take calls, the staff in the clinics can focus on the patient standing in front

of them.”

Betty meets monthly with other departments to check on how registration is running out of her department. Insurance information and important medical data needs to be recorded smoothly and accurately. One of Betty’s many duties is sifting through job applicants to hire qualified staff with excellent customer service skills. She is committed to continually making changes to help the call wait time, and constantly refining the candidate vetting process with the managers she oversees to ensure all the telephone operators can communicate well and problem solve on the fly. Ten of her employees are bilingual and all operators have access to a live interpreter line so Spanish-speaking patients wait no longer than others. Two triage nurses help support more medically challenging calls. Betty describes the mindset she tries to impart to her team. “I call us the stewards of Sansum Clinic,” she announces proudly. “It’s not just moving call to call but rather owning each one and becoming empowered to make the right decisions for each patient. It’s ok if you don’t have all the answers, but you need to know how to find them.”

Betty has viewed herself as a problem solver since she first transitioned from a waitressing job to a position in Sansum’s Urology Department more than 24 years ago. “I knew nothing about healthcare other than that you go to the doctor when you get sick,” she says. “But waitressing is customer service and multi-tasking times 10. It teaches you about people.” She worked hard to provide clerical help to the doctors and their office staff. She loved the ability to constantly chip away at making things run more smoothly. What she learned gave her confidence as she slowly climbed the ladder at the Lompoc branch. Happy to be working in her hometown, she later varied her experience with positions in Pediatrics, Medical Records, Scheduling and then the Business Office.

After 17 years at Sansum Clinic, a healthcare vendor offered her the chance to branch out and try something different. She left for two years but ultimately decided to return for her current director role. “This was something I couldn’t pass up. I could work at a higher level and impact decisions,” she reports. At 50 years old, Betty felt this job truly made sense. It placed her in her comfort zone where her efforts directly affect patient care. Betty’s wide skill set and ability to wear many hats is something



Betty Lee, center, with Michelle Luera and Lupe Flores

Vice President of Operations Karen Handy likes to call the “secret sauce for success.” “Betty is a very special leader,” notes Karen. “She exceeds expectations at every turn and brings a tremendous positive energy and zest to everything she does. Her ‘we can do it’ attitude inspires us all.”

For years, Betty juggled her career along with her three children and husband, Jesse, a lineman for Lompoc’s Electrical Division. Even with her kids grown now and she has three grandchildren, Betty’s commitment to bettering herself and those around her remains evident. She wakes up early several times a week to teach a group-fitness class and enjoys the yearly task of organizing the Valley of the Flowers Half-Marathon. If she won the lottery and could spend her time freely, she’d choose to become a life coach. “Life isn’t always good, but you can learn and grow from it and get stronger. I’d like to help someone struggling to keep them going. There is something about when you connect with people who have a good spirit. It just lifts you.”

Until her winning ticket arrives, Betty is dedicated to encouraging her team to make each experience they have with patients pleasant and meaningful. “We are an extension of the community, not outsourced help but a group of people right here in Santa Barbara caring about you. I am always asking, how can we find that common ground where everyone is understanding and can give the best customer service possible? To be able to represent that is really important.” 🌻

New Dermatologists Focused on Quality Patient Care

NICOLE YOUNG



Drs. Meredith Perrin and Tammy Berry, with Dr. Andrew Beckler.

Adding Drs. Meredith Perrin and Tammy Berry to Sansum Clinic's experienced Dermatology Department brings new perspectives and knowledge with potentially unique opportunities to save lives. For example, one barrier keeping patients from obtaining full-body skin cancer checks is discomfort and embarrassment, according to current medical research published in *JAMA Dermatology*. A study showed that ability to select a physician's gender may meaningfully put patients at ease. Participating women noted that female dermatologist availability could increase patient willingness to undergo screening skin examinations. Melanoma is now one of the most common cancers in young women. Taking gender preference into account could make a positive impact towards achieving the best possible screenings. "We have a large female patient population that was waiting for this," explains Dr. Perrin. "Dermatology is an intimate specialty. You are often looking at a person's entire body. Similar to choosing an OB/GYN, some females prefer a female physician." Sansum Clinic dermatologists Drs. Bret Davis, Peter Ford and Mark Logan are pleased to welcome their new colleagues. They emphasize that patients have asked for women dermatologists repeatedly and that Sansum Clinic made a deliberate attempt to respond to this need. Dermatologists are fewer than 1% of all doctors so the arrival of the two new clinicians is a result of strong recruitment efforts with careful attention to the needs of the community.

Dr. Berry graduated from her home state's University of New Mexico Medical School in Albuquerque where she also did her residency. Dr. Perrin grew up in North Dakota, attended the University of North Dakota School of Medicine and traveled to the Mayo Clinic in Minnesota for her residency. Both doctors would like to dispel any misconception that dermatologists only treat ailments like acne and psoriasis. Drs. Berry and Perrin

revel in "evidence-based medicine," which is the application of research-based approaches onto the complex, detective-like clinical work of uncovering how and why something manifests on the skin. "The ability to detect systemic disease with a thorough skin exam is something that intrigues me about dermatology," relays Dr. Berry. Even without a specific skin issue or history of cancer, the amount of sun exposure in California is one reason why the two doctors recommend patients receive an initial screening for prevention purposes, followed by skin cancer education.

Collaboration with other specialists is the norm at the large academic centers where both dermatologists worked before their arrival in Santa Barbara. They are looking forward to those kinds of partnerships here alongside facial plastic and reconstructive surgeon Dr. Andrew Beckler and other physicians. It's what makes medicine fun, according to Dr. Berry. Her initial meeting with CEO Dr. Kurt Ransohoff confirmed her belief that Sansum Clinic would be a good fit. "It made an impression on me. He had a real vision," she shares. "The CEO is the person who sets the stage for the entire organization, someone who is devoted to the community."

The women speak passionately about their shared goal to make their department a premiere dermatology clinic offering the latest tools and most patient care. In fact, what they discuss most often together is how to deliver quality care for an extremely diverse patient population. "I want patients to feel they are having an excellent experience from the minute they check in to the minute they walk out the door. That is important to me," affirms Dr. Perrin.

Chances are conversations about quality of care may continue at home since both Dr. Perrin and Dr. Berry's spouses are also physicians. Dr. Jared Perrin is an internist with the Santa Barbara County Public Health Department and Dr. Ryan Berry is a clinical pathologist for Cottage Hospital. Landing jobs for two pairs of doctors in their specific specialties is akin to winning the lottery, they theorize, especially when factoring in the competition for a sunny climate.

Now settled in, the real reasons they pursue their important work is what motivates them daily. "It is really gratifying to fix skin disease," suggests Dr. Perrin. "Patients are happy and grateful and you feel like you really did something important."

To make an appointment with a dermatologist, please call our Dermatology Departments directly: Pueblo Multi-Specialty Clinic, Dermatology at (805) 898-3050, Pesetas Multi-Specialty Clinic, Dermatology at (805) 681-7535, Dermatology Associates of Sansum Clinic – Santa Maria at (805) 349-7576. ☀



UCSB Campus Police

Go PINK for Breast Cancer Awareness

NICOLE YOUNG

In October, all 46 UC Santa Barbara police officers displayed special pink patches on their uniforms in honor of Breast Cancer Awareness month. The department participated with every UC campus in a collaborative effort between law enforcement and public safety agencies to bring attention to the fight against breast cancer. UC-Santa Barbara's assistant police chief Cathy Farley, a cancer survivor herself, spearheaded the local project. "Cancer survivorship comes with a responsibility," she explains. "I have a unique opportunity to bring greater awareness of how cancer impacts everyone." Breast cancer is still the most common cancer found in women, according to the Centers for Disease Control and Prevention. The latest research from the American Cancer Society shows one in eight women in the U.S. will develop breast cancer in their lifetime.

Doctors at Sansum Clinic/Ridley-Tree Cancer Center diagnosed Cathy nearly 10 years ago with aggressive, metastatic stage 3 breast cancer but she's beaten the odds and so far, is in complete remission. Her personal encounter inspired her to spread the word about the critical importance of early detection and regular exams. "It's a constant wakeup call," says the 55 year-old. "When I was diagnosed, I was not expected to survive. The fact that I have is a miracle, so there's a lot that I have to be doing and sharing. It was really important to me to get that message out, to take care of yourself."

Back in 2008, Cathy's life revolved around her job as a UC Santa Barbara police captain and her busy family life in Lompoc with her husband, Paul, and their three teenagers. From her time as a high school and UC Santa Barbara track athlete to winning the Ms. Santa Barbara Body Building Competition in 1986, to coaching her children's many sports teams, Cathy always committed herself to an active lifestyle. This made it extremely difficult to reconcile how she wound up with such a serious illness. "If it could happen to me, it could happen to anyone," she admits.

After the shock of her initial cancer diagnosis, Cathy mentally prepared herself for an all-out fight against her illness. Oncologist Dr. Mark Abate and surgical oncologist Dr. Rosa Choi guided her through a modified radical mastectomy, three rounds of chemotherapy and then radiation. Dr. Choi's confident, no-nonsense personality appealed to Cathy. "She is one strong, smart, tough lady," the chief announces. "I am on a hugging basis with her now. I really put my trust in her hands." Cathy had her reconstructive surgery after cancer care in Los



Angeles because that procedure wasn't available in Santa Barbara at the time. Dr. Choi advocated for it and the surgery is now available locally and performed by plastic surgeons.

Cathy appreciated the streamlined process she experienced; how welcoming the staff was to her family and how her medical team "pulled it all together" so she could focus on getting well. "Once it happened, I thought, I am not going to let this thing beat me," Cathy recalls. "I do believe that a real positive attitude and listening and following the directions of my whole cancer treatment team was significant to my survival."

Over the years, Cathy relied on her Lompoc breast cancer survivor support group called "Save the Ta-Tas" for wisdom and strength. Never shy about sharing her own cancer story, she's connected to many female colleagues who faced a similar fate and those relationships hold special meaning for her. Always a supporter and strong encourager of women in her field, over the years Cathy pushed to increase the number of female officers within the UCSB police force. She now nurtures those 10 women professionally and personally. Passionate about advocacy for women, she's served on the campus sexual assault response team and often joins forces with her friend, Santa Barbara Police Chief Lori Luhnow, with whom she attended the FBI's National Academy for law enforcement leaders. "I feel this huge responsibility to the next generation, to encourage women. These young ladies are so fierce, so beautiful and smart," she comments. The need to reach out to others is Cathy's most important takeaway from her cancer experience and something she believes has enriched her life exponentially. "Cancer evens the playing field, reminds us of our sameness as human beings." 🌻

Jace Turner Benefits from Our Multi-Specialty Model of Care

NICOLE YOUNG



Drs. Scott Tobis and Bryce Holderness with Jace Turner, center

The cell phone call Jace Turner received from Sansum Clinic's Dr. Bryce Holderness while walking to work last year stopped him in his tracks and is one he promises will stick in his memory forever. "I am on the sidewalk and he says 'Jace, my good fellow, it looks like we may have found something.' From the tone of his voice, he was concerned. And that concerned me."

The 44-year-old community relations librarian with the Santa Barbara Public Library visited his internist for what he guessed was nagging prostatitis. Since he cringes even contemplating medical appointments and even fainted once during an exam, Jace's arrival at Dr. Holderness' office was an emotional hurdle in itself and his doctor sensed it. "These are the phone calls and office visits that are the most difficult as a physician," admits

Dr. Holderness. He calmly framed Jace's symptoms as common and treatable but ones that could also mimic the pain and discomfort linked to certain types of fast-growing cancers. Dr. Holderness recommended an ultrasound for confirmation. That decision is one Jace believes may have saved his life. The scan flagged an abnormality and Dr. Holderness knew immediately that he'd need to pull together a team of specialists for his patient. Urologist Dr. Scott Tobis and oncologist Dr. Gregg Newman joined Dr. Holderness in becoming the trio of physicians Jace would come to rely on for the coming year. "It almost feels like going home in a way. I feel so comfortable with the people I am interacting with," he explains. "I believe in them."

Waiting on test results altered Jace's entire life perspective.

"Everything became Technicolor. I could hear the bees, I'm noticing the butterflies. There is this acute awareness that all of the things I was worried about or that I found stressful in my life, all of a sudden were shed." After this hyper-awareness, fear crept in, not for himself but for his wife, Nadine, and 21-year-old daughter, Eden, and what they might endure if his health tumbled into uncertainty. Dr. Tobis' care and concern helped to ease Jace's anxiety. "I immediately felt like I could just talk to him – and this is a sensitive subject. He is a lot younger than me, but at the same time I had complete faith and trust in him because of his demeanor," describes Jace about his urologist. He especially appreciated Dr. Tobis calling him in the evenings and on weekends to deliver test results just as soon as they were available, the first time to inform him that he had stage I testicular cancer, the second time to let Jace know the cancer hadn't spread throughout



his body. “I felt like I had dodged a bullet,” he shares. After surgery, Jace sought counsel from Dr. Newman on whether to undergo chemotherapy or just opt for surveillance. “He guided me through this process after a concerning diagnosis, perhaps, everyone’s worst fear, and made it as human and manageable as possible,” notes Jace. After listening to opinions from his “sounding board” of physicians and weighing the latest research, Jace decided surveillance would be the best option for him.

The entire cancer experience now colored everything Jace encountered daily and it inspired him to give back in some way. His role at the library already placed him in the community running book clubs, hosting poetry readings and working to engage the people of his hometown in learning and literature. What didn’t exist was a book club specifically for cancer patients and caregivers. Jace worked alongside staff at the Ridley-Tree Cancer Center to put his idea into motion. “The thing about getting cancer or getting sick is that it’s so isolating,” discloses Jace. “I feel very strongly about bringing a sense of normalcy back to your life when you are going through things like this.”

Those attending the book club appreciate how Jace implicitly understands their struggles as a cancer survivor himself. One patient told him happily that the club’s selection was the first book she’d read in two years. “It’s definitely the best part of

my job,” he adds. “Jace has been incredibly strong through all of this and he’s created an unbelievable outlet for cancer patients, survivors, and loved ones with the book club,” says Dr. Holderness.

When he’s not working around town or puttering in his backyard succulent garden, you may find Jace in his home study typing out short poems on his green Hermes 3000 vintage typewriter. What began as a form of release during the early days of his medical journey has garnered him a throng of Instagram fans who follow his handle @jace.ryan.turner. Some appreciate the artfulness of his writing; others relate to his intimate descriptions of what it’s like to live and breathe with cancer in your body. “I want to remember this and I want to leave something behind about my experience,” acknowledges Jace. When he’s back at work and the usual stresses of life pile up, he refers to his poems as a reminder of how temporary life is.

As a cancer patient, Jace’s relationship with his medical team will continue on for many years. He’s impressed that his physicians insist on a holistic approach to care and take time to check on his emotional well-being as well as his physical progress. “Everyone I have interacted with at Sansum and the Ridley-Tree Cancer Center has been amazing. I feel so special,” concludes Jace. “Never once in my whole experience did I feel like I wasn’t in the best of care.” 🌻

What is a Colonoscopy?



A colonoscopy is a common procedure that allows doctors to look at the entire colon for any abnormality. During a colonoscopy, the doctor will insert a colonoscope – a flexible, lighted tube with a tiny camera at the tip to view the entire colon.

A colonoscopy is used to screen the colon for cancer or

precancerous growths (polyps). During a colonoscopy tissue samples may be collected and polyps may be removed. People age 50 and older who have no special risk factors for colon cancer are advised to have routine colonoscopies. The current understanding is screening colonoscopies are recommended every 10 years, however you should check with your healthcare provider and insurance carrier. If you have a higher risk for colon cancer, your doctor may recommend earlier or more frequent testing.

A colonoscopy may help your doctor diagnose the causes of a variety of gastrointestinal symptoms.

We know that colon cancer is a sensitive subject and a very private matter. We recognize it can be difficult to talk about. Our staff is trained to give guidance in this area. Please feel free to talk with a healthcare professional with whom you are comfortable talking about this.

Please talk to your doctor about when you should first be screened for colon cancer. 🌻

Rafi Javid
**On Cancer &
Coming to America**

NICOLE YOUNG





Rafi Javid and Maryam on their wedding day

When Rafi Javid arrived at North Carolina University from Tehran, Iran in 1953, he only carried his suitcase and a few dollars in his wallet. He took a job washing test tubes for less than a dollar an hour but he felt energized by the chance to study in America. He graduated in 1957 with an engineering degree and would soon tour the globe supervising massive pipeline and prison construction projects. Little did Rafi know that 30 years later, despite creating a wildly successful international business back in Iran, he once again would return to the United States with only bags in hand, fleeing the chaos of the Islamic Revolution with his wife and two young daughters. “I have been very blessed to come here to America,” he explains. “I have traveled everywhere around the world and I still feel America is number one.”

While many uprooted Iranians resettled in the Los Angeles area, the one place Rafi wanted to bring his family was Santa Barbara, the sparkling city he once visited on a long drive north to San Francisco that reminded him of the south of France. Upon arrival, he sold more than 50 acres of Rancho Cucamonga citrus tree farmland he had the forethought to purchase years before and used the profits to build a new home and property management operation on the central coast. The same spirit that motivated Rafi to reinvent himself in California is what drives him today as the 86-year-old battles Hodgkin’s disease.

While Rafi barely looks his age and always wears a smile, the road to good health hasn’t been an easy one. Dr. Fred Kass, Rafi’s oncologist at the Ridley-Tree Cancer Center, worked hard alongside his medical team for months to understand the many physical reactions Rafi experienced during his immunotherapy course. The inability to breathe, move or eat

simply took its toll.

“Every time I saw an ad on TV for a hamburger, I just couldn’t take it,” he laments. Rafi’s wife, Maryam, who regularly banters with him in Farsi and blushes still from his affection toward her, is the one who insisted he visit Dr. Kass. She begged his assistant to put Rafi on the calendar, confident from her own experience with breast cancer that the physician’s knowledge and personal care was exceptional. Dr. Kass quickly messaged from his vacation abroad to say he’d see Rafi upon his return. That kindness moves the couple to tears still to this day.



Rafi graduating from North Carolina University in 1957

“That a doctor all the way in Australia would hear about a patient’s case and from over there, would take the time, it’s just amazing,” notes Rafi. “I feel we have been lucky to be here in Santa Barbara and to know people like Dr. Kass. He is very relaxed and if he is concerned, he doesn’t show it. He doesn’t want you to worry.”



Rafi supervised massive pipeline projects across the globe following graduation from North Carolina University with an engineering degree

Maryam describes her husband as “fearless” but mentions they both received an emotional lift at each visit with Dr. Kass. “Every time I go to the doctor’s office, I come back and feel so much better. When we walk in, I hug about 10 people. Everyone is so nice and helpful,” reports Rafi. Mobility is a constant issue for the grandfather of four, but

that hasn’t squashed his sense of humor. “I could probably go online and find a couple of good legs and order them,” he jokes with a wink. Rafi’s medical prognosis is uncertain, but the man with the most fascinating ‘Coming to America’ story remains grateful and at peace. “I haven’t been scared of taking risks,” he says. “And I owe a lot of that to this country.” 🌻

Tribute & Memorial Gifts

Consider making a tribute or memorial gift to Sansum Clinic or the Ridley-Tree Cancer Center.

A tribute or memorial gift can be a meaningful way for you to remember a friend or family member on a special occasion or to mark a personal milestone. A thoughtful gift is also an excellent way to recognize and honor one or more of your favorite doctors, nurses, departments or programs.

If you want help structuring a special gift, please call Dru A. Hartley, Director of Philanthropy at 805-681-7726.

Otherwise, you can make a gift online at www.sansumclinic.org/donate-now, or use the remittance envelope in this issue of GOOD HEALTH.

Thank you in advance for making a gift to Sansum Clinic or the Ridley-Tree Cancer Center. As a donor you and the person(s) you are honoring will receive timely acknowledgement of your thoughtful gift, and you can expect to receive current news about the impact your gift is making. 🌟

You can use your IRA to support Sansum Clinic!

The IRA Charitable Rollover provision enables individuals 70½ or older to make a tax-free contribution of up to \$100,000 from your IRA directly to a nonprofit organization, such as Sansum Clinic.

Individuals 70½ years of age are required to take annual minimum distributions from their IRA accounts each year.

While you cannot claim a charitable deduction for IRA gifts to a nonprofit, a distribution from the IRA counts towards your minimum required distribution for the year and reduces your taxable income because the amount of the transfer is not included as part of your taxable income.

Contact your IRA Administrator for detailed instructions.

The transaction must be finalized by December 31, 2108 in order to apply to the 2018 required IRA distributions. 🌟

The Value of Advanced Practice Providers in Caring for Our Patients



Now often referred to as Advanced Practice Providers or APPs, Nurse Practitioners and Physician Assistants have been an integral part of our healthcare team at Sansum Clinic for the past 46 years, but you may not know about the valuable role of Nurse Practitioners and Physician Assistants (NPs and PAs) in departments such as Family Practice, Internal Medicine, Urgent Care, Pediatrics, Orthopedics, Endocrinology, Cardiology, OB/Gynecology, Anticoagulation, Rehab/Extended Care and Oncology/Hematology.

NPs and PAs are clinicians who blend clinical expertise in diagnosing and treating health conditions with an added emphasis on disease prevention and health management. NPs and PAs bring a comprehensive perspective to healthcare. Some

NPs and PAs do acute/episodic care and then transfer patients back to their primary care provider (PCP). Other NPs and PAs serve as the PCP and provide for all of a patient's healthcare needs, concerns and annual visits on an ongoing basis.

NPs and PAs are scheduled with patients daily and are responsible for the full care of each patient including ordering labs, x-rays and additional studies. NPs and PAs work as a team with physicians and consult as necessary with the supervising MD or specialty MD within Sansum Clinic. They also work with a medical team of nurses and medical assistants to provide the best care possible to each patient, including communicating results to patients via phone or email.

NPs and PAs are nationally certified as Nurse Practitioners and Physician Assistants and they embody the importance of teamwork in delivering coordinated, optimal care to each patient! 🌟



Please sign up for MyChart for direct online access to key parts of your medical record. Remember, when exploring medical options, MyChart is a valuable and trusted source for information. **Visit mychart.sansumclinic.org.**
My Life. My Health. My Way. My Chart.

How You Can Help

Dear Friends,

Last winter's twin disasters in our community created an unprecedented set of circumstances. As we look back on the recovery efforts there is so much for which we can be grateful. Our community came together in ways that demonstrated our strength and commitment to the wellbeing of each other. As we near the end of this historic year we reflect on the **resilience and strength of our community** and just how much we have been able to accomplish at Sansum Clinic.

In May we hosted a donor and community open house for the opening of the **Wolf Education & Training Center** and **Healing Garden** on the campus of the Ridley-Tree Cancer Center. And September was the one year anniversary of the opening of the **Elings Oncology Building** at the Ridley-Tree Cancer Center.

We are so proud of this world-class regional diagnostic, treatment and research facility that provides a level of excellence in the delivery of cancer care unmatched on the Central Coast. We are grateful to our generous donors, especially Lady Leslie Ridley-Tree and Virgil Elings for their support.

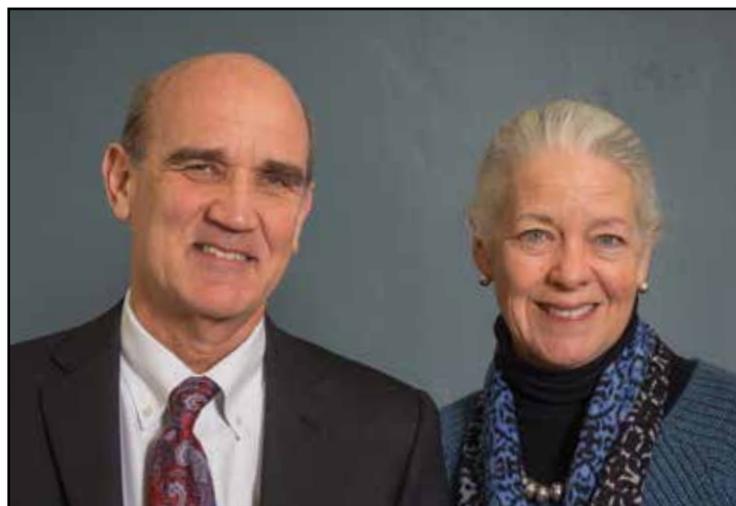
The **health insurance landscape changed** in 2018 for thousands of patients and because of our long-standing relationship with Blue Shield, Sansum was able to establish a contract that has enabled us to provide **continuity of care for our patients**.

We received national recognition in a number of areas, notably, groundbreaking **new procedures in our Cardiology department**, the **redesign of our Primary Care departments** to the **Patient-Centered Medical Home** model of care, and optimization of **the Wave**, our electronic health record system.

Medical excellence is a never-ending journey and we strive to stay ahead of the curve and drive positive change in how our patients receive their care.

Many people don't realize that as a **nonprofit organization**, Sansum Clinic re-invests earnings back into the community by continually improving care, equipment and services for our patients. In an era of diminishing insurance reimbursements, the Clinic's commitment to providing high quality care relies increasingly, on the generosity of our donors.

Your philanthropic support will make a critical difference in helping Sansum Clinic to achieve that goal!



Kurt N. Ransohoff, MD, FACP, and Janet A. Garufis

Our work is never done...we continue to focus our efforts on **keeping pace with the latest technology, acquiring needed equipment, and further enhancing our patients' healthcare experience with new programs and services.**

Our list of funding priorities include the **Lovelace Fund for Medical Excellence** which encompasses the Physician Housing and Facility Improvement Programs to assist us in the recruitment and retention of outstanding physicians; a new **Palliative Care and Advance Care Planning Program** for patients with critical illness, and **state-of-the-art equipment and technology.**

Won't you join us today with a year-end gift to support our efforts?

We take pride in the fact that we have been delivering excellence in medical care for nearly 100 years.

Exploring new, different and better ways of delivering expert, compassionate medical care is central to our mission of serving the needs of our community. We consider it our privilege to serve you and we hope you will invest in Sansum Clinic with a gift today.

Please accept our deepest gratitude for your consideration and warmest wishes for a healthy and joyous holiday season!

Sincerely,

Janet A. Garufis
Chair, Board of Trustees

Kurt N. Ransohoff, MD, FACP
CEO & Chief Medical Officer

P.S. Your support helps us shape the future of healthcare in our community. Every gift we receive helps to make a difference! 🌟

The French Connection

A Conversation with Dr. Marc Zerey

NICOLE YOUNG



Surgeon Marc Zerey, MD, CM, MSc, FRCSC, FASC

If you speak with Sansum Clinic bariatric surgeon Dr. Marc Zerey, you may hear a bit of his French-Canadian provenance. Born in Toronto and raised in Montreal, Quebec, Dr. Zerey attended French schools. His English fluency began in college when he wrestled with learning literature and calculus in a new language. He knew early in life that he wanted to be a doctor and stayed in his hometown until he became one. He completed his medical degree and residency at McGill University Medical School. After a brief stint in North Carolina to train in minimally-invasive surgery techniques, he arrived in Santa Barbara where he met his wife, Danielle, a clinical dietitian at Cottage Hospital. They have three young children who are now learning French with the help of their father. About 40% of Dr. Zerey's patients are candidates for bariatric surgery. This weight loss procedure alters the digestive system to limit the amount of nutrients absorbed. These patients often have serious health problems due to obesity. The other part

of Dr. Zerey's practice is focused on multi-hour surgeries that address complicated hernias. He serves as Vice Chief of Staff at Santa Barbara Cottage Hospital and enjoys working with the surgical residents.

CAN YOU TELL US A LITTLE ABOUT MCGILL UNIVERSITY WHERE YOU RECEIVED YOUR MEDICAL DEGREE AND TRAINING?

It's one of the oldest institutions in Canada and was named after James McGill, a Scottish immigrant who bequeathed the land where the downtown campus stands today. Many of the original buildings at McGill were built in the late 19th century with architectural influence from Scotland and England. The Royal Victoria Hospital, for example, where I did a significant amount of my medical training, was founded in 1893. It's beautiful to look at but not very functional for 21st century medicine. When I came here, I noticed many of the buildings were much newer.

YOUR RESUME SAYS YOU PARTICIPATED IN THE AVIATION MEDICINE PROGRAM AT MCGILL. WHAT IS THAT?

This program allowed residents to participate as flight physicians on chartered aircraft to recover Canadian nationals who were injured or sick from different parts of the country or around the world. I had the opportunity to fly to Europe, the Caribbean, and many areas in the U.S. and Canada. There was a pilot, copilot, a nurse, a flight physician and if the patient was on a ventilator, a respiratory therapist. It was an awesome experience.

HOW DID YOU WIND UP MOVING TO SANTA BARBARA?

After North Carolina, I had a good idea of the type of practice I was looking for. I had traveled to California in the past and loved it. To me, coastal California was the perfect place to live. I interviewed at different institutions across the state and found that Sansum Clinic was a solid organization. Eleven years later, I'm still here. Funny story, I moved here during Fiesta weekend and I knew nothing about Fiesta. I thought, 'Is this how this place is every weekend? How am I going to get any sleep?'

WHAT DO YOU MOST ENJOY ABOUT YOUR SPECIALTY?

Weight loss surgery really changes people's lives. It gives them a second chance. I tell them it's not a magic pill that will fix everything. That doesn't exist. But I am hoping that through education, discipline, and the development of other coping mechanisms the surgery will make it easier to reach certain goals.

YOU HAVE BEEN WITH SANSUM CLINIC FOR MORE THAN TEN YEARS. WHAT DO YOU LIKE MOST ABOUT THE INSTITUTION AND WORKING HERE?

The collegiality is fantastic. Sansum Clinic truly attracts people from all over this country and the talent here is incredible. That's probably the best part. Everybody seems to have the right intentions for the patient and they definitely have the same mentality of working together. I've always felt very welcome and appreciated here, and I enjoy coming to work for that reason.

TELL ME A LITTLE BIT ABOUT THE RESEARCH YOU ARE STARTING.

We are looking at improving pain management in patients undergoing laparoscopic surgery to see whether injecting pain medication directly into the nerves of the abdominal wall will decrease narcotic use afterwards. There's more effort recently to try to decrease our reliance on narcotic prescriptions for the treatment of pain postoperatively.

WHO ARE YOUR ROLE MODELS?

My parents. My dad is a chemist. My mom worked in banking. My dad still works and he loves it. He is 73 and super healthy. I was very fortunate that I had a stable home environment. When you have that, it's a very good foundation for your kids to succeed.

DO YOU HAVE A MENTOR? WHO WOULD YOU SAY HAS HAD THE BIGGEST INFLUENCE ON YOUR CAREER?

Dr. Phil Gordon, a surgeon in residency that I had the pleasure of working with. He had a really strong work ethic, was level-headed and very well accomplished. I loved operating with him. He was 100% into his work, writing books, traveling across the country giving talks. That also helped me realize that I didn't want to do full-time academics or work at a university hospital. Many of those places are less interested in your technical expertise and more interested in your research and publications. The more you publish, the better it looks for the university. I do want to be fully-engaged in my work when I am here, but I don't want that to be the only thing in my life.

IF YOU WERE NOT A DOCTOR, WHAT WOULD YOUR PROFESSION BE?

I often think I would not mind being a stay-at-home dad to spend more time with my kids. My other answer should be photography. I love photography. I have so much photography equipment, books, editing software. If I could do that all the time I would love it!

WHAT IS SOMETHING SURPRISING ABOUT YOU?

I used to be a disc jockey or DJ in college. We would play at the school cafeteria radio station. We had all the records and I had so much fun. Now, my kids and I mostly listen to toddler tunes or sound tracks from their favorite movies. They want to listen to the same songs all the time.

WHAT ARE YOUR HOBBIES?

I love running. I also have a disturbing collection of Legos. This is my excuse: when my son was 2 or 3 years old, I started buying these Lego sets that are clearly above his level. Now, he's 6 and we will spend weeks building a set. When my wife sees the credit card statement, she is like "Did you buy another Lego set?" I guess I am re-living my own childhood. 🌻

Tribute to Van R. Hamilton, MD

Van R. Hamilton, MD, formerly known as "Doc" by his staff, died on September 6, 2018. We lost our colleague and friend on this day. His quote at his retirement party last November showed his humor and reality of life, "47 years, 1 month, 3 days and 1 heart attack!"

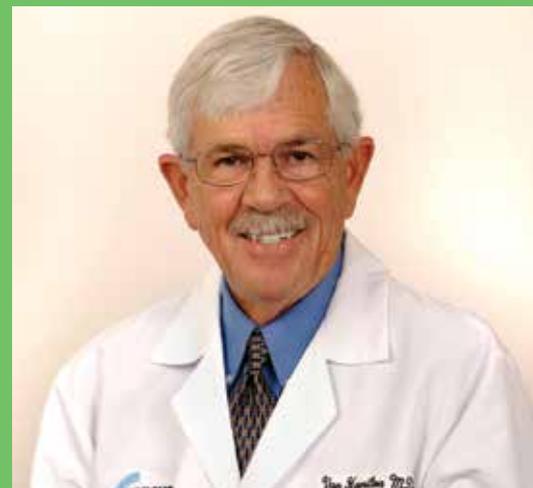
Van would remind me often that he wanted to die at his desk after caring for his patients. He was known for his knowledge of medicine. This knowledge gave him his love for his patients and his determination to provide them with the best of care at Sansum Clinic. He taught me much as my supervising physician for 20 years and I will be eternally grateful.

Van was a man large in generosity to his family, friends and staff. He had an enormous capacity for life and showed this through his stories, both past and present. Van had a deep desire to understand each person he met and carried this through his life.

As he always said, "I did it My Way!"

— Donna Cannady, FNP

Dr. Hamilton joined the Clinic in 1970 and was among the group of doctors who oversaw the creation of the then-new model of Medical Foundations. Being part of that was emblematic of Van's intelligence and desire to do what was best for the patients, staff and the community. Van went to UCSF Medical School and then, after his training, spent more than 46 years working at the Clinic.



Dr. Van "Doc" Hamilton,
December 27, 1937 – September 6, 2018

“Healthy Eating Active Living” Pilot Program Helps Local Families

NICOLE YOUNG



Physical therapist Lillian Donner, left, with Dr. Marilyn Mendoza

When Melynda Velasquez and her two daughters discuss their health with pediatrician Dr. Marilyn Mendoza, they all agree the talks feel more like honest conversations than lectures. “Dr. Mendoza involves the girls and engages them. She has great ideas and approaches to weight management,” shares Melynda. When the physician suggested that her family attend a fun, summer pilot program focused on healthy eating and exercise, they eagerly signed up. “We try to be mindful of how much attention we bring to the issue of weight and the words we use. I try to make it more like a natural part of life,” she explains. “I liked that the program sounded like a healing, healthy type of lifestyle change.”

Dr. Mendoza developed the “Healthy Eating Active Living” four-week pilot course along with physical therapist Lillian Donner, DPT. The two connected as new Sansum Clinic employees and soon discovered their mutual passion for children and health.

Dr. Mendoza began to notice that regular pediatric appointments didn’t allow enough time to address in detail any diet or exercise shortfalls. “I thought we needed to develop something here. A lot of kids in need were being sent to endocrinologists or to a one-time nutrition visit. It wasn’t enough,” she admits. After shepherding a similar health program at a Santa Ana clinic during her residency at UC Irvine, Dr. Mendoza knew the right kind of education could be effective in breaking habits that can cause weight gain. Lillian relayed to Dr. Mendoza how she often treated young children who battled physical pain and disability due to weight. She surmised that if these patients and their parents could become better-informed, behavior changes would likely happen. The friends determined to write a course curriculum of their own that combined fun with the creative delivery of important facts.

Their two-person team worked for three months to bring the idea to life, buoyed by the support of Sansum’s health education director, Margaret Weiss. In July, eight families and their kids attended weekly, 90-minute sessions at Sansum’s Elings Pavilion at the Foothill Surgical & Medical Center. Each hands-on class highlighted a different issue like reading food labels, preparing healthy meals, managing portion control and shopping smartly for nutritious foods. “We tried to make everything we talked about as applicable as possible, like how to fit in quick workouts or cook a quick meal as a family with a busy lifestyle,” notes Lillian. They adjusted the classes after each week, adding in what worked and removing what didn’t. The children especially liked the playful, physical activity games, yummy snacks like fruit popsicles, trail mix or smoothies and the prizes for those who carefully filled out their food logs. Melynda, her husband, David and daughters Catalina (16) and Isabella (12) enjoyed the meetings and began to incorporate what they learned at home. “In the past, I have been more of the motivator but because we did the class together, I think they remember it. I am saying what they already heard and experienced themselves which makes it more meaningful,” she reports.

When Dr. Mendoza and Lillian sought feedback from the parents who attended, many said they’d like the chance to do weigh-ins before and after the classes. They did use the shared recipes and became more cognizant of what they fed their families. “Many of these parents wanted to learn more to combat diabetes, hypertension and other health issues but until now, they either didn’t have the resources or the time,” suggests Dr. Mendoza. “We know there is a domino effect and it does affect their children.” Assuming support for the pilot class continues, their dream goals include holding two courses per year, inviting a health coach or diabetic educator to attend and recruiting outside instructors to introduce families to new physical activities like dance or yoga. With follow-up an important part of staying on track, Dr. Mendoza would love to have the ability to check back with participants once they complete the class to see how they are faring with meals and exercise. Another bucket list item for the program would be a way for Clinic staff to easily flag potential candidates for the course in the Wave electronic health records system, so the program can be offered to patients during an appointment.

Lillian and Dr. Mendoza are back at their day jobs now, but are looking forward to the opportunity to collaborate again on work they feel is critical for the community. “We fed off each other. We made it happen and it just worked out,” adds Lillian. 🌻

Farmers Market Food Demonstration

GERRI FRENCH



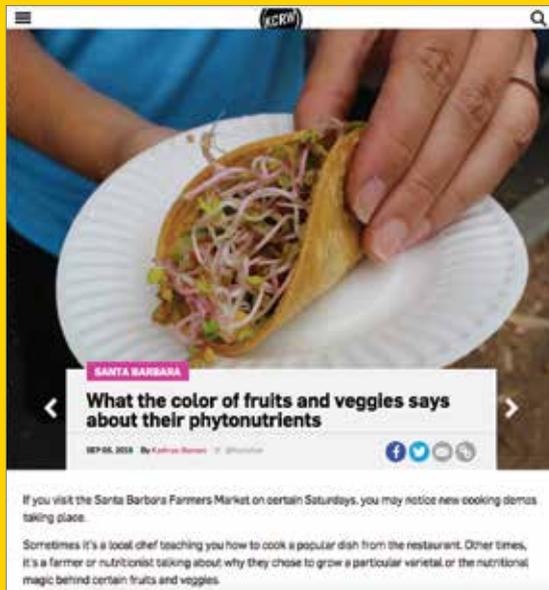
Gerri French, registered dietitian nutritionist, is joined by Drs. Laura Polito and Kurt Ransohoff to demonstrate how to make a delicious salsa using fresh and local ingredients.

Edible Santa Barbara and the Santa Barbara Farmers Market bring quarterly live cooking demonstrations by some favorite chefs around

town, including tips and techniques for preparing seasonal offerings at the market.

The talk was featured in a KCRW blog post you can find at:

<https://curious.kcrw.com/2018/09/what-the-color-of-fruits-and-veggies-say-about-their-phytonutrients>



Gerri French, MS, is a registered dietitian nutritionist (RDN) and certified diabetes educator (CDE) for Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. She is also a mother and enjoys sharing practical information and recipes with her patients and their families.

Recipe: Asian Salad with Peanut Sauce

Cabbage Salad is a satisfying side dish that contains colorful vegetables full of vitamins and minerals. Cole Slaw dressing traditionally is made with mayonnaise which can contain heart healthy olive oil; this Asian Cabbage Salad is quite savory prepared with peanut butter and soy sauce and is lighter in calories. Both are delicious and are wonderful sources of fiber to fill our plate. I often bring these types of salads to potlucks since they are so beautiful and can feed many. Think about having Cole Slaw with your Thanksgiving dinner!

For a complete meal, consider adding tofu, chicken or seafood.

Sample of Salad Ingredients:

Red Cabbage, shredded
Napa, Savoy and/or Green Cabbage, shredded
Carrots, grated or chopped
Red Peppers, chopped
Snap Peas, cut
Green Onions, minced

Optional:

Celery, chopped
Cucumbers, chopped
Tangerine segments or shredded apple or pear
Cilantro, finely minced
Sesame seeds, toasted

Peanut Sauce – makes approximately $\frac{3}{4}$ cup
 $\frac{1}{4}$ Cup peanut butter
1 Tablespoon minced garlic
2 Tablespoons soy sauce (lite)
1 Tablespoon rice or apple cider vinegar
1 Tablespoon honey or sugar
1 Tablespoon finely chopped ginger
 $\frac{1}{4}$ Cup water...or more

Optional:

1 Teaspoon sesame oil
1 Tablespoon lime juice

For sauce, blend all ingredients except water together with wire whisk or food processor until smooth. Gradually pour in the water; add more if needed. Taste and season accordingly.

Sprinkle sesame seeds, if available. 🌻

Back in the Saddle

One Patient's Weight Loss Journey

NICOLE YOUNG

"I had lost track of what it was like to be a normal weight," confesses 49-year-old Heather Weitzel. Over the course of 20 years, this piano teacher and mother of three gained nearly 100 pounds, her eating habits spiraled out of control and she felt completely lethargic and unable to exercise. "I had gotten to the point where I was obese," she shares. "I was disappointed that this was where my life had ended up. I was stopping myself from doing things that I loved because I was uncomfortable with my body. You aren't going for a run whenever you feel like it, you aren't going out dancing with your friends, you aren't doing the things that you were doing when you were thinner." An athlete in her youth and a former member of the University of Maryland equestrian team, Heather knew she needed to change and tried all kinds of diets to get back on track. "I would fail and then rebound and gain more weight," she remembers. The turning point came in 2014 when her husband, Eric underwent open-heart surgery and she witnessed the difficulty of his recovery, even for a very healthy adult. "I thought, if this happened to me, I would be in big trouble," she contemplated. Heather would soon discover that heart disease in her family and her arrhythmia condition (irregular heart rhythm) placed her at a higher risk for cardiac distress. She critically needed a plan to lose weight or her health would be in serious jeopardy.



Before



After

Having friends who successfully completed Sansum Clinic's medically-supervised Doctors' Weight Management Program swayed Heather to consider joining. This method uses HMR meal replacements, which *U.S. News and World Report* ranked #1 diet for fast weight loss

in the 2018 Best Diets ratings. Sansum Clinic introduced the HMR program in 1986. Endocrinologist Dr. Chris Donner who is still with the program today was key in bringing this researched-backed, behavior-based program to Santa Barbara in order to help patients lose weight in a fast and safe environment. Doctors who work with DWMP understand how to help patients become their best selves. Once Heather finally decided to take the leap, she took comfort knowing internist Dr. Vikki Lane and the team would closely follow her lab results, adjust her medications, and keep tabs on her progress. Heather liked that she would see the program physician, attend a weekly support class and pick up food all in one convenient location. Avoiding grocery stores kept temptation at bay and connecting with others facing similar weight struggles strengthened her. "The level of support is excellent and the coaches are awesome. If I have a problem or a situation I don't

know how to work around, they always have ideas," explains Heather. "I knew I was being taken care of."

The program's coaches helped her to break old and stubborn habits. She appreciated being able to call or email her coach when she struggled. "It's a psychological battle as well as physical but I had people with me the whole way. They were my cheerleaders." "It's so much about behavior," reports Donna Gill, manager for the Doctors' Weight Management Program. "Are you thinking ahead? What are you doing to make sure the next meal is a healthy one?" Before long, Heather began to see results and she weighed in 45 pounds lighter. Slowly, her family life started to change. Her kids and husband planned and cooked meals together. "We learned together as a family about better nutrition and health," relays Heather. "Now when I see my son in a grocery store turning over an item to read the label, I think, I've won. We've won!" Once Heather graduated to Phase 2, the weight management part of the program, she needed to learn how to eat in a healthy manner in her own kitchen and out in a restaurant. Heather's lifestyle changes resulted in a total loss of 90 pounds. This milestone is where her coaches became more important than ever. She moved from battling her body to take even a short walk to exercising regularly enough to train for a marathon. The pièce de résistance that felt truly breathtaking to Heather was finally getting back on a horse, something she guessed might never happen due to her heart condition. "I didn't believe how good I would feel at the end," says Heather, her face glowing with a big smile. "It was so much fun to regain my sense of adventure and start trying new things."



Developed by a behavioral psychologist, Sansum Clinic's Doctors' Weight Management Program combines a staff of healthcare and weight loss professionals with more than 30 years of experience implementing a well-designed system where patients achieve long-term success. Donna and her employees revel in the moments where participants see results they dreamed about or realize they can forgo medication because of their weight loss. "It's the best thing ever when people get happier and healthier and come into their own. We see them evolve and change and it's very rewarding," Donna remarks. For Heather, the challenging road has delivered many lessons, with the most important one being passed on to her children. "I feel at peace knowing I am giving myself the best option for a long healthy life and I am giving my family the same." 🌻

To register for the Doctors' Weight Management Program or to attend a free class, call (805) 563-6190.

Boot Camp

New Year's 10-Week Diet

No Gimmicks Just Real Results

The Doctors' Weight Management Program combines a structured diet, physical activity, and behavioral lifestyle-change coaching and is designed to help people lose weight while learning the skills they need to keep it off.

Healthy Solutions®

Join the Doctors' Weight Management Program at Sansum Clinic for our 8-week diet boot camp. This low calorie diet plan includes exclusively HMR® meal replacements, a high level of fruits and vegetables and weekly exercise goals.

Get ready to start on your New Year's weight-loss goals!

- Sign up now and improve your health while losing weight in 2019!
- Program includes: weekly classes, personal coaching, goal setting, planning and accountability.

Sign Up By January 7th

Space is limited! Sign up to attend an information session by January 7, 2019 to reserve your spot in the **Boot Camp** beginning **January 16, 2019! 10 Wednesday evening sessions – January 16 - March 20.**

Find us at sansomclinic.org/doctors-weight-management-program to sign up for our orientation session.



U.S. News & World Report named HMR a #1 "Best Weight-Loss Diet" for 2018!



Doctors' Weight Management Program
51 Hitchcock Way
Santa Barbara, CA 93105
(805) 563-6190
hmrprogram@sansomclinic.org



McNamara Fund for Professional Enriching and Education & Nursing Scholarship Recipients Announced for 2018



Debi Ames, Monica Sanchez, Jen McGahey, Heather Donovan, Jamie Romero, Alysha Izoco, Dale Klahn and Abigail Galler, with Chris McNamara, center, and Dr. Jim McNamara, front row

Sansum Clinic knows the value of investing in employee education and development. Through the generous support of donors, the McNamara Fund for Professional Enrichment and Education, and the Nursing Scholarship Program help to support both clinical and non-clinical employees with educational endeavors enabling them to reach their career goals.

Eight recipients were awarded with grants and scholarships toward development in their respective fields and careers. These programs continue to make a direct impact on our community, offering the assistance deserving staff needs in order to afford higher education and in developing our next generation of leaders.

Congratulations to the following recipients:

DEBI AMES, RN SPECIALIST, SUPERVISOR, PESETAS URGENT CARE (JOINED SANSUM CLINIC IN 1997; DEBI IS NOW AT RIDLEY-TREE CANCER CENTER)

“Sansum Clinic’s goal is to open a procedure center where patients from all over the Clinic will be able to come for care. This will include patients currently receiving chemotherapy, radiation and/or biotherapy. I will be supervising this department and working with nurses who will care for patients in the procedure center. Taking this course will help me to better understand what the patient is going through and how to anticipate patient needs.”

MONICA SANCHEZ, LICENSED VOCATIONAL NURSE, SOLVANG COUNTRY CLINIC FAMILY PRACTICE (JOINED SANSUM CLINIC IN 2002)

“I started working at Sansum Clinic in the Medical Records

department 15 years ago. Throughout the years, Sansum Clinic has given me the opportunity and flexibility to go to school and continue my education. As I begin my 10th year as a Licensed Vocational Nurse, I am thankful for all the opportunities, knowledge and confidence I have gained over the years. The McNamara grant will provide me the financial assistance needed to complete the final course for entrance into the Registered Nursing program.”

JEN MCGAHEY, REGISTERED NURSE MANAGER, LOMPOC ADMIN PATIENT CARE SERVICES (JOINED SANSUM CLINIC IN 2000)

“I have spent most of my nursing career at Sansum Clinic and have been afforded opportunities that I don’t think I would have gained elsewhere. I have grown professionally and have broadened my skill base. I’ve chosen to enter a Bachelor of Arts in Healthcare Administration program to continue to enhance the skills that I have developed as a manager in healthcare. This program has already proven to be beneficial in terms of knowledge I have gained. I feel this opportunity will enable me to bring more value to this position or any position I may hold at Sansum Clinic in the future.”

HEATHER DONOVAN, MEDICAL SERVICES COORDINATOR, PULMONARY & CRITICAL CARE MEDICINE (JOINED SANSUM CLINIC IN 2015)

“I want to be able to provide my patients more support. I want to help my co-workers room patients and take vitals, and I’d like to work one-on-one with patients so they know that I am here to help them and that I have the skills to help them.”

AMIE ROMERO, MEDICAL CODING MANAGER, CORPORATE CODING DEPARTMENT (JOINED SANSUM IN 2015)

“Earning the Risk Adjustment and Inpatient Coder certifications will allow me to grow personally and to develop my professional knowledge. This training will enable me to train staff within the department and work more effectively with providers throughout the Clinic. The education and training provided for these certifications will ultimately help Sansum Clinic meet insurance payer guidelines.”

ALYSHA IZOCO, HEALTH EDUCATOR, LEAD, DOCTORS’ WEIGHT MANAGEMENT PROGRAM (JOINED SANSUM CLINIC IN 2015)

“I have always had a huge interest in health and wellness, which ultimately led me to my current position with Sansum Clinic as a Health Educator. During my time here I have provided patients with behavioral counseling and nutrition education. Building on my foundational training, I have become proficient in coaching patients and have seen the role that successful coaching plays in our patients’ overall experience.”

DALE KLAHN, ANALYST, EHR, WAVE TEAM (JOINED SANSUM CLINIC IN 2015)

“I have worked in Healthcare IT for more than 20 years both as a full time employee and as a consultant. I have been a full time employee of Sansum Clinic as an IT EHR analyst since September 2015. Although I have had years of experience implementing applications and integration projects at various organizations throughout my career, I have always thought that formal training in project management methodology would be a great benefit to me and my employer. I appreciate the opportunity that the McNamara Fund provides as a way to help accomplish that goal.”

ABIGAIL GALLER, REGISTERED NURSE, TRIAGE LEAD, PUEBLO OB/GYN (JOINED SANSUM CLINIC IN 2015)

“I have had the opportunity to grow not only as a nurse, but also as a person over the past three years at Sansum Clinic. When it comes to talking about healthcare and educating patients, my confidence booms knowing that I can provide the care and support that they need. I am passionate about empowering this vulnerable population. I wish to improve my teaching skills to become the best patient educator I can be.” 🌸

From the Sansum Clinic Mailbox

Dear Dr. Zmolek,

I just want to thank you again for the thoughtful and patient aftercare you have given me. Also, for the successful and now pain-free liberty I am experiencing in both my knees!

I have been able to comfortably spend hours walking on our beaches and am very, very grateful to you for this freedom which I had missed for many years.

Thank you, thank you, thank you!

— Barbara, Sansum Clinic patient



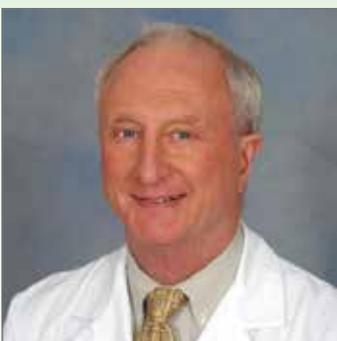
Dr. James Zmolek has been with the Sansum Clinic Orthopedics Department since 1990. After graduating from Medical School at UCLA, he

James Zmolek, MD

completed a fellowship in Surgical Arthritis and Reconstruction at Rancho Los Amigos Medical Center. He is board-certified by the American Board of Orthopaedic Surgery.

sansumCLINIC Visiting Professor 2019 OF SURGERY

David V. Feliciano, MD



David V. Feliciano, MD

David V. Feliciano, MD, clinical professor of surgery from the University of Maryland Medical Center will join us March 18-22 for Surgical Academic Week. His public lecture is scheduled for Thursday, March 21 at 5:30 at the Ridley-Tree Cancer Center.

Sansum Clinic’s Visiting Professor of Surgery program provides expert educational seminars for practicing Santa Barbara surgeons and physicians. More importantly, it allows surgical residents in training at Santa Barbara Cottage Hospital the chance to interact daily with the icons, leaders and outstanding teachers of the art of surgery.

This unique educational program advances the level of surgical care available in our community, and is made possible by generous support from our Title Sponsor, Cottage Health, and grateful patients, medical groups, individual community surgeons and physicians, and corporate donors. 🌸

The Effect of a Five-Day Educational Program for Children with Asthma on Airway Inflammation

Drs. Jinny Chang, Myron Liebhaber and Gary Moreno, RN conducted a study to investigate the effectiveness of a 5-day educational program at Camp Wheez for children with asthma on airway inflammation as measured by FeNO. Fifty-one children with asthma were enrolled in the study in the age range of 6-17. Children were educated on the early signs of asthma, identifying triggers and the use of controller medication. The curriculum was provided by the asthma camp consortium by AAAAI. The NIOX VERO, an airway inflammation test for managing asthma, was used as a 6 to 10 second, single breath, quantitative measurement. We measured fractional exhaled nitric oxide (FeNO) on day one (baseline) and day 5 (end of camp.) Baseline determinations were done on day one and end of camp determinations were done on day 5. None of the campers were informed on their baseline levels or received individual coaching. This study demonstrated the effectiveness of a 5-day asthma education program with results showing a significant improvement in FeNO with a 10% improvement (significance at $P < .001$) at the conclusion of asthma education. 🌟



Congratulations to Dr. Myron Liebhaber for celebrating 40 years of Camp Wheez, our free day camp for children with asthma. This is a tremendous milestone that has had a positive impact on hundreds of our littlest patients.

A crowd of more than 200 enjoyed a delicious lunch, festive balloons and colorful cakes at the 40th anniversary Camp Wheez alumni reunion in August at Veronica Springs Church. Emcee, Vicki Hazard, Vice Chair of the Sansum Clinic Board of Trustees, recounted the value of Camp Wheez to the more than 1,000 kids over its history. District Representative for Senator Hannah-Beth Jackson, Brad Hudson, presented Dr. Myron Liebhaber with a State Senate Resolution honoring his work with Camp Wheez and his contributions to pediatric pulmonary medicine and Margaret Weiss and Dr.



Dr. Myron Liebhaber



Dr. Jinny Chang

Jinny Chang accepted a certificate of State Recognition of Camp Wheez's 40 years of service to the community.

Local firefighter Tim Wright expressed his gratitude for Camp Wheez on behalf of the many early camp organizers, counselors and campers in attendance. 🌟

Sansum Clinic in the Community

DR. STERN SPEAKS AT ACOP

Urgent care physician Nicole Stern, MD, FACP was a faculty speaker at the 2018 American College of Physicians Annual Meeting in New Orleans. The two sessions she taught were "Diagnosis-Driven Physical Examination of the Knee" and "Diagnosis-Driven Physical Examination of the Shoulder."

DR. WINNER SPEAKS AT AAFP



Dr. Jay Winner recently gave a talk on anxiety disorders at FMX, the largest annual meeting of the American Academy of Family Practitioners in New Orleans; and will cover the topic again at Pri-Med meetings in Chicago and Boston. His lecture discusses a more holistic way of treating anxiety,

not just emphasizing medication, but also discussing important psychoeducation and non-pharmacological treatments. He created a patient education video that can be found at www.sansumclinic.org/jay-winner.

CALIFORNIA COAST CLASSIC BIKE TOUR



Dr. Susan Lemon participated in the Arthritis Foundation Central Coast Classic Bike Tour Presented by Amgen September 22-29. Her husband, Dr. Kyle Lemon completed his 10th consecutive year in the event. Each year, this eight-day, 530-mile bicycle tour raises more than \$1 million to raise awareness and support for the 54 million Americans, including 300,000 children living with arthritis in its many forms. Dr. Susan Lemon is a board certified Rheumatologist with 11 years of experience practicing at Sansum Clinic in Santa Barbara and Solvang. Her busy practice focuses



on the treatment of all types of degenerative and autoimmune arthritis conditions. She is a member of the Central Coast Arthritis Foundation's board. Dr. Kyle Lemon is an internal medicine hospitalist with 18 years of experience at Sansum Clinic. He cares for critically ill patients hospitalized with a wide variety of medical conditions such as sepsis, heart attacks and strokes. 🌟

Awards & Recognition

EPIC ELECTRONIC HEALTH RECORD RECOGNITION



Sansum Clinic's Wave team was recognized at the Epic Annual Users Group for receiving validation as a Stage 7 ambulatory clinic on the O-EMRAMsm (Outpatient Electronic Medical Record Adoption Model) by HIMSS Analytics in

2017. In 2018, Sansum Clinic has been recognized as a 9-Star organization for Epic's "Gold Stars" program, which recognizes organizations that have taken steps to adopt new features and workflows redesigned to improve system use (staff, providers and patients). This places Sansum Clinic in the ranks of the top 2% of all Epic customers!

RIDLEY-TREE CANCER CENTER RECEIVES SANTA BARBARA BEAUTIFUL PRESIDENT'S AWARD

Each year, Santa Barbara Beautiful recognizes important beautification projects throughout the city through its Annual Awards program. Leadership of the Ridley-Tree Cancer Center at Sansum Clinic, Lady Leslie Ridley-Tree, Cancer Foundation of Santa Barbara, G.L. Bruno Associates, Cearnal Collective LLP, and other key partners were recognized with the President's Award at a reception at the Music Academy of the West in September.

CHAMPIONS IN HEALTH CARE



Drs. Joseph Aragon and Mike Shenoda were recognized by the *Pacific Coast Business Times* as Champions in Health Care "Champion Specialists". Along with their colleagues in the Cardiology Department, these two doctors have

brought new and innovative procedures in the field of structural heart disease for the benefit of patients in our community and throughout the central coast. It is wonderful to see them recognized for their efforts.

40 UNDER 40



Lindsay Cortina, director organizational initiatives, was recognized by the *Pacific Coast Business Times* on the 40 Under 40 list, representing the top 40 business leaders under the age of 40 on the Central Coast.

READER'S CHOICE AWARDS

We had a very strong showing in the *Santa Barbara News-Press* Reader's Choice Awards. Congratulations to Dr. Saida Hamdani, who was voted Best Pediatrician, with Dr. Dan Brennan voted as runner up in this category; Dr. Nina Katsev was voted Best Optometrist, and Dr. Doug Katsev was voted Best LASIK surgeon. Dr. Andrew Mester was runner up for Best Ear, Nose & Throat Doctor. Dr. David Phreaner was runner up for Best Family Doctor. Sansum Clinic was recognized as Best Medical Facility – a testament to all the great work happening in our sites each day.



HONORARY CHAIR



Marjorie Newman, MD, Sansum Clinic medical director, served as honorary chair of the Alzheimer's Association's 2018 Walk to End Alzheimer's.

AMERICAN CANCER SOCIETY HONOREE



Dr. Dan Greenwald, medical oncologist at Ridley-Tree Cancer Center, was the 2018 honoree for the American Cancer Society's Riviera Ball.

ASGE RECOGNITION

The Gastroenterology Department's Pueblo ASC received recognition by the American Society for Gastrointestinal Endoscopy (ASGE), the leading gastrointestinal medical society, for demonstrating a commitment to patient safety and quality.

DR. RANSOHOFF GOES TO WASHINGTON



Dr. Kurt Ransohoff at a Senate hearing before the U.S. House of Representatives Committee on Energy & Commerce in Washington, D.C. regarding Medicare Access and the CHIP Reauthorization Act of 2015. Photo courtesy of U.S. House Committee on Energy and Commerce 🌻

Welcome New Providers

MICA BERGMAN, MD

Ophthalmology

Elings Eye Center

4151 Foothill Road, Santa Barbara

Dr. Bergman attended graduate school and received her medical degree from Vanderbilt University in Nashville, Tennessee where she also completed her internship in ophthalmology. She completed her residency at Keck Hospital, University of Southern California and a fellowship in Oculoplastic Surgery at University of Southern California, Eyesthetica. Dr. Bergman is certified by the American Board of Ophthalmology.

ZHE CAI, MD

Internal Medicine

Lompoc Multi-Specialty Clinic

1225 N. H Street, Lompoc

Dr. Cai graduated from Bethune Medical University and completed his internship and residency at Brookdale University Hospital Medical Center in Brooklyn, NY. He is certified by the American Board of Internal Medicine.

JULIAN DAVIS, MD, MA

Medical Oncology & Hematology

Ridley-Tree Cancer Center

540 W. Pueblo Street, Santa Barbara

Dr. Davis graduated from University of California, Santa Barbara and received his medical degree from the Royal College of Surgeons School of Medicine in Ireland. He completed his residency and internships in internal medicine at Pennsylvania Hospital, University of Pennsylvania Health System. Dr. Davis was a Clinical Fellow in Hematology and Oncology at University of California, Davis Comprehensive Cancer Center and is certified by the American Board of Internal Medicine.

ANGELIKA DELOA, MD

Family Medicine

Carpinteria Family Medicine

4806 Carpinteria Avenue, Carpinteria

Dr. DeLoa graduated from Rosalind Franklin University and received her medical degree from Chicago Medical School and completed her internships and residency in Family Medicine at St. Peter Family Medicine in Olympia, Washington. Dr. DeLoa is certified by the American Board of Family Medicine.

SCOTT DEWHIRST, MD

Psychiatry

State Street Psychiatry & Psychology

3916 State Street, Suite 300, Santa Barbara

Dr. Dewhirst received his medical degree from University of New Mexico School of Medicine where he also completed his residency in psychiatry. He completed his residency at Johns Hopkins Hospital in Baltimore, Maryland. Dr. Dewhirst is certified by the American Board of Psychiatry and Neurology.

BRYAN GARBER, MD, MS

Pulmonary & Critical Care Medicine

301 W. Pueblo Street, Santa Barbara

Dr. Garber earned a Masters in Science degree in Human Nutrition from Columbia University prior to attending medical school at the David Geffen School of Medicine at UCLA where he also completed his residency, chief residency and fellowship in pulmonary and critical care. He is certified by both the American Board of Internal Medicine and the American Board of Pulmonary Medicine.

MAURA GILBERT, NP

Urgent Care

Pesetas Multi-Specialty Clinic

215 Pesetas Lane, Santa Barbara

Ms. Gilbert graduated from California State University and is certified by the American Academy of Nurse Practitioners.

LEANN MCLAUGHLIN, NP

Internal Medicine

Pesetas Multi-Specialty Clinic

215 Pesetas Lane, Santa Barbara

Ms. McLaughlin graduated from University of Missouri, Sinclair School of Nursing and is certified by the American Nurses Credentialing Center (ANCC).

SARA NIMMONS, MD

Pediatrics & Adolescent Medicine

51 Hitchcock Way, Santa Barbara

Dr. Nimmons earned her bachelor's degree in Human Biology from University of Texas at Austin and received her medical degree from Texas A&M Health Science Center College of Medicine. She completed her residency in pediatrics at Phoenix Children's Hospital/Maricopa Medical Center Pediatric Residency Program. Dr. Nimmons is a member of the American Academy of Pediatrics and the American Academy of Pediatrics, California.

CASEY RIVES, MD

Hospitalist Program and Urgent Care

217 W. Pueblo Street, Santa Barbara

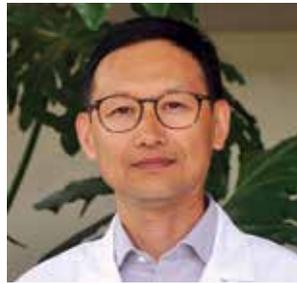
Pesetas Urgent Care

215 Pesetas Lane, Santa Barbara

Dr. Rives earned her medical degree from University of Missouri in Kansas City where she also completed her residency in internal medicine. Dr. Rives is certified by the American Board of Internal Medicine and the American Board of Pediatrics.



MICA BERGMAN, MD



ZHE CAI, MD



JULIAN DAVIS, MD, MA



ANGELIKA DELOA, MD



SCOTT DEWHIRST, MD



BRYAN GARBER, MD, MS



MAURA GILBERT, NP



LEANN MCLAUGHLIN, NP



SARA NIMMONS, MD



CASEY RIVES, MD



MANANYA SATAYAPRASERT, MD



ENA SHARMA, MD



ASHLEY THORSELL, MD



PAMELA TROTTIER, NP

MANANYA SATAYAPRASERT, MD

Neurology

Pueblo Multi-Specialty Clinic

317 W. Pueblo Street, Santa Barbara

Dr. Satayaprasert received her medical degree from Chulalongkorn University in Bangkok, Thailand and completed her residency in neurology at University of Wisconsin Hospital & Clinics. She went on to complete an internship at Greater Baltimore Medical Center and a Neuromuscular Fellowship at Oregon Health & Science University. Dr. Satayaprasert is certified in Neuromuscular Medicine by the American Board of Psychiatry & Neurology.

ENA SHARMA, MD

Rheumatology

Pesetas Multi-Specialty Clinic

215 Pesetas Lane, Santa Barbara

Dr. Sharma received her medical degree from Texas Tech University where she also completed her residency and internship in internal medicine. She completed her fellowship in rheumatology at University of California San Diego. Dr. Sharma is certified in rheumatology by the American Board of Internal Medicine.

ASHLEY THORSELL, MD

Endocrinology & Internal Medicine

Pesetas Multi-Specialty Clinic

215 Pesetas Lane, Santa Barbara

Dr. Thorsell graduated from St. George's University School of Medicine and completed her residency in internal medicine and internship at Santa Barbara Cottage Hospital. She completed a fellowship in endocrinology at Scripps Green Hospital in San Diego and is certified in both Internal Medicine and Endocrinology, Diabetes and Metabolism by the American Board of Internal Medicine.

PAMELA TROTTIER, NP

Family Medicine

Lompoc Multi-Specialty Clinic

1225 N. H Street, Lompoc

Ms. Trottier graduated from the University of North Dakota nursing program and is board certified by the American Academy of Nurse Practitioners. 🌻

The Doctor Can See You NOW

Sansum Clinic's Urgent Care Center is here when you need us most

Our Urgent Care providers treat minor emergencies, acute problems, and urgent medical needs when an unscheduled visit is necessary. We are staffed by a full medical team, with board-certified physicians during all hours of operation.

Services are available without an appointment and during extended evening and weekend hours for conditions that need prompt attention, but are not life threatening.

The flu and other acute illnesses
Cuts requiring stitches
Sprains and strains
Asthma attacks
Other urgent concerns

Same Day Appointments

We now offer scheduled Same Day Appointments for patients with a primary care provider (PCP) at Sansum Clinic to help us better accommodate your needs. Call your PCP's office to see if there is a same-day appointment before you visit the Urgent Care department.



Pesetas Urgent Care in Santa Barbara
215 Pesetas Lane (805) 563-6110

