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HEALTHLINE QUARTERLY AN AWARD-WINNING PUBLICATION

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

Every week Peter heads to the golf course to regain his swing—a goal he had for himself after the stroke. Peter is now back at work and hitting 120 yards. He hopes to make it back to his pre-stroke distance of 180 yards.



LIFESAVING STROKE CARE, RIGHT ON TIME

Patient's life saved by California's first
DNV GL-certified Comprehensive Stroke Center

Usually, West Covina resident Peter Hsu would be at home on a Sunday afternoon. But on Jan. 4, Peter and his wife, Shirley, were visiting their daughter and grandchildren who live 25 miles away in Glendale, California. Ready to take his family to Chinatown for dinner, Peter began to feel uncomfortable.

"We were ready to go and I couldn't get up," explains Peter, who instantly knew he was having a stroke. "My mother had a stroke and I was familiar with the signs and symptoms."

A stroke occurs when blood flow to the brain is suddenly disrupted. This can happen when a blood clot or ruptured blood vessel prevents oxygen and blood from reaching the brain. Brain cells quickly die when they are starved of oxygen and nutrients.

Peter's son-in-law, who had worked as a paramedic, confirmed that Peter's symptoms indicated a stroke. Jumping into action, Peter's family called 911. The paramedics rushed Peter to the nearest hospital, Glendale Adventist Medical Center (GAMC), which was newly designated as a Comprehensive Stroke Center (CSC) and was an existing Advanced Primary Stroke Center. When Peter reached the hospital, he was met with a stroke care team prepared for his arrival.

GETTING RAPID TREATMENT "Peter came to us in critical condition—he was experiencing significant left side weakness and trouble with his speech," recalls Anthony Cardillo, MD, emergency department physician responding as part of the stroke alert emergency response team. "It was important for us to treat Peter quickly, especially since we know that for every minute you are having a stroke, about 2 million brain cells are lost."

GAMC has recently been certified as a CSC by DNV GL Healthcare USA, Inc., making it the first hospital in the state of California to be awarded the title. The hospital accreditation organization has some of the most rigorous

—Continued on next page



Your hospital is a Comprehensive Stroke Center

Survival among stroke patients treated at Comprehensive Stroke Centers (CSCs) is generally higher compared with patients treated at non-stroke centers or primary stroke centers. The CSC certification means that Glendale Adventist Medical Center is capable of treating the most complex stroke cases. GAMC is also an Advanced Primary Stroke Center. GAMC uses the latest imaging and endovascular technology, the most up-to-date research guidelines and the skills and expertise of the entire stroke team to ensure the best outcome for the most complex stroke cases. For more information on our advanced stroke care, visit us at AdventistHealth.org/Glendale/Neuro.

Source: American Heart Association



LIFESAVING STROKE CARE

—Continued from front page

standards and requirements in health care. A CSC certified by DNV GL encompasses the full spectrum of stroke care—from the initial and rapid diagnosis to advanced and state-of-the-art treatment to a comprehensive rehabilitation program and communitywide stroke education—while establishing clear metrics to evaluate outcomes.

“In treating Peter, we used all our resources, including partnerships with physicians of various specialties, a consulting neurologist and the entire stroke team to rapidly assess his condition, establish a diagnosis and direct the proper treatment,” explains Lance Lee, MD, stroke neurologist and medical director of the Neuroscience Institute and Peter’s treating physician at GAMC.

This ability to rapidly diagnose and provide treatment is particularly important for patients like Peter who have to receive an emergency dosage of the clot-busting medication tissue plasminogen activator (tPA), which reduces the risk of disability or death when given at the onset of stroke.

SERVICE FROM THE HEART “Peter was so impressed by the neurologist and team,”

Shirley says. “The physicians communicated clearly with Peter, and it was truly a collaborative process to expedite my husband’s care.”

Within just a few minutes of administering the medication, Peter started to regain feeling in his arms and legs and felt alert. He was then transferred to the intensive care unit for continued monitoring. “The whole process was fast and efficient,” Peter says. “During my recovery, I was visited daily by Dr. Lee and a physical therapist to help me walk. Everyone at GAMC made sure I had complete care from beginning to end. We were amazed to have been visited by an occupational therapist, a speech therapist and a physical therapist shortly after my admission.”

According to the staff and doctors involved, Peter would have been permanently paralyzed on his left side if he had not received the tPA in time. “For every minute that treatment is delayed, the chances of long-term disability increase,” Dr. Lee says. “Therefore, rapid treatment is a critical factor in the outcomes of patients with acute stroke who are treated with tPA.”

“The doctors and staff at GAMC were serving us from the heart,” Peter and Shirley say. “We truly thank God for this miracle and we are grateful for the team at GAMC.”

SCAM STOPPERS

GAMC Live Well Senior Program helps protect our seniors

ONE TO 2 MILLION AMERICANS age 65 and older report having been abused by a loved one or someone they depend on for care. Thousands of families are torn apart every day due to an abusive caretaker alienating or isolating a spouse, sibling or parent from their loved ones. Corresponding with the case of the children of famed radio host and DJ Casey Kasem, a “Senior Scam Stopper” lecture was held at Glendale Adventist Medical Center’s Main Auditorium addressing the issues of hospital visitation rights for seniors, as well as fraud, financial abuse and identity theft.

EDUCATING SENIORS The lecture was hosted by assemblyman Mike Gatto, the Contractors State License Board and the Live Well Senior Program at GAMC. The keynote speaker was Kerri Kasem, daughter of the late Casey Kasem, who, alongside her siblings, faced barriers to access when trying to visit their father in the hospital. During the lecture, Kerri urged seniors in the audience to document their wishes carefully in order to prevent disputes.

“It is important that seniors protect themselves and their estates,” says Denise Miller, director of the Live Well Senior Program at GAMC. The Live Well Senior Program is dedicated to serving those age 55 and older by providing easy access to health care information, resources and wellness and prevention programs. For information about future seminars through the Live Well Senior Program, please call (818) 409-8091.



Let’s root for winter’s fresh bounty

Many of us buy the same fruits and vegetables every time we go to the grocery store—regardless of the season.

According to the U.S. Department of Agriculture, fresh, in-season produce is often less expensive and more flavorful than out-of-season options. Also, eating a variety of fruits and veggies can help you get the range of nutrients your body needs.

So what produce is at its peak in winter? Some root vegetables and long-storing produce shine during the darkest months. Try these options:

Parsnips, turnips and rutabagas. These root vegetables are high in nutrients, including potassium, which can

help control blood pressure. They can be slow-baked to bring out their sweetness or chopped into a soup, stew or stir-fry.

Sweet potatoes. Prepare these sweet orange veggies (high in vitamins A and C and potassium) the same way you might cook a regular potato—sliced into fries and baked or mashed. Tip: Try the mashed variety with a little brown sugar and nutmeg.

Winter squash. Higher in vitamins than summer squash, winter squash comes in many varieties, including acorn, butternut and Hubbard. It can be roasted, added to soups, baked in puddings or pies, or cooked and mashed with spices like cinnamon, ginger, allspice, coriander, fennel or rosemary.





Bringing hope to Armenia

IN MID-OCTOBER, Glendale Adventist Medical Center (GAMC) and the Armenia Fund collaborated for the first time ever on a mission trip to a rural Armenian community located in Noyemberyan. The lives of residents and team members alike would be transformed forever during the 10-day trip. A 31-member team, including GAMC physicians, nurses, support personnel and hospital leaders, worked to bring modern medicine to a small hospital and a local Armenian population in great need of care.

In May of 2015, GAMC and Armenia Fund leadership had visited Noyemberyan Hospital to assess needs as well as to help plan for the medical mission.

“We knew we were bringing medicine...contemporary ideas, lots of supplies and equipment,” reflects GAMC president and CEO, Kevin A. Roberts. “It didn’t cross our minds that we would be bringing hope to Noyemberyan.” Nearly 3 tons of supplies, medication and equipment—including two anesthesia machines and two ambulances—were donated to the hospital thanks to the generosity of GAMC associates, physicians, the Glendale community and Adventist Health corporate executives and hospital CEOs.

HELPING HANDS Each day, anxious people, young and old, crowded into the hospital—some even walking miles through the countryside for this rare opportunity for treatment. Upwards of 800 patients underwent physical exams and screenings, and some were given medication and/or referred as needed to GAMC physicians in specialty areas for follow-up. Clinical screenings detected a variety of conditions—most notably elevated blood pressure, high cholesterol and diabetes. Internal medicine, cardiology, pulmonary, neurology and pediatrics were particularly welcomed based on the medical needs of the community.

A mission of this scale had never occurred in Armenia’s modern history, especially in a rural hospital near the country’s border. During the visit, 35 surgeries with anesthesia were performed. Cases included hernia repairs,

gallbladder surgeries, congenital facial defects and cleft palate repairs. Several patients were under 5 years of age—the youngest only 10 months old.

“As physicians, we went to Armenia to help people who are marginalized and lacking resources,” says Simon Keushkerian, MD, vascular surgery. “As an immigrant, the only way you can show that your heritage is still maintained, alive and thriving is by making sure that the people who live in that country are healthy [enough] to thrive and survive.”

SAVING LIVES A woman in her 40s had a heart attack and received immediate medical attention. Another patient whose family was resigned to her death from congestive heart failure was treated and able to go home the next day. At least two of the surgeries involved cases where patients’ conditions were life-threatening.

The lives of hundreds of people of Noyemberyan are being improved by the medications and health care guidance received from GAMC physicians and nurses. “We would have loved to see more patients, do more surgeries,” Roberts says. “We did what we could—we saved lives there. We are planning to return. This is just the beginning of a five-year journey for GAMC.”

At the end of the mission, the group was received by the president of Armenia, Serzh Sargsyan, who personally thanked all professionals for volunteering their time and efforts in helping a community very important to Armenia.



Photos courtesy of Areg Balayan

WINTER ALLERGIES

A home remedy

ACHOO! It sounds like someone’s allergies are at it again. But wait: It’s winter. Isn’t allergy season in the spring?

Sneezing and itchy, teary eyes aren’t just a problem when spring pollen flies. If you struggle with symptoms in the colder months too, you might be sensitive to something in your home.

Try these tips for a more allergy-friendly home:

Keep pesky mites at a minimum. Dust mites, microscopic creatures that hang out in places like bedding and carpeting, are a common allergy trigger. Exposure to them can be worse in the winter because you spend more time indoors. To reduce mites, wash bedding

weekly in hot water. And vacuum often, especially in the bedroom.

Be diligent about dampness. A moist, humid home spells trouble for allergies. To help control dampness:

- Have a plumber fix any leaky pipes or sinks.
- Keep bathrooms, kitchens and basements well-ventilated and dry.
- Consider using a dehumidifier to maintain a humidity level below 45 percent.
- Clear the air. Wood smoke can also trigger allergies. If you have a fireplace, check the vents to make sure they’re working properly.



Take aim at the flu

More vaccine choices are available

GETTING VACCINATED is still the No. 1 way to avoid the flu—a sometimes deadly disease. And these days there's more than one way to get the vaccine. That's good news for people who don't like shots or are allergic to eggs.

WHAT ARE YOUR OPTIONS? You can get a flu vaccine (called the trivalent vaccine) that safeguards against three strains of flu virus.

"The Food and Drug Administration and its parent, the U.S. Department of Health and Human Services, have long encouraged the development of new technologies for producing flu vaccines," explains Hala Nashed, director, infection prevention at Glendale Adventist Medical Center.

You can get a vaccine that is:

- A standard-dose trivalent shot, manufactured using a virus grown in eggs. There are several different flu shots of this type available, and they are approved for people of different ages. Some are approved for use in people as young as 6 months of age. Most flu vaccines are given with a needle. One standard-dose trivalent shot also can be given with a jet injector for persons ages 18 through 64 years.
- A high-dose trivalent shot, approved for people 65 and older.
- A trivalent shot containing a virus grown in cell culture, which is approved for people 18 and older.
- Egg-free, approved for people 18 years and older.

If shots make you nervous, you can get the flu mist in the form of a nasal spray. The flu mist protects against two influenza A and two influenza B strains (quadrivalent). If you choose the flu mist, you must be healthy with no history of severe allergic reactions to any component of the vaccine. Those who should not receive the flu mist are people who are immunosuppressed or caring for an immunosuppressed patient, people who have taken antiviral drugs within the last 48 hours, pregnant women and children 2 to 4 years old with severe asthma.

WHO NEEDS THE VACCINE? "Nearly everyone 6 months and older can, and should, get a flu shot," says Nashed. "It's especially important for people at high risk of complications from the flu."

This includes:

- People with chronic medical conditions.
- Pregnant women.
- Children younger than 5 years old.
- Adults 65 and older.

If you live with or care for people at high risk, including infants younger than 6 months, you should get a flu vaccination. People who have had a severe allergic reaction to eggs or to the flu vaccine might need to skip vaccinations. Talk to your doctor if you have concerns.

Taking preventive measures such as washing hands, covering coughs and sneezes, and staying home when sick can also help decrease the spread and minimize the effects of flu.

Sources: Centers for Disease Control and Prevention; National Institute of Allergy and Infectious Diseases

Is it urgent—or an emergency?

YOU'VE CUT YOUR THUMB with a knife. It's bleeding, and a simple bandage won't do. You might even need stitches. What do you do?

Consider going to an urgent care center. These centers provide fast medical help for situations that are not life-threatening.

WHEN IT'S URGENT Urgent care centers are places where you can walk in without an appointment and be seen by a medical professional without having to wait very long. Urgent care offers a convenient alternative when your doctor's office is closed or when you can't get an appointment as quickly as you need one.

According to the National Institutes of Health and other experts, urgent care is appropriate for minor illnesses and injuries, such as:

- Cuts and lacerations.
- Sprains and strains.

- Colds, fevers and the flu.
- Earaches.
- Rashes.
- Stomachaches, vomiting and diarrhea.
- Back pain.

WHEN IT'S AN EMERGENCY Urgent care is not emergency care—it shouldn't be used for life-threatening problems.

If you think you or someone else has a true emergency, call 911 or go to an emergency department. Signs of an emergency include difficulty breathing, chest pain, fainting, severe vomiting or diarrhea, severe pain and uncontrolled bleeding.

Conveniently located Adventist Health Urgent Care—Montrose serves residents of the foothill communities with physicians, nurses and assistants who treat a broad range of conditions, from broken bones and minor burns to stomach aches and sinus infections.

Skip the wait: Go online for urgent care wait times

You can now view wait times for all our urgent care facilities online! By simply visiting our urgent care Web page on AdventistHealth.org/Glendale, you can skip the wait by reserving your spot and choosing the time you'd like to come in.



NEW HOURS:
Adventist Health Urgent Care—Montrose

1975 Verdugo Blvd.
La Cañada Flintridge,
CA 91011

(818) 249-9454

■ Monday to Friday,
8 AM to 10 PM

■ Saturday, Sunday
and holidays, 9 AM
to 5 PM



KNEE REPLACEMENT SURGERY

Knee surgery may be what gets you going again

PARTS OF YOUR KNEE are like the shock absorbers on your car. You rely on them to cushion your ride.

However, after many miles on the road, wear and tear can reduce the effectiveness of that cushion and make for a painful journey. Just like the shocks on your car, you may eventually need to replace your worn-out parts.

WHEN MAY SURGERY BE NEEDED? “If your knees are badly damaged by arthritis or injury, it may become difficult to perform simple activities, like walking or climbing stairs,” says Sooren Karayan, MD, orthopedic surgeon at Glendale Adventist Medical Center (GAMC). “If medications, lifestyle changes and other treatments do not relieve your pain, you may want to consider knee replacement surgery.”

The No. 1 reason for knee replacement is arthritis, according to the American Academy of Orthopaedic Surgeons (AAOS). One common type, osteoarthritis,



Sooren Karayan, MD

occurs when the cartilage that cushions the bones of the knee wears away. The bones then rub together, causing stiffness and pain.

Other popular reasons for knee replacement include having rheumatoid arthritis or arthritis caused by a serious knee injury, such as a fracture or torn knee ligaments.

HOW IS THE SURGERY PERFORMED? “Total knee replacement surgery involves a surgeon replacing the surfaces of your knee joint and kneecap with metal or plastic parts or a combination of both,” Dr. Karayan explains.

You don't have to put up with a bad knee. Make an appointment with a GAMC orthopedic surgeon. Call (818) 409-8100.

If only part of your knee joint is damaged, your doctor may recommend a partial knee replacement. The partial procedure involves replacing only the damaged part.

WHAT ARE THE RISKS AND BENEFITS? Before you decide to have surgery, it's important to understand what it will and will not do for you.



More than 90 percent of knee replacement patients experience a dramatic reduction in pain and a significant improvement in ability to perform daily activities, according to the AAOS.

Total knee replacement surgery will not enable you to do more than you could before your knee became damaged, and at some point, you may need to have more surgery to fix or replace the artificial parts, reports the AAOS.

Following joint replacement, physical therapy is necessary to help you get on the path to healing. The therapists at GAMC's Therapy & Wellness Center offer experienced, compassionate care for all your physical therapy needs. To learn more, visit AdventistHealth.org/Glendale/TWC.



GAMC and Bloomingdale's Glendale brighten patients' holidays with 'Hug-a-Bear'



Kelli Daley (left), public relations manager for Bloomingdale's Glendale, and Emillie Battig, GAMC nursing director, getting ready to distribute bears to patients.

TO HELP BRIGHTEN patients' spirits during the holidays, Glendale Adventist Medical Center's Healthcare Foundation and Bloomingdale's had the perfect remedy: a huggable teddy bear!

Bloomingdale's is famous for its annual holiday Little Brown Bear—“cute, cuddly and out to make the world a better place.” An anonymous donor to the GAMC

Healthcare Foundation initiated the project two years ago by purchasing armloads of Little Brown Bears to give to patients as a little extra TLC during the holidays. Bloomingdale's quickly became enthusiastic partners by matching the donation.

Hospital nurses, associates and executives made their rounds and distributed over 60 bears the day before Christmas.

“We recognize that Christmas is a day when people are home surrounded by families and friends, but for our patients, we just want them to feel loved,” says Irene Bourdon, president of the Healthcare Foundation. “That's what all this is about—sharing love.”

GAMC and the Healthcare Foundation wish to thank Bloomingdale's Glendale store manager Wiley Bartine and public relations manager Kelli Daley for their support of the Hug-a-Bear project. The Healthcare Foundation welcomes business and community participation in GAMC programs that benefit patient care. Please contact the foundation at (818) 409-8055 for information.



GAMC friends and associates gather to say thank you before distributing the Hug-a-Bears.





Welcome home!

How to help a loved one recover from a stroke

SOMEONE VERY DEAR to you is coming home after surviving a stroke. There may have been times you weren't sure this day would come. Now that it's here, your happy anticipation might be tinged with a bit of anxiety.

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

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

Get answers. Do you know what each medication is for? Should your home be modified to accommodate your loved one? Don't be afraid to ask for clarification on any issue. Write down questions as you think of them.

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

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

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

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

For a referral to a GAMC neurologist, call (818) 409-8100.

PERIPHERAL ARTERIAL DISEASE

Get a leg up on better blood flow

WHEN YOU WALK, do your legs protest? If they seem to tire out or cramp during physical activity, your muscles might not be getting the oxygen they need.

"Fatigue and pain in the legs during exercise can be symptoms of a condition called peripheral arterial disease, or PAD," says Edward Samourjian, MD, vascular surgeon at Glendale Adventist Medical Center (GAMC). "Older adults, smokers and people with diabetes have an increased risk of this condition."

PAD is a serious disorder that can affect major arteries throughout your entire body. Fortunately, it can be easily diagnosed by your physician in the office with a few simple tests.

OXYGEN-DEPRIVED MUSCLES Fatty deposits can build up in the walls of your arteries and restrict the circulation of blood and oxygen to the muscles in your legs, making it difficult to walk.

"When fatty deposits occur in arteries leading to your heart, it's called coronary artery disease," says Dr. Samourjian. "When it occurs in the arteries that lead to your leg, it's referred to as PAD."

If you are experiencing symptoms of peripheral arterial disease, call (818) 409-8100 for a physician referral.

When you exercise, your muscles need more blood and oxygen. Leg pain that occurs during walking and disappears with rest is the most common symptom of PAD. It's a sign that your leg muscles aren't getting enough blood and oxygen to meet their needs to give you the strength to walk comfortably.

Other symptoms of PAD include coldness, numbness or tingling and changes in skin color in the lower legs or feet. If left untreated, severe forms of PAD can potentially lead



Edward Samourjian, MD

to gangrene or amputation. People with PAD are also likely to have narrowed arteries elsewhere, including the coronary arteries feeding the heart, raising the risk for heart attack.

WHERE YOU STAND

"A simple physical examination performed by your physician, as well as an ankle-brachial index test, which compares the blood pressure in your legs with that in your arms, can clearly identify anyone suffering from PAD," Dr. Samourjian says.

Even if you have mild symptoms, it's a good idea to ask your doctor about PAD.

According to the Society for Vascular Surgery, nearly 8 to 12 million people in the United States are affected by PAD, with women appearing more likely than men to have the condition at a younger age. PAD is expected to increase as the population ages, cigarette smoking persists, and diabetes mellitus, hypertension and obesity grow.

If testing does indicate PAD, it can often be treated with lifestyle changes such as:

- Quitting smoking.
- Beginning an exercise regimen.
- Lowering your cholesterol.
- Controlling diabetes and high blood pressure.

Your doctor may also prescribe medication to help reduce blood clotting and lower cholesterol. In some cases, angioplasty (with or without stenting) or surgery is needed to treat blocked arteries depending on severity of the disease.

Source: Society for Vascular Surgery





BEYOND LOSS

Here to
support you

INTENSE FEELINGS OF SADNESS are a nearly universal reaction to the loss of a special person. How we each deal with our grief is a very personal matter, and it comes with no hard-and-fast rules. Grief has no timeline. If you have lost someone, it may take months or even years to accept what has happened. You may find that

your thoughts, emotions and behaviors are not always under control. Feelings of anger, guilt, despair and yearning may rise to the surface unexpectedly. These feelings can be painful, but they should be respected as part of the grieving process. In most cases, they will pass. It may help to surround yourself with people you love.

The Beyond Loss Bereavement Ministry, in partnership with the chaplain's department at Glendale Adventist Medical Center, is here to support you. In addition to several adult grief support groups each week and ongoing trainings to develop an expertise in facilitating the grief of others, Beyond Loss is introducing a new Teen Grief Support Group.

Teens who attend this group will find creative and supportive ways of dealing with loss. A new self-confidence and resilience will be nurtured as they work through their loss in an atmosphere of physical and emotional safety, respect, acceptance and understanding. This group is for teens ages 13 to 17 experiencing a loss.

Also new is the Therapeutic Yoga and Grief Group, open to adults who may be experiencing grief, chronic illness or chronic body pain due to various injuries or mild disabilities. This group is also ideal for caregivers to use as a tool for self-care. The practice of yoga creates a deeply rejuvenating experience through the postures that encourage the innate intelligence of the body to restore balance and well-being.

For further information about the Beyond Loss Bereavement Ministry, please call the chaplains office at **(818) 409-8008**, or visit **AdventistHealth.org/Glendale** and look for the link under the "Patients and Visitors" tab.



Source: National Hospice and Palliative Care Organization

Are you stressed out?

The Return to Work program helps people learn to cope with stress, depression and anxiety

HOW WE MANAGE stressful situations can affect our physical and mental well-being. If not addressed appropriately, stress may grow and become overwhelming, leading to episodes of anxiety or depression that may affect our ability to function at our best.

The number of people taking time off work due to stress-driven episodes of depression and anxiety is on the

rise. Mental Health America states that 1 in 20 workers will experience depression at any given time. Many find it difficult to function properly at work or even attend work altogether. Having the willpower to return to work is a process that starts by getting the help you need.

"In the Return to Work program at Glendale Adventist Medical Center, clients learn how to identify life stress-

ors affecting their success at work, school and in other day-to-day activities," says Scott Robertson, director, behavioral medicine at GAMC. "They learn coping skills, relaxation and stress reduction to decrease the intensity of their stress levels."

By teaching group members how to deal with stress

effectively, it is possible for the individual to return to an optimal level of mental wellness and resume normal activities.

To determine whether or not this program is right for you, ask yourself the following questions:

- Are you stressed out?
- Are the high levels of stress affecting your mood or causing you to feel anxious?
- Are the symptoms of depression and anxiety so intense that you are no longer able to function at home, in school or in the workplace?
- Has a member of your family or close work colleague expressed concern about the level of stress you exhibit?
- Have the symptoms persisted despite treatment with an individual therapist and/or psychiatrist?

If you feel the above situation describes you, call GAMC's Behavioral Medicine services at **(818) 409-8347**.



EVENT CALENDAR

WINTER
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.

EDUCATIONAL CLASSES

Diabetes Community Education Class

First Tuesday of each month, 1 to 2 PM

Learn more about:

- How diabetes develops
- Healthy eating strategies
- Food groups and portion size
- The importance of blood glucose monitoring

Call **(818) 409-8100** for more information and to reserve a space.

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

Chaplain's Office

One-time registration, \$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 CHILDBIRTH

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**.



Winter bread salad

Makes 4 servings.

INGREDIENTS

Salad

- 3 cups whole-wheat Italian bread (4 ounces), in 1-inch cubes
- 1 garlic clove, halved lengthwise
- 3 very ripe plum tomatoes
- 1 celery rib, thinly sliced
- ½ cup diced sweet onion
- 3 cups romaine lettuce, cut crosswise into ¾-inch strips
- 3 tablespoons chopped flat-leaf parsley, optional

Dressing

- 3 tablespoons white or red wine vinegar
- ¼ teaspoon sea salt
- ½ teaspoon natural cane sugar
- 1 teaspoon dried oregano
- Freshly ground pepper
- 2 tablespoons extra-virgin olive oil

DIRECTIONS

- Spread cubed bread in single layer on baking sheet, and let sit until surface feels dry on most sides, or cubes are firm but not stale-hard, 2 to 6 hours.
- Rub salad bowl, preferably wood or

bamboo, liberally with cut side of half a garlic clove. Reserve the other garlic half for another use.

- Cut tomatoes lengthwise into quarter-wedges, then cut crosswise into chunky pieces. Place tomatoes and any juice in prepared bowl.

- Add celery, onion and bread cubes. Arrange lettuce over chopped vegetables. Sprinkle on parsley, if using.

- For dressing, whisk vinegar, salt and sugar in small bowl until salt and sugar dissolve.

- Add oregano and 3 to 4 grinds of pepper. Whisk in oil.

- At table, pour dressing over salad and toss until well-coated and any extra dressing pools in bottom of bowl.

- Divide salad among 4 wide, shallow bowls, including liquid from bottom of salad bowl.

NUTRITIONAL INFORMATION

Amount per serving: 158 calories, 8g total fat (1g saturated fat), 20g carbohydrates, 4g protein, 4g dietary fiber, 281mg sodium.

Source: American Institute for Cancer Research

HQ WINTER 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.

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Marketing Planner

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