



# HEALTHLINE QUARTERLY

AN AWARD-WINNING PUBLICATION

GLENDALE ADVENTIST MEDICAL CENTER'S COMMUNITY CONNECTION **SUMMER 2016**

## WEAK IN THE KNEES?

What happens when you hurt your ACL and how we can heal it

"I heard it pop." That's how many people tell the tale about the day an ACL injury took them off the ski slope, football field, basketball court or soccer field. ♦ ACL stands for *anterior cruciate ligament*.



Michael Abdulian, MD

"The ACL is one of four important structures that stabilize the knee," explains Michael Abdulian, MD, orthopedic surgeon and sports medicine specialist at Glendale Adventist Medical Center's (GAMC) Orthopedic Institute. "It runs down the middle of the knee from the femur to the tibia and keeps the tibia—the shinbone—from sliding too far forward."

ACL injuries occur when your foot is planted on the ground but your body continues to move or twist. They usually occur during sports, and the majority are actually non-contact injuries.

"The ACL often makes a popping sound when it tears," Dr. Abdulian says. Pain, swelling, tenderness, inability to walk and loss of motion are other symptoms. After injury, the knee usually feels unstable.

**WHAT CAUSES AN ACL INJURY?** According to the American Academy of Orthopaedic Surgeons (AAOS), you can injure your ACL in a number of ways, such as:

- Changing directions rapidly.
- Stopping suddenly.
- Falling backward as the lower leg moves forward.
- Slowing down while running.
- Landing incorrectly from a jump.
- Colliding with another player or object.



While ACL injuries are common in athletes, they can happen to anyone.

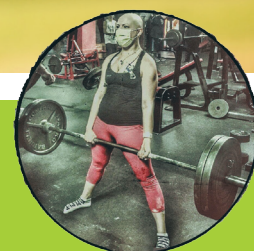
**WHAT ARE MY OPTIONS?** "How an ACL injury is treated depends on the degree of injury and if there are other injured structures in the knee," explains Dr. Abdulian. Care is usually tailored to each patient's individual needs and injury.

According to Dr. Abdulian, for some patients, braces and physical therapy may be all the treatment that is needed. In other cases, surgery is the best option to get patients back to sports.

"In surgery, the ACL is usually rebuilt using another tendon taken from elsewhere in the body—such as from a hamstring or quadriceps," he says. Another option is to use a donor graft to reconstruct the ligament. "It's an arthroscopic procedure that uses very small incisions."

Whether treatment involves surgery or not, rehabilitation is crucial, Dr. Abdulian says. A structured, progressive physical therapy program can take several months, but it's the best way to get you back in motion—and doing the sports and activities that you love.

If you think you may have injured your ACL, don't wait—call the GAMC Orthopedic Institute at (818) 863-4446 for an appointment with one of our orthopedic surgeons! To learn more, visit [AdventistHealth.org/Glendale/Ortho](http://AdventistHealth.org/Glendale/Ortho).



### In this issue The power of the lift

Bliss Saleebyan triumphs under the heaviness of a new cancer diagnosis. Equipped with perseverance and strength, she carries the weight of her challenge high above her. Find out where she draws her source of strength from: Read her heroic story on page 4.

TO FIND A DOCTOR, CALL (818) 409-8100

A high-performing hospital





HOSPICE

# A time for comfort and grace

**WHEN YOUR LOVED** one is in a critical stage of health, you and your family may be faced with some difficult decisions, including whether to ask your doctor to initiate hospice care.

“Generally, hospice is for people who have been evaluated by a qualified physician and determined to have six months or less to live and who are not receiving treatments for a cure,” explains Edmund Lew, MD, director of hospice care at Glendale Adventist Medical Center (GAMC).



Edmund Lew, MD

“The hospice team helps the patient and their family fulfill their wishes for the loved one to spend their final months of life without pain and discomfort—and in the company of loving family members and friends. We travel that last road alongside them all to help bring an atmosphere of peace, comfort and healing during that trying time.”

If a person lives beyond six months, he or she can continue to receive hospice care.

“Many people in hospice care have cancer, but some may have conditions such as end-stage heart, kidney or liver disease; lung disease; AIDS; or dementia,” says Dr. Lew.

Hospice care is based on the belief that each person has the right to die pain-free and with dignity and that families should receive the support they need.

**WHAT'S INVOLVED** The primary focus of hospice is twofold: to control pain and other symptoms in the person who is terminally ill and to give emotional support to the patient and his or her family.

Hospice care is most often provided at home. The patient’s own doctor or a hospice doctor oversees the care plan. Regular home visits are provided by registered or skilled nursing facilities, and health care

personnel are on call 24 hours a day.

Families also receive in-home assistance from home health aides with tasks such as bathing a loved one, and trained volunteers can come to the home to allow caregivers some time for themselves.

Social and spiritual services are available to help patients and families cope, and families can continue to receive counseling for at least a year after the death of a

loved one. Medicare and most Medicaid and private insurance plans will pay for hospice services.

Adventist Health Hospice–Glendale provides hospice inpatient care at GAMC for current hospital patients who wish for hospice support and have symptoms that need to be managed in an acute care setting.

Our team of hospice doctors, nurses, social workers, home health aides, therapists, clergy and volunteers is devoted to ensuring that our terminally ill patients are treated with compassion and dignity. We develop plans of care based on the wishes of our patients, with the goal of maximizing comfort and quality of life.

**Do you have a loved one who would benefit from our hospice services? Call (818) 409-8011. We will gladly answer your questions.**

## CONGRATULATIONS, EDMUND LEW, MD 2016 PHYSICIAN HERO OF THE YEAR!

The Healthcare Foundation at Glendale Adventist Medical Center is proud to recognize family practice physician Edmund Lew, MD, with the Physician Hero Award for 2016. This award is based on nominations from grateful patients.

For more information on how to make a special tribute in Dr. Lew’s honor, call the GAMC Healthcare Foundation at (818) 409-8055 or visit [AdventistHealth.org/Glendale/Giving](http://AdventistHealth.org/Glendale/Giving).



**Hospice care**

### We offer:

- 24/7 support and availability.
- Spiritual support unique to spiritual needs at end of life.
- Emotional support and community resources.
- Bereavement counseling and support for family members and caregivers.
- Medications related to diagnosis and symptom management.
- Coordination of supplies and medical equipment.
- Insurance billing services.

Sources: Hospice Association of America; National Hospice and Palliative Care Organization

## HEALTHCARE FOUNDATION BOARD

## Devoted to supporting quality health care

**THE HEALTHCARE FOUNDATION** at GAMC secures charitable donations and funding to support a range of programs and multimillion-dollar capital projects.

“Board members are more than dedicated volunteers,” says Foundation President Irene Bourdon. “They are invested, emotionally and spiritually, in this hospital and its charitable work.”

The 25-member Board serves as the governing body of the Foundation. Board members work closely with Bourdon and the Foundation staff on goals and strategic planning, but they spend most of their time as advocates, ambassadors and fundraisers for the hospital.

Glendale attorney and Board Chairman Arsen Danielian says that serving on the Foundation “is the best way to contribute to my community as GAMC is working to transform the future of health care in our city.”

During the past six years, the Foundation has raised more than \$12.5 million. Currently, the Foundation is embarking on a campaign to raise more than \$2 million to purchase a linear accelerator, a machine that destroys cancer cells with more precision and accuracy—and in less time—than ever before.

To meet our board members, visit [AdventistHealth.org/Glendale](http://AdventistHealth.org/Glendale).



The Healthcare Foundation Board of Directors at Glendale Adventist Medical Center.

## Thousands receive free medical care

**IN THE WORDS** of Glendale Adventist Medical Center (GAMC) President and CEO Kevin A. Roberts, “This was the purest example of treating people as Jesus did that I’ve ever seen in the continental USA.”

For three days in April, Roberts, along with 18 physicians and approximately 80 associates from GAMC, joined more than 4,200 health professionals in volunteering their time and skills at the Your Best Pathway to Health Mega Clinic at the Los Angeles Convention Center.

An estimated 8,500 uninsured, underinsured and homeless patients were seen during what some GAMC associates called “Mission L.A.” The convention center was transformed into a vast health clinic, offering medical, dental and eye care and physical therapy centers—and even a hair salon.

In addition to giving health services at the convention center, doctors performed major surgeries that could not be performed outside a hospital setting. Ten of these surgeries occurred at GAMC, including orthopedic procedures, hand surgery and hernia repairs.

GAMC Emergency Department physician Sylvia Kotikian, MD, worked in medical triage on the clinic’s opening day. “At 6:30 AM the line of people already stretched



GAMC’s physicians, associates and volunteers gathered together to provide medical services and support to thousands of uninsured residents.

around the building,” she recalls. “Some patients had not seen a doctor in a very long time. It was nice to serve these people, to give them individual attention without having to be concerned with such things as insurance.”

“The Pathways to Health medical mission was an amazing success,” Roberts adds. “There are many stories that emanated from this event...I want to thank the doctors and our GAMC associates who gave of their time and talent to serve. Lives of the neediest in our community are changed, spirits lifted and health restored.”

All services were provided free of charge, under the sponsorship of the Seventh-day Adventist Church and supported by Adventist Health and GAMC.



# The POWER of the LIFT

Battling cancer, Bliss Saleebyan is an uplifting inspiration



Bliss Saleebyan with her lead oncologist, David Shin, MD



As a recent graduate from UCLA preparing for a role as a substitute teacher in her childhood school district, Bliss Saleebyan found herself at the perfect moment in life. Then, in the early months of winter, the 19-year-old was faced with an unsettling reality: cancer. She used her writing, her attitude and a little lift to keep her spirit strong—eventually becoming an inspiration to herself and to thousands around the world. ♦ “I was born at Glendale Adventist Medical Center, but never did I think I would end up here as a patient,” Saleebyan recalls.

“It was early December when I went to the emergency room for chest pain with a swollen face and neck that made me look like a giant chipmunk. The doctors gave me the terrifying news that I had a large mass in my chest and pulmonary embolism!”

She remained hospitalized for 15 days

while Glendale Adventist Medical Center (GAMC) physicians continued thorough testing and surveillance. The final results were frightening: Saleebyan was diagnosed with a “rare and aggressive” form of stage III non-Hodgkin lymphoma.

Over the course of the year, she had

several rounds of aggressive and targeted chemotherapy, but she refused to let the weight of her diagnoses slow her down. After 17 weeks and roughly 625 hours of chemotherapy, Saleebyan received some miraculous news: She was officially in remission. A PET scan on April 13, just four months after diagnosis, indicated that the 10-centimeter malignant tumor invading her body and harming all surrounding organs had gone down to a few centimeters of inactive, and presumably dead, tissue. In three months, she will continue surveillance to ensure that all remaining tissues have broken down.

Along her journey, Saleebyan used social media to share her writing, gathering thousands of fans and followers and inspiring others to pick up the weight of life’s challenges and lift it high above them. Saleebyan shares three key points

she attributes to her healing.

## 1 PHYSICAL FITNESS

“When the horrific news of my diagnosis shook up my world, one of the first things to cross my mind was, ‘How long until I can lift again?’”

Two years ago, Saleebyan was introduced to the world of powerlifting by her big brother, Braven. Powerlifting is a strength sport that consists of three attempts at maximum weight, lifting using squats, bench presses and deadlifts. “It seemed to be a silly concern to those who didn’t share my passion for powerlifting, but I was determined to maintain my strength.” She found herself falling in love with powerlifting, disciplining herself and training hard.

“Why powerlifting?” Saleebyan asks. “The thought of not lifting was one of the



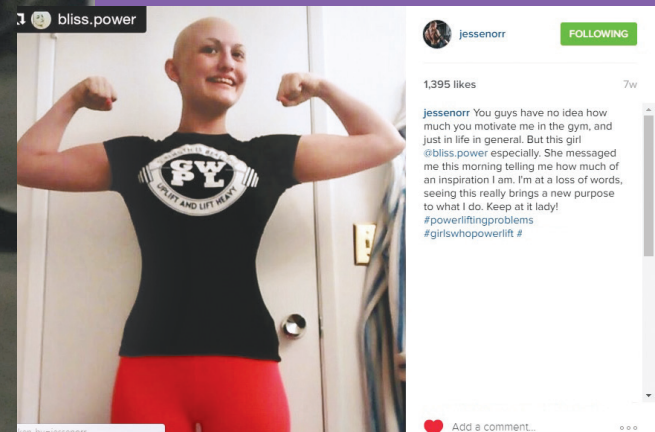
# CONNECT WITH Bliss



@bliss.power



#PoweroftheLift



most emotionally trying issues haunting my thoughts during my first 15-day hospitalization.” However, a blood test on Jan. 1 indicated that her blood count was in a healthy range to lift. Wasting no time, she immediately hit the gym, developing a schedule to fit her very regular chemo treatments.

“Not only do I exercise while connected to chemo in the hospital, but I continue to lift whatever I can when my immune system is up and running. I urge everyone to seek some form of physical fitness that excites them!”

## 2 MENTAL FITNESS

Writing has always been a private form of therapy for Saleebyan.

She uses writing to channel her thoughts and her feelings through language, and her love of writing led her to

pursue a degree in English.

“Mental fitness comes with keeping your mind active, and reflecting on my journey was key for me,” she says. “Everyone deals with life’s challenges in different ways. Some cancer patients try to ignore their diagnosis. I embraced it, reflected on it, contemplated and stared directly into its eyes, all through my writing. Being honest with myself about what I am undergoing and then deciding what to do about it has kept me motivated at every turn.”

Saleebyan urges everyone to seek their own unique channel of expression to keep motivated and inspired.

## 3 GOOD CARE

“When your life is in the hands of experts, you can focus on living,” Saleebyan says. She credits her recovery to the

expertly trained medical staff at GAMC. She says, “They literally saved my life.”

While at GAMC, she received treatment from her primary oncologist, David Shin, MD, who led her through her chemotherapy.

“Bliss received an intense combination chemotherapy that is continuously administered around the clock for several days inside the hospital,” explains Dr. Shin. “She endured six hospitalizations every three weeks.”

She immediately received the most aggressive and effective form of chemotherapy available.

“Over the course of her treatment I got to know Bliss very well. We formed a strong bond instantly. She has such a tenacious character, she was an ideal patient,” says Dr. Shin. “Because of Bliss’ positive character, she was adored by everyone:

the nurses, staff and anyone that met her. She was like a star on our oncology floor!”

She says this about her care at GAMC: “The exceptional care of nurses, doctors and even non-medical staff at the hospital has made me not only confident in my care, but feeling almost at home during my regular six-day hospital stays.”

Saleebyan’s refusal to let her illness define her everyday life is what kept her constantly moving forward.

“Fitness, both mental and physical, is a state of mind, and despite the severe attack my body is under, I have been fighting not just for my life, but for my strength and my dignity, which is more than intact!” she says. “I could not have done so well without all the love, the lifting, and—of course—some good old fashioned stubbornness!”

Source: International Powerlifting Federation

# Glendale Adventist Medical Center



- **Women's Choice Award** – Earned 2015 recognition as one of America's Best Hospitals for heart care, orthopedics and patient safety.
- **Maternity Center** – Features high-tech delivery beds for maximum comfort, couplet care, NICU, high-risk pregnancy care and education classes.
- **Comprehensive Stroke Center** – Awarded for exceeding patient safety standards and achieving the highest level of competence for treatment of serious stroke events.
- **Cancer Center** – Pink Ribbon Facility for excellence in breast health and patient support. Recipient of the Outstanding Achievement Award.
- **Private Patient Rooms** – Spacious and comfortable rooms for patients and their families. Internet access and amenities available.



HEALTHCARE *at a Higher Level*



Glendale Adventist Medical Center



[AdventistHealth.org/Glendale](http://AdventistHealth.org/Glendale)

# Wising up on wisdom teeth

**WISDOM TEETH** mark a rite of passage—9 out of 10 people will need to have their wisdom teeth removed at some point in their lives.

Your wisdom teeth are the upper and lower third molars, located at the very back of your mouth. Wisdom teeth that are healthy and located in the right places don't usually cause problems. However, when they don't have enough room or come in crooked or in the wrong direction, problems can develop.

**SIGNS OF TOOTH TROUBLE** “Wisdom teeth generally begin to emerge in the mid-teens, early 20s,” explains Armond Kotikian, DDS, MD, FACS, oral and maxillofacial surgeon at Glendale Adventist Medical Center (GAMC). “As they start to come in, they can become impacted, cause gum infections, damage other teeth or form cysts, which can sometimes become cancerous.”

Most problems with wisdom teeth begin between the ages of 15 and 25. According to Dr. Kotikian, symptoms can include:

- Pain or jaw stiffness near an impacted tooth.
- Pain or irritation in your mouth from a tooth coming in at an odd angle.
- Gum infection.
- Tooth decay.

The most common treatment for problematic wisdom teeth is tooth extraction. “The best time to extract the wisdom teeth is between the ages of 15 and 20, when the root is about half to two-thirds formed,” says Dr. Kotikian. “Once you get into your 30s, the risk of complications from wisdom tooth extraction increases.”



Armond Kotikian, DDS, MD, FACS

## WHAT TO EXPECT WITH EXTRACTION

The thought of having teeth removed can be a scary one. However, “About 10 million wisdom teeth are extracted every year,” says Dr. Kotikian. “The techniques for performing this procedure have been perfected over the years.”

According to Dr. Kotikian, most tooth extractions are performed with the patient under general anesthesia, which means you'll be asleep during the procedure. It is an outpatient procedure that takes about an hour. Prior to your procedure, you should not eat or drink anything for 8 hours.

“Like any medical procedure, there are risks,” says Dr. Kotikian. “The most common are bleeding, swelling and infection. That being said, the risks of ignoring your tooth problems are much greater.”

After your extraction, you should not operate mechanical equipment for at least 24 hours. Your doctor will also prescribe medication for any pain you may experience. You may miss two to three days of work or school, and you'll also need to avoid spicy and acidic foods and consume a bland diet for the first few days.



## Great grains with veggies

Keen on superfoods? Try this quinoa with cauliflower and broccoli recipe

Makes 8 servings.

### INGREDIENTS

- 1 tablespoon extra-virgin olive oil, divided
- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 medium green bell pepper, sliced into strips
- 1 medium red bell pepper, sliced into strips
- 1 cup chopped onion, divided
- 3 cloves garlic, minced
- 1 tablespoon fresh thyme, chopped medium (1 teaspoon dried may be substituted)
- 1 tablespoon fresh oregano, chopped medium (1 teaspoon dried may be substituted)
- 1 cup quinoa
- 2 cups reduced-sodium vegetable broth
- Salt
- Freshly ground black pepper

### DIRECTIONS

- In skillet, heat 2 teaspoons olive oil over medium-high heat. Add cauliflower, broccoli, peppers, ½ cup onion and garlic. Sauté 5 minutes until vegetables start to soften. Stir in herbs and sauté 2 minutes. Remove from stovetop and set aside.
- In strainer, place quinoa and rinse thoroughly with cold water. Using your hand, swish quinoa under running water for 2 minutes to remove bitter natural coating. Drain and set aside.
- In medium saucepan, heat remaining teaspoon olive oil over medium-high heat. Add remaining onion. Sauté about 3 to 4 minutes. Add broth and quinoa. Increase heat to bring mixture to boil. Reduce heat to medium-low, cover and simmer until quinoa is tender, about 20 minutes.
- Gently stir in vegetable mixture and combine well with quinoa. Season with salt and pepper to taste. Serve.

### NUTRITION INFORMATION

Serving size: ⅛ of recipe. Amount per serving: 120 calories, 3.5g total fat (0g saturated fat), 20g carbohydrates, 5g protein, 4g dietary fiber, 50mg sodium.

Source: American Institute for Cancer Research

# EVENT CALENDAR

SUMMER  
2016

Our focus at Glendale Adventist Medical Center is on your family's health. Check out the many opportunities below to improve and preserve your health. Come by and visit or call us at **(818) 409-8000** for more information.

## SUPPORT GROUPS

### Cancer Grief & Loss Support Group

Second and fourth Wednesday of each month, 6 to 7:30 PM

### Brain Tumor Support Group

First and third Wednesday of each month, 6 to 7:30 PM

### Diabetes & You Support

Second and fourth Tuesday of each month, 7 to 8:30 PM

Committee Room C

Free

Call **(818) 409-8222**.

### Easy Breathers

First Thursday of each month, 10 to 11 AM

Respiratory Department

Designed for those who have chronic respiratory diseases.

Call **(818) 409-8100** to register.

### Cancer Support Group

Wednesdays, 11 AM to 12:30 PM

Cancer Center Conference Room

Designed for survivors at any stage of cancer, from those with a new diagnosis to those with years of survivorship. Call **(818) 409-3530** for more information.

### Adult Grief Support

• Mondays, 6 to 7:30 PM

• Wednesdays, 11 AM to 12:30 PM

Grief Counseling Room

Annual fee: \$30

Have you recently lost a loved one? Struggling with your grief? Let us help. Call **(818) 409-8008** to register.

## FITNESS

### Boot Camp—Wellness Program

• Monday through Thursday, 5 to 6 PM

• Friday, 4 to 5 PM

Therapy & Wellness Center

\$120 per month

Classes start on the first day of the month. Schedules are subject to change. Call **(323) 255-5409**.



### Cancer Fitness Program

Therapy & Wellness Center

FREE to cancer survivors

Designed for cancer survivors, this program includes classes in exercise, yoga and dance. Call **(323) 255-5409** for more information about dates and times.

## PREPARING FOR CHILD BIRTH

### Baby Care Basics

Meets monthly

If you are a little nervous about changing diapers or giving your baby that first bath, this class is for you. Please call **(818) 409-8100** to register.

### Childbirth Preparation

Main Auditorium

Learn what to expect during labor and delivery, as well as relaxation and breathing techniques. We encourage parents-to-be to register during the fifth month of pregnancy. For dates, times or to register, call **(818) 409-8100**.



## LIVE WELL SENIOR PROGRAM

# Your advocate and partner in health

**THE LIVE WELL SENIOR PROGRAM** at Glendale Adventist Medical Center is a specialized program dedicated to serving individuals 55 and older in our community by helping them navigate through the health care system. We provide easy access to health care information, resources, and wellness and prevention programs.

By providing this free program to seniors and their caregivers, we encourage them to stay active and educated for successful, healthy aging. For more information about membership in the Live Well Senior Program or for upcoming events, call **(818) 409-8091** or visit [AdventistHealth.org/Glendale/LiveWell](http://AdventistHealth.org/Glendale/LiveWell).

## HQ SUMMER 2016

HEALTHLINE QUARTERLY is published as a community service for the friends and patrons of GLENDALE ADVENTIST MEDICAL CENTER, 1509 Wilson Terrace, Glendale, CA 91206, **(818) 409-8000**, [AdventistHealth.org/Glendale](http://AdventistHealth.org/Glendale).

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