

HQ

HEALTHLINE QUARTERLY

ADVENTISTHEALTH.ORG/GLENDALE
AN AWARD-WINNING PUBLICATION

FALL 2015



REQUEST AN APPOINTMENT ONLINE

Need to make an appointment for your CT scan, MRI or other outpatient imaging service? GAMC's online appointment request will help make your experience in scheduling your outpatient diagnostic imaging tests easier and more efficient. A physician order or prescription is required to book an appointment. Visit AdventistHealth.org/Glendale to book your appointment today!

LET'S GET SOCIAL!

Have you liked, followed or subscribed to us? Follow Glendale Adventist Medical Center on social media for:

- The latest news, updates and health tips.
- Physician introductions.
- Upcoming events.
- Special offers and screenings.
- Career and nursing opportunities.

Find us on Facebook, Twitter, YouTube and LinkedIn.



Glendale Adventist Medical Center Civic Advisory Board

Civic Advisory Board a valued partner in COMMUNITY OUTREACH

The phrase “It takes a village” certainly holds true at Glendale Adventist Medical Center (GAMC). Reaching out and tapping the “village” for active, experienced and knowledgeable leaders to serve as community advisers is an integral part of the hospital’s long-term success.

An example of GAMC’s extensive outreach is the Civic Advisory Board (CAB), whose primary role is advising on matters affecting the health needs of Glendale and adjacent communities the hospital serves. The CAB meets quarterly and comprises about 30 volunteers who represent an impressive array of backgrounds, cultures, professions and organizations.

ACTIVE UNDERSTANDING “I was drawn by the faith-based mission and origins of the hospital,” recalls Kevin Danni, vice president, Morgan Stanley Wealth Management, who was invited to join the board in 2008 and appointed as chairman two years ago.

“We don’t just sit in meetings,” Danni points out. “We go into the hospital and visit service lines—cancer, heart and vascular, spine, orthopedics, emergency. We talk with doctors and the incredible nursing staff. And we take these experiences and knowledge into the community.”

CLEAR COMMUNICATION Paula Devine, Glendale City councilmember, feels that she brings a quality of trust to the board. She explains: “I listen, and I hear the concerns and comments of our residents, and I am more than willing to share them with hospital staff and administrators. My goal is to speak for the community... to share their compliments and concerns. If I can make a positive impact on hospital policy

or patient treatment, I have done my job.”

LOCAL LINKS Meanwhile, being an ambassador for GAMC comes naturally for Louie Saad, partner and co-founder of Datastream IT. Saad’s expertise in technology, coupled with leadership positions in the Glendale Chamber of Commerce and Glendale Young Professionals, brings a strong local business presence to the board.

STRONGER TOGETHER “The breadth of community representation among all members of the Civic Advisory Board is a valuable contribution to the hospital,” says Kevin A. Roberts, GAMC president and CEO.

Ramella Markarian, GAMC vice president, Business Development and Physician Relations, adds, “We are deeply grateful for the board’s continuing support of our mission and their commitment in providing consult and advice in matters affecting the hospital’s policies and programs.”

INSIDE

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- 6 URGENT CARE KNOW WHEN IT’S BEST TO USE IT

Have you heard of TIAs? Find out why these ‘mini-strokes’ need fast action. See page 5.



CHOLESTEROL 4 KEY FACTS

IT'S EASY to ignore cholesterol—after all, you can't see it, taste it, feel it or smell it. Cholesterol usually gets a pretty bad rap, but it's essential to many functions in the body. Among other things, this fatlike, waxy substance is needed to produce cell membranes and some hormones.



Andreh Carapiet, MD

"Yet too much cholesterol in the blood can build up in the walls of arteries, making it a major risk factor for coronary heart disease, heart attack and stroke," says Andreh Carapiet, MD, internal medicine physician at Glendale Adventist Medical Center (GAMC).

Here, Dr. Carapiet shares some key points about cholesterol.

Not all cholesterol is created equal. "Cholesterol moves through the blood in fat-protein combinations called lipoproteins," Dr. Carapiet explains. "Low-density lipoprotein (LDL) cholesterol is often called bad cholesterol because it's the type that can build up and block arteries. High-density lipoprotein (HDL) cholesterol is considered the good kind because it helps to remove bad cholesterol from the body."

The third component of the lipoprotein trio is triglycerides, another type of blood fat that also contributes to heart disease.

Cholesterol affects more than your heart. Excess cholesterol can join with fat, calcium and other substances to make a thick, hard substance called plaque. Plaque can block the arteries to the heart, causing heart disease. If patches of plaque break open, the resulting blood clots can set off a heart attack. Plaque can also build up in arteries away from the heart, stopping the flow of blood and oxygen to the brain or limbs. These blockages put you at risk for stroke or peripheral arterial disease.

You can control most risk factors for high cholesterol. Men who are 45 or older and women who are 55 or older are at increased risk for having abnormal cholesterol levels simply because of their age. You can also inherit a greater risk for the condition. However, you can control most of the factors that lead to abnormal cholesterol by eating a low-fat diet, staying physically active, maintaining a healthy weight and not smoking.

You need to have your cholesterol levels checked. "The only way to detect abnormal cholesterol is to be tested," Dr. Carapiet says. "Once you turn 20, you should have your levels checked every five years. If you are at high risk for cholesterol problems, your doctor may recommend more frequent testing."



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



It's all about the numbers

Keeping tabs on your cholesterol levels can help you keep them under control. Here are the numbers to aim for—and the ones to avoid.

LDL (low-density lipoprotein). This is the bad cholesterol that builds up in arteries:

- Less than 100 mg/dL of blood is optimal.
- 100 to 129 mg/dL is near or above optimal.
- 130 to 159 mg/dL is borderline high.
- 160 to 189 mg/dL is high.
- 190 mg/dL and above is very high.

HDL (high-density lipoprotein). This is the good cholesterol that can help lower heart disease risk:

■ 60 mg/dL or higher helps protect against heart disease.

■ Less than 40 mg/dL (for men) or 50 mg/dL (for women) is too low and is a risk factor for heart disease.

Triglycerides. These are another type of fat in the blood associated with heart disease when levels are high:

- Less than 100 mg/dL is optimal.
- Less than 150 mg/dL is normal.
- 150 to 199 mg/dL is borderline high.
- 200 to 499 mg/dL is high.
- 500 mg/dL and above is very high.

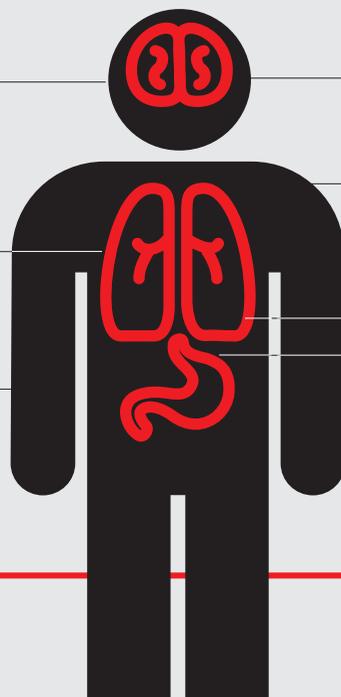
Sources: American Heart Association; National Heart, Lung, and Blood Institute

ANATOMY OF HEART ATTACK SYMPTOMS

Head: Light-headedness or sudden dizziness

Chest: Pain, pressure, fullness or squeezing in the middle of the chest that lasts more than a few minutes or comes and goes

Skin: Cold sweat



Sudden fatigue or weakness

Arm(s), back, jaw, neck, shoulder(s): Pain or discomfort

Lungs: Shortness of breath, with or without chest discomfort

Stomach: Nausea or discomfort



MAKE THE CALL NOW

A heart attack is a medical emergency. If you are experiencing any of these symptoms, dial 911.

Sources: American Heart Association; Glendale Adventist Medical Center



GAMC CELEBRATES TURNING 110 WITH WEEKLONG FESTIVITIES

ON AUG. 24, 1905, the Glendale Sanitarium (now Glendale Adventist Medical Center, GAMC) opened its doors to serve the growing health care needs of the community. Over a century later, August 2015 marked the official celebration of the hospital's 110th anniversary!

Associates, physicians and over 3,000 community members gathered to commemorate this remarkable celebration on Aug. 23 at the Glendale Galleria. Mall goers and associates enjoyed eating delicious cupcakes from Porto's, watching amazing performances by aerialists and speaking to various GAMC staff about services offered at the hospital. Guests were also able to learn from GAMC physicians, who took center stage to lecture about emergency care, heart care and staying healthy with the whole family.

GAMC has provided 110 years of healing to Glendale and its surrounding communities. It's that commitment that has allowed GAMC to grow from a 75-bed sanitarium to the 515-bed full-service facility we are today—built on the Seventh-day Adventist faith and mission to improve the health of communities and to share God's love by promoting healing and wellness for the whole person. Countless patients have entrusted our physicians, nurses and associates with their health care needs. Today, we are the largest medical center serving the San Fernando Valley, with 800 physicians, 2,400 associates and 1,100 volunteers.



Learn more about GAMC's 110-year history of healing by visiting AdventistHealth.org/Glendale/Legacy.



HIGHLIGHTS: Those who attended the celebration of the hospital's 110th year enjoyed fabulous entertainment, useful health information and luscious cupcakes.

COMPASSION IN ACTION

Mission Armenia

GLENDALE ADVENTIST MEDICAL CENTER and the Armenia Fund are partnering for the first time for a faith-driven mission to deliver lifesaving health care to the rural regions of Armenia. Compassion in Action—Mission Armenia will bring together GAMC physicians, nurses and volunteers to provide critical medical care and a healthier future for patients in Noyemberyan, which is made up of 30 villages and located in the northeastern Tavush province in Armenia.

Noyemberyan's population of 30,000 people lacks access to lifesaving care for stroke and heart attack victims, high-risk maternity cases, and treatment of illnesses and infections. Almost 90 percent of heart attack and stroke patients die in Noyemberyan, and very few survive the three-hour drive to the capital of Yerevan.

YOU CAN HELP SAVE LIVES Your sponsorship for Compassion in Action—Mission Armenia will introduce stroke and heart attack treatments to physicians to reduce the number of deaths. Prevention education will be taught to nurses and patients to help save lives

otherwise lost to lack of basic resources for:

- Strokes.
 - Heart attack care.
 - Vaccinations.
 - Hypercholesterolemia.
 - Diabetes and hypertension.
 - Nutrition and parenting.
- Your sponsorship will also help physicians perform lifesaving surgeries at Noyemberyan Hospital, including:
- Cleft palate surgeries to correct birth defects and allow proper eating and speech.
 - Reconstructive surgeries to help children live normal lives and integrate into society.
 - Maxillofacial surgeries to help young adults eat solid foods for the first time.
 - Laparoscopic cholecystectomies and hernia surgeries to give patients hope and a normal lifestyle.

MAKE A DIFFERENCE IN THE WORLD Compassion in Action—Mission Armenia will help implement new techniques and develop a foundation of medical care in Armenia that increases life expectancies. Your sponsorship will help to establish training and ongoing rotations



of Armenian physicians to learn in the U.S. under the expertise of GAMC physicians. Mission trips to other parts of the world will also be sponsored by the Compassion in Action campaign in the near future.

Your generous donation will also cover much-needed medical supplies, medical training for health care professionals, pharmaceuticals and educational materials for patients.

To make a tax-deductible donation, visit AdventistHealth.org/Glendale/Donate or call the Healthcare Foundation at (818) 409-8055.



GAMC representatives with the Noyemberyan hospital administrator, deputy administrator and members of the Armenia Fund.





WE'RE HELPING TO KEEP GLENDALE CLEAN

WE'RE PROUD to help keep our community looking its best! As the first corporate Adopt-A-Block sponsor for Glendale Clean & Beautiful (GCB), Glendale Adventist Medical Center (GAMC) will be helping to reduce litter along two stretches of roads.

On Tuesday, Aug. 11, on the northeast corner of Sinclair and Wilson avenues, GCB board members and GAMC leadership and staff kicked off the Adopt-A-Block corporate sponsorship with the placement of the first sign.

GAMC is the first corporate Adopt-A-Block sponsor in our community.

GAMC is adopting the following roadways: Wilson Avenue between Sinclair and Glendale Avenue, and Verdugo Road between Colorado Street and Monterey Road.



BACKGROUND The Adopt-A-Block program is one of several ongoing ways that GCB is reducing litter and blight throughout the community.

“Adventist Health has been a great partner to GCB for many years,” says Grant Michals, GCB board chairman. “When we needed to initiate a different way to tackle litter, Adventist Health and Glendale Adventist Medical Center accepted the challenge and laid a foundation for others to follow.”

GCB’s service to the community dates back to 1965.

Glendale Adventist Medical Center
Adventist Health



THERAPY & WELLNESS CENTER WINS AGAIN!

THE VOTES ARE IN, and for the fifth year in a row, Glendale Adventist Medical Center’s Therapy & Wellness Center has received the *Daily News* Readers’ Choice award.

Each year, the readers of the *Los Angeles Daily News* choose their favorite places in LA in the Readers’ Choice survey. Categories include everything from people and events to places like hospitals and health care centers. The Therapy & Wellness Center (TWC) was chosen by readers throughout the San Fernando Valley as the best therapy and wellness center in Los Angeles County for 2015.

The TWC provides a variety of outpatient therapy and wellness services for patients, including physical therapy, exercise classes, personal training, massage

and sports training programs.

“We’re excited to receive this recognition yet again,” says Kirk Bentzen, PT, DPT, manager of the TWC. “It is gratifying to know that the focus we put on excellent customer service and providing superior outcomes for our patients does not go unnoticed by our community!”

Congratulations to GAMC’s TWC staff on this accomplishment, and keep up the awesome work!

WHAT THE CENTER OFFERS GAMC’s Therapy & Wellness Center is an award-winning outpatient service offered by Physical Medicine and Rehabilitation. The specially trained and licensed physical therapists treat many diseases and conditions, such as musculoskeletal

and neuromuscular problems. The TWC also encourages you to get healthy and stay healthy through a wide variety of fitness and wellness services, such as:

- FIT class
- Massage therapy
- Senior fitness testing
- Senior exercise
- Fitness program
- Sports performance program
- Aquatic physical therapy
- Independent pool program

Call the TWC today at **(323) 255-5409** to learn how we can help you maximize your athletic performance!





STROKE

TRANSIENT ISCHEMIC ATTACKS

THESE SMALL STROKES REQUIRE BIG ACTION

STROKE SYMPTOMS come on fast and demand fast action. But what should you do if those symptoms fade away as quickly as they occur?

Every year, some 240,000 people in the U.S. could ask that question. That's how many people have transient ischemic attacks (TIAs)—episodes that often warn of future strokes. How people respond to those warnings could mean the difference between long, healthy lives and long-term disability—or even death.

ALWAYS AN EMERGENCY “TIAs and strokes are alike in that both involve blocked blood flow to the brain, often because of a clot,” explains Ian Beaudoin Ross, MD, neurological surgeon. “The difference is duration.”

A TIA may last only a few minutes before the body breaks up the clot, restores the brain's blood supply and prevents serious injury to the brain.



Ian Beaudoin Ross, MD

With a stroke, blood flow is interrupted for much longer. Without a steady supply of blood, brain cells become damaged or die.

The problem is that there's no way to immediately know whether a stroke or TIA is taking place

because their symptoms are exactly the same. Both come on suddenly and include:

- Numbness or weakness of the face, arm or leg—especially on one side of the body.
- Confusion.
- Trouble speaking or understanding speech.
- Trouble seeing in one or both eyes.
- Trouble walking. This may include dizziness or loss of balance or coordination.
- Severe headache with no known cause.

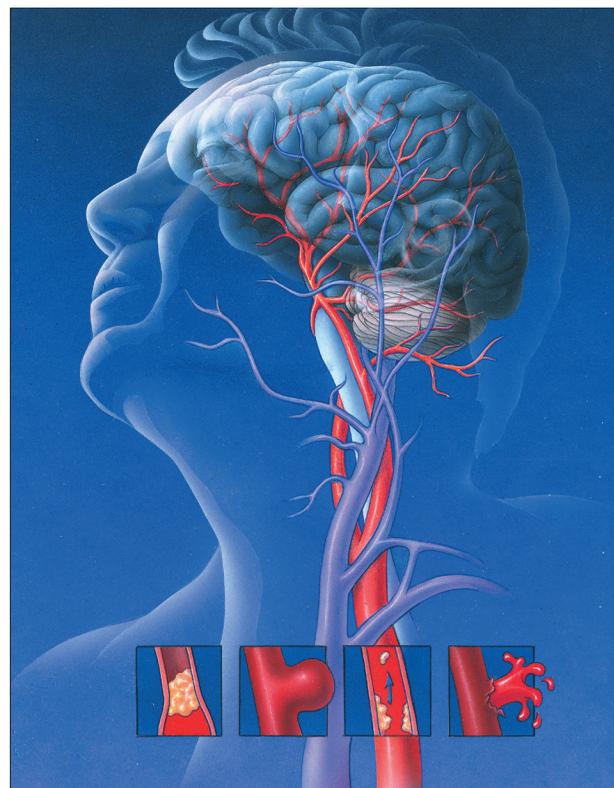
And, since fast treatment is the best way to limit a stroke's impact, it's dangerous to take a wait-and-see approach and hope that symptoms resolve themselves.

That's one reason why doctors recommend that anyone with TIA or stroke symptoms call 911 and get emergency medical help right away. Another reason: A TIA can signal that a full-blown stroke is just waiting to happen. In fact, up to 40 percent of people who have a TIA go on to have such a stroke—often within the first 48 hours. Getting treatment after a TIA can reduce that risk.

POSSIBLE SOLUTIONS Treatment for a TIA often includes lifestyle changes such as eating a healthy diet, getting regular exercise and quitting smoking.

“Medicine may also be needed to control blood pressure; cholesterol; and any underlying health problems, such as diabetes or heart trouble,” Dr. Ross says.

In addition, some people may need to take aspirin or other drugs to limit blood-clot formation that could



lead to a stroke or another TIA.

For a referral to a Glendale Adventist Medical Center neurological surgeon, call (818) 409-8100.



Sources: American Stroke Association; National Institutes of Health; National Stroke Association; UpToDate.com



Be a part of our "Best Nurses" team! Check out GAMC's nursing career opportunities online.

Glendale Adventist Medical Center Nurses are the "BEST"!



Glendale Adventist Medical Center is proud to be voted “Best Nurses” by *Glendale News-Press* readers! GAMC nurses have been the backbone of our award-winning health care for 110 years and the embodiment of a mission to promote healing and wellness for the whole person.

To learn more about GAMC, visit AdventistHealth.org/Glendale.

HEALTHCARE at a Higher Level

AdventistHealth.org/Glendale
(818) 409-8000



Glendale Adventist Medical Center
Adventist Health

FAMILY HEALTH



AT YOUR SERVICE: Dr. Richard and Cindy Foulon cut the ribbon alongside administration and staff members at the new urgent care clinic.

ADVENTIST HEALTH OPENS NEW URGENT CARE FACILITY IN MONTROSE

ADVENTIST HEALTH, in affiliation with Glendale Adventist Medical Center, celebrated the grand opening of the Adventist Health Urgent Care–Montrose facility on May 13 with a VIP reception. The 6,000-square-foot facility has 14 patient rooms. It's open to walk-in patients and offers the Foothill communities a modern urgent care center with experienced physicians and health care professionals.

Services include primary care, urgent care, laboratory and x-ray services. Physicians treat patients with minor injuries or illnesses requiring immediate care, such as sprains, fractures, minor wounds, cuts needing stitches, rashes, insect bites, minor burns and infections.

"We are excited to be part of the Foothill communities and to meet the health care needs of its residents and businesses," says Domnic Fernandez, regional vice president, Adventist Health Southern California Region. "Our focus is to provide excellent quality care and a great patient experience with shorter wait times."

The center is located at 1975 Verdugo Blvd., La Cañada Flintridge. For more information, please visit OopsOuchOhNo.com or call (818) 249-9454.



We're open evenings, weekends and holidays

For minor emergencies

- Colds, coughs, sore throats.
- Nausea, vomiting, diarrhea.
- Fevers, flu symptoms.
- Earaches.
- Eye infections.
- Stomach aches.
- Rashes, insect bites.
- Cuts, scrapes.
- Minor burns.
- Infections.
- Broken bones, fractures.
- Sprains, strains, bruises.
- Stitches and minor procedures.
- Urinary tract and bladder infections.
- Allergies.

For primary care

- Preventive care.
 - Annual exams.
 - Sports and school physicals.
 - Pregnancy tests.
 - Employee injuries.
 - Lab and x-ray tests.
 - Immunizations.
 - Flu shots.
 - Health screenings.
 - Sexually transmitted infections testing.
 - Drug screenings.
- If you or someone you know has a life-threatening condition, call 911.

YOUR FAMILY'S HEALTH

WAYS TO TAKE IT TO HEART

"I LOVE YOU."

We all say it in our own way. But one way to tell your whole family that you love them is to help them take care of their hearts.

It's a message that needs to be shared early and often. Many of the risk factors for heart disease—obesity, diabetes, high cholesterol, high blood pressure and lack of exercise—can start in childhood. Helping young ones develop healthy habits early is a loving investment in their future.

TEACH BY EXAMPLE To encourage a healthy lifestyle in others, begin with yourself.

When kids see you exercising, eating well, staying at a healthy weight and managing your stress, they'll be more likely to follow in your footsteps.

They'll also listen and learn if you reach out to help your spouse, parents or grandparents.

You can help your adult loved ones by encouraging them to be active; eat well; and know the things that affect their heart health, such as their cholesterol and blood pressure numbers.

DO TRY THIS AT HOME To send out a clear I-cherish-your-heart message in your family, consider taking these steps:

Limit TV, computer use and video games. These are habits that can lead to a sedentary lifestyle and excessive snacking. The American Academy of Pediatrics recommends no more than two hours a day of total screen time for children age 2 and older—and discourages TV viewing altogether for children younger than that.

Move together. Kids need at least one hour of physical activity a day. Play hide-and-seek, take walks or ride bikes as a family. Kids, parents and grandparents can all join in. Active chores—such as raking leaves or shoveling snow—count too.

Eat meals together. Sitting down as a family discourages unhealthy snacking and encourages good eating habits.

Cook together. Kids and grown-ups alike are more likely to eat meals they've helped prepare or plan. Shopping and cooking together also can be quality family time. Make a game of comparing food labels.

Know your family stats. Ask health care providers about monitoring indicators of heart health—such as body mass index (BMI), blood pressure, blood sugar and cholesterol—for your family members.

Achieve together. Brainstorm specific healthy goals, such as training for a 5K walk or playing outdoors for an hour every day. Then work together to reach your goals.

Celebrate good things. But don't use candy or snacks as rewards—find healthier ways to celebrate successes.



Backpacks: Get the lowdown

Here's a pop quiz for parents. An incorrectly worn backpack can:

- A** Weaken kids' muscles and injure their joints.
- B** Lead to posture problems.
- C** Cause back and neck pain and arm tingling.
- D** All of the above.

Unfortunately, the right answer is D.

But you can help kids avoid these injuries. Here are some tips from the American Occupational Therapy Association:

Pack light. If a backpack is more than 10 percent of your child's body weight, it's too heavy. That means that a child who weighs 100 pounds should have a backpack that's 10 pounds or less. If the pack is consistently too heavy, a backpack on rollers might be the way to go.

Pack right. Put the heaviest items closest to your child's back. Pack items so that they don't slide around. And only pack those items that are necessary for that day.

Pick a pack that fits. It should have two wide, well-padded shoulder straps; a padded back; and a waist strap. Adjust the straps so the pack fits snugly on your child's back. And kids should wear both straps—not sling the pack over just one shoulder. Wearing it incorrectly can strain muscles and harm the spine.

Also, teach your children to lift properly and bend at both knees when carrying their packs. Tell them to stop at their lockers during the day, if possible, to trade out books and supplies, so they carry only what they need. And encourage your child to let you know if he or she is having any pain or discomfort.



STAY OR GO?

How to know when your child is too sick to go to school

YOU'VE ALWAYS TAUGHT YOUR KIDS to share. But germs, you know, are best kept to oneself.

So when your child isn't feeling well, you may wonder whether it's safe to send him or her to school—a place where bugs spread easily because children are in close contact and often share equipment and supplies. You want to protect others and, at the same time, not overtax your own son's or daughter's health.

If you think your child is contagious, it's best to keep him or her at home. If you're unsure, check with the child's doctor.

Beyond that, here's general advice from the American

Academy of Pediatrics. You should keep your child home if he or she:

- Would have trouble participating in class.
- Has a fever or doesn't feel well.
- Has any of the following: skin conditions such as scabies or impetigo—at least until the child has received appropriate treatment; head lice; diarrhea or stools that contain blood or mucus; or vomiting that has occurred two or more times during the past 24 hours, unless you know it wasn't caused by something contagious.

GAMC offers urgent care centers for your child's unexpected medical care needs. Visit OopsOuchOhNo.com.

Ongoing crying, irritability, sluggishness and trouble breathing may be symptoms of something serious. Be sure to bring them to the attention of your child's doctor.

Eggplant, tomato and cheese casserole

Makes 8 servings.

Ingredients

Olive oil cooking spray

- 2 medium eggplants, washed, ends cut off (do not peel)
- 2 teaspoons dried oregano
- 1 (16-ounce) jar reduced-sodium chunky marinara sauce
- 2 tablespoons chopped fresh basil, divided
- 2 cups cooked spinach
- ¾ cup shredded fontina cheese (Gouda, Gruyère or Monterey Jack may be substituted)
- Black pepper and salt (optional)
- 2 tablespoons freshly grated Parmesan cheese

Directions

- Preheat oven to 375 degrees.
- Bring a large pot of water to boil.
- Spray a 7-by-11-inch baking dish with cooking spray and set aside.
- Slice eggplant lengthwise in very thin slices—about ¼ inch each.
- Add to boiling water with a quick stir. Eggplant slices will float to top; push down into water. Cook for about 2 minutes from when it starts to boil again. Drain and set aside.

- Mix oregano into marinara sauce, and spoon ¼ cup of sauce onto bottom of baking dish.
- Place a layer of eggplant slices, as you would pasta, on bottom of dish.
- Cover eggplant layer with more tomato sauce, some basil, a layer of spinach, and then sprinkle some fontina cheese on top. Sprinkle with salt and pepper if desired.
- Continue to layer eggplant, sauce, basil, spinach and cheese until you reach almost the top of baking dish. The last layer should finish with both fontina and Parmesan cheese.
- Cover baking dish with parchment paper and then aluminum foil, and bake for about 35 to 40 minutes.
- Test with knife for doneness. If knife can be inserted with no resistance, uncover and bake for an additional 15 minutes until top is golden and bubbly.
- Remove from oven. Let rest for 10 minutes, and garnish with remaining basil.

Nutrition information

Amount per serving: 150 calories, 7g total fat (2.5g saturated fat), 19g carbohydrates, 7g protein, 7g dietary fiber, 151mg sodium.

Source: American Institute for Cancer Research



CALENDAR OF *Events*

FALL 2015

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**.

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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