

HQ

HEALTHLINE QUARTERLY

ADVENTISTHEALTH.ORG/GLENDALE
AN AWARD-WINNING PUBLICATION

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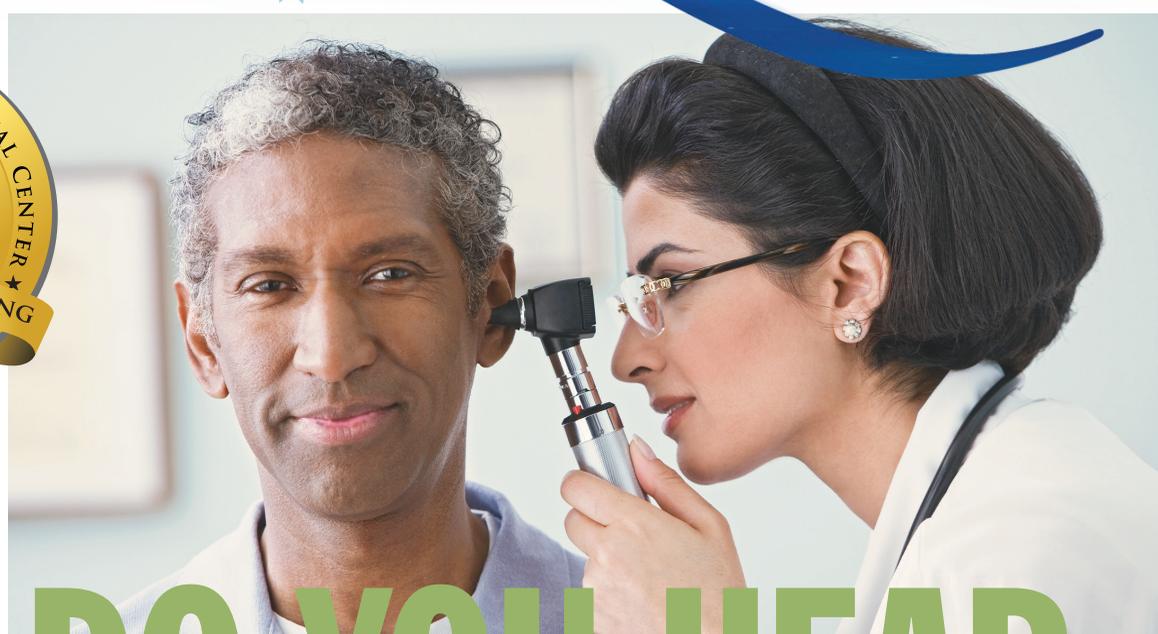
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DONATE BLOOD AND SAVE LIVES

Red Cross Blood Drive
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7:15 AM to 7:30 PM
Main Auditorium

Make an appointment at redcrossblood.org and enter sponsor code *glendaleadventist* or call **(818) 992-2008**.



DO YOU HEAR *what I hear?*

The sounds of the season are many, from the jolly laughter of old St. Nick to the hustle and bustle of excited holiday shoppers. There are certainly many sounds we hear during the holidays, but one sound to be attuned to is the sound of ringing. Not the ringing of sleigh bells, but an actual ringing or buzzing in your ear. ♦ Ringing, buzzing, humming, hissing and whistling are all some of the descriptions used by

patients who have tinnitus. Tinnitus is a common problem—and



Hrair Koutnouyan, MD

it affects between 25 to 50 million adults and children in the United States. Tinnitus can be chronic or temporary.

“Tinnitus can occur as a result of aging or due to noise exposure, ear infections or any other ear disease. It can occur in one or both ears, and men are usually more susceptible to developing tinnitus,” says Hrair A. Koutnouyan, MD, an otolaryngologist at Glendale Adventist Medical Center (GAMC). Tinnitus may develop from exposure

to loud noises in workplaces such as construction sites or busy kitchens. Outside of work, one of the most common causes of exposure is recreation, like being at shooting ranges, concerts or simply listening to loud music with headphones.

Other causes of tinnitus include hearing disorders, infections and even cancer.

Tinnitus is usually a symptom of something else. Medical causes can also include head injury, migraines, anemia, stress,

hypertension, or excess coffee or cigarettes.

THE EFFECTS OF TINNITUS

Symptoms are different for every person—some chronic tinnitus sufferers are deeply bothered by the noise while others are less affected. Many patients report having trouble sleeping or understanding speech or feeling frustration, irritation or annoyance as the result of the chronic noise.

“If you’re experiencing chronic ringing in either one or both ears, clicking, dizziness, and even pain, it’s time to make an appointment with an ear, nose and throat specialist,” says Dr. Koutnouyan.

It is important to treat the underlying issues that cause tinnitus. Timely evaluation and audiological tests are critical for the proper management of tinnitus and can result in significant improvement and functionality. Your doctor or a specialist can help you find the most appropriate management options, which can include hearing aids, therapy and relaxation techniques.

To prevent further damage, Dr. Koutnouyan recommends regular checkups and protecting your ears from loud noises.

NEW YEAR, NEW HEAR

It’s hard to take note of your hearing during this busy holiday season. Find some quiet time away from the commotion to focus on yourself and be watchful of any changes you may be having with your hearing.

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



INSIDE

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7 HAND SURGERY NEW TREATMENT FOR TRIGGER FINGER

Diabetes: A few ways to stay healthy that you might not have considered. See page 4.



HEALTHY HOLIDAY RECIPE

Roasted root vegetable salad

Makes 4 servings.

Ingredients

- 1 small sweet potato, about 8 ounces, cut into ¾-inch cubes
- 1 medium potato, cut into ¾-inch cubes (peeled parsnip may be substituted)
- 1 medium carrot, peeled, cut into ¾-inch slices
- 1 small red onion, cut into ½-inch wedges
- 2 medium celery stalks, cut into ¾-inch slices
- 1 medium beet, peeled, cut into ¾-inch cubes
- 1½ tablespoons extra-virgin olive oil, divided
- Sea salt and freshly ground pepper to taste
- 1 teaspoon balsamic vinegar
- 2 teaspoons fresh lemon juice
- ½ teaspoon Dijon mustard
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon cilantro, chopped
- 2 tablespoons walnuts, finely chopped
- 1 ounce crumbled feta cheese

Directions

- Preheat oven to 425 degrees.
- In large bowl, toss sweet potato, potato, carrot, onion, celery and beet with ½ tablespoon oil, coating well.
- Arrange vegetables in a roasting pan.
- Season with salt and pepper.
- Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
- In mixing bowl, whisk vinegar, lemon juice and mustard with remaining oil and stir in parsley, cilantro and walnuts.
- Drizzle dressing over vegetables, and gently toss.
- Top with crumbled feta.
- Serve warm or at room temperature.

Nutrition information

Serving size: ¾ cup. Amount per serving: 156 calories, 9g total fat (2g saturated fat), 17g carbohydrate, 3g protein, 3g dietary fiber, 134mg sodium.

Source: American Institute for Cancer Research

The brain, the spine and beyond

Surgery with smaller incisions

Neuro-endovascular surgery treats conditions that occur within the vessels of the brain or within the spinal column. Used in place of more invasive procedures, which require opening the skull or exposing the spinal column, these procedures are minimally invasive. At Glendale Adventist Medical Center, these procedures can be accomplished through tiny incisions no bigger than a nickel.

The most common diseases treated

Cerebral aneurysm. A cerebral aneurysm, or brain aneurysm, is a weak protruding spot on the wall of a brain artery. "Over time, the blood flow within the artery pounds against the thinning portion of the wall. This pressure may cause the aneurysm to rupture and allow blood to escape into the space around the brain. It commonly requires advanced surgical treatment," says Yaser Badr, MD, neurosurgeon at GAMC.

Acute stroke. A stroke happens when a blood vessel in the brain either bursts or becomes clogged, usually from a blood clot. In both cases, brain cells die quickly.

Brain and spinal arteriovenous malformations (AVM). A brain AVM is an abnormal connection between arteries and veins. An AVM is caused by a birth defect and usually develops in the brain and spine.

Advanced medical and technological approaches at GAMC

Because neuro-interventional treatments are less invasive, they are often attractive options to patients, when applicable.

Neuro-endovascular surgery has evolved along with advancing endovascular techniques and tools. In cases and conditions affecting the brain, GAMC physicians first insert a catheter and then thread it up through the vessels to the problem site. Once the catheter is in place, the neurosurgeon delivers medications or uses medical devices.

"These advanced neuro-endovascular techniques have added a whole new dimension and ability to treat maladies with a much less invasive approach," says Dr. Badr. "At GAMC, we have a fully trained neuro-endovascular neurosurgery team that uses the latest surgical techniques with leading-edge expertise and state-of-the-art equipment."

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



How we're preparing for Ebola

To date, GAMC has not encountered any potential Ebola patients at the hospital, but is prepared to ensure a safe environment should the situation arise. GAMC is monitoring the Centers for Disease Control and Prevention (CDC) as well as the Los Angeles Department of Public Health and the Occupational Safety & Health Standards Board (Cal/OSHA) for the latest recommendations to provide a safe environment for staff and appropriate care for a potential patient. GAMC is continually surveying the latest recommendations from these organizations and updating its hospital preparedness plan,

as well as personal protective equipment.

"GAMC's priorities are our patients, employees and community," says Karen Brandt, Vice President, Clinical Services and Chief Nursing Officer. "We are following recommendations from the CDC for the management of Ebola, including infection control protocols and procedures. Staff and physicians have maximal protection through the proper and meticulous use of personal protective equipment (PPE), isolation precautions, and hand hygiene."

A patient who meets both of the criteria below

will be moved immediately to a private room for isolation and testing:

- 1 Symptoms and signs of Ebola. These include fever; headache; joint and muscle aches; weakness; fatigue; diarrhea; vomiting; stomach pain; lack of appetite; and, in some cases, bleeding.
- 2 Travel to West Africa (Guinea, Liberia, Mali, Nigeria, Senegal, Sierra Leone or other countries where the World Health Organization has reported Ebola transmission) in the 21 days before symptoms started.

If a patient meets the above criteria, he or she will be moved to a private

room. Standard, contact and droplet infection precautions will be followed when assessing, treating and transporting the patient.

In addition, the following people or organizations will be immediately notified:

- Hospital leadership.
- Local and state public health authorities.
- CDC's Emergency Operations Center.

For the latest information about Ebola, including how the virus is transmitted, as well as signs and symptoms of the disease, visit CDC's Ebola website, www.cdc.gov/vhf/ebola.



Yaser Badr, MD, neurosurgeon

HEALTH TALK NEWS, VIEWS & TIPS



READERS' CHOICE BEST NURSES: Representing over 900 of GAMC's award-winning nurses.

GAMC voted best!

Glendale Adventist Medical Center is extremely proud of its physicians, nurses and associates! Once again, the *Glendale News-Press* Readers' Choice voters selected GAMC as the Best Hospital and as having the Best Nurses in Glendale! We also had a few physicians who were nominated as Best Doctors: Harry Balian, MD, Best Cardiologist; Ronald Wu, MD, Best Obstetrician/Gynecologist; and Jerry Wada, MD, Best Oncologist.

GAMC's physicians, nurses and associates have always provided loving care to their patients. Three years ago the hospital made a commitment to enhance its service by applying world-class best practices always! This Readers' Choice award shows the impact of these efforts.

"It is so rewarding to see the community recognize the amazing, loving care provided by our hospital," says Kevin A. Roberts, president and CEO, Glendale Adventist Medical Center. "We're humbled, proud and determined to do better every day!"

"Sharing God's love with our community by providing healing and wellness for the whole person" will never change. GAMC will be celebrating 110 years of healing to our community in 2015.

Path to Excellence Award

GAMC recently received the 2014 Path to Excellence Award as the Most Improved Facility in the 300-bed or more category from the National Research Corporation (NRC). NRC Picker is recognized as the largest patient satisfaction firm—recording and reporting patient responses on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS).

GAMC was selected from NRC Picker's extensive database of members, ranging from small specialty hospitals to large multi-hospital systems, for their performance over

the last four quarters.

Significant effort and commitment has gone into achieving these strides in customer service, hourly patient rounding, leader evaluation management and much more.

The NRC Picker Patient-Centered Care Symposium provides an opportunity for health care professionals to network and share best practices related to improving the patient experience across the health care continuum. The event encompasses leading professional speakers, hands-on breakout sessions and topical agenda items that cover the latest trends in health care.



GOLDEN ANNIVERSARY: Aaron Selzer, MD, medical director (left), and Marion Watson, director of Physical Medicine & Rehabilitation (right), accept a certificate of recognition from Mary Manoukian, representing State Assemblyman Mike Gatto.

Rehab unit celebrates 50th anniversary

Celebrating 50 years, the GAMC Acute Rehabilitation Unit has been helping patients get back on their feet after a serious illness or injury. Throughout this time, our specially trained nurses and therapists have assisted patients who have experienced stroke, orthopedic surgery, traumatic brain injury, multiple sclerosis, Parkinson's disease, speech and/or swallowing disorders, and much more.

The Acute Rehabilitation Unit, which opened in 1964, holds an annual reunion dinner for former patients in order to commemorate and applaud their successes and continued recovery. Congressman Adam Schiff and other legislative

leaders, including Glendale Mayor Zareh Sinanyan, celebrated the anniversary with their attendance or through proclamations of congratulations.

"We recognize the effort, perseverance and motivation of our patients and the commitment of our dedicated staff in guiding each patient toward achieving their functional goals," says Aaron Selzer, MD, medical director of Physical Medicine & Rehabilitation. "This event allows us to celebrate our patients' recovery and return to functional independence."

Guests enjoyed a catered meal, as well as inspirational prayers and speeches from former rehabilitation patients. With entertainment provided by both staff and volunteers, spirits were high as patients gave thanks for their recovery, health and well-being.

To learn more about rehabilitation services at GAMC, call (818) 409-8071.



IT'S AN HONOR: On hand to accept the award were Jennifer McDonald (left), manager, customer relations, and Karen Brandt, vice president, clinical services/chief nursing officer.

DIABETES

Beyond the obVIOUS

Four unexpected ways to
stay healthy with diabetes

W

hether you are newly diagnosed with diabetes or have lived with it for years, you probably already know much of the standard advice for staying healthy with this illness. Stay on top of your blood sugar, and do your absolute best to keep it in the range your doctor advises. Be active, and make sure your diet is a healthy one. Take any medicine your doctor prescribes precisely as directed. ♦ That's incredibly important advice, and hopefully you're following all of it. ♦ But there's some additional advice for staying healthy with diabetes that you should know—and that might surprise you. What follows are four lesser-known tips for managing diabetes that could make a big difference in your health and future.



Diabetes education program

GAMC offers diabetes education classes, which include one individual session with a nurse practitioner and certified diabetes educator, and four classes covering:

- Information about diabetes.
- Diet management.

- Exercise.
- Checking blood sugar levels.
- Insulin and medication management.
- How to develop and maintain a healthy and quality lifestyle.

Support persons are welcome to attend. The Diabetes Self-Management Education (DSME) program at GAMC requires a physician referral and is covered by Medicare and most insurance

plans. Classes are held on four consecutive Tuesdays from 4:30 to 7 PM.

Diabetes Support Group



The GAMC Diabetes Support Group is open to community members who would like guidance and reassurance in their diabetes management. For more information, call (818) 409-3548.

1 Try to tame tension

Emotional stress—whether it’s brought on by a rough patch in a relationship, a bad day at work or even the day-to-day challenges of living with diabetes—can affect your blood sugar. But just what it does depends on the type of diabetes you have.

Do you have type 2 diabetes? Then stress will probably raise your blood sugar. And prolonged stress has the potential to keep blood sugar at consistently elevated levels.

If you have type 1, then the influence of stress is less predictable. While it’s also likely to make your blood sugar go up, it can sometimes have the opposite effect and actually lower it.

How can you tell how stress affects you? Try this: For a week or two, rate your stress on a scale of 1 to 10 before taking your blood sugar. Record that number next to your blood sugar reading. Then look for a pattern. If the stress in your life seems to peak along with high blood sugar levels, it’s time to unwind with steps such as these:

- **Move more.** A brisk walk—or any other physical activity—is a win-win. That’s because exercise helps control blood sugar, even when you’re not stressed. And when you are, it can help you feel less anxious and keep your blood sugar from climbing.



- **Problem-solve.** Do your best to eliminate stress triggers. If morning rush-hour traffic makes you tense, try to leave home early enough to avoid traffic jams. If your job is increasingly stressful, confide in your boss and see what might make your duties more manageable.

- **Replace bad thoughts with good ones.** Whenever a negative thought surfaces, think of something that makes you happy or proud.

Most important, if managing your diabetes is a source of stress, speak with your doctor. He or she can suggest ways to cope, whether it’s seeing a dietitian or joining a support group for people with diabetes.

2 Tune in to hearing loss

Research from a study of more than 5,100 adults revealed that hearing loss may be twice as common in people with diabetes as in those who don’t have the disease. Moreover, that diminished hearing was particularly likely to occur in people with diabetes who were younger than 50, suggesting that hearing loss starts earlier in those with the illness.

Exactly how diabetes might contribute to hearing loss is still a big question. But it’s well known that—over time—high blood sugar damages the body’s small blood vessels and can cause kidney and nerve problems that are common complications of diabetes. Consequently, scientists speculate that consistently high blood sugar could also harm the small blood vessels of the inner ear, which play an important role in our ability to hear.

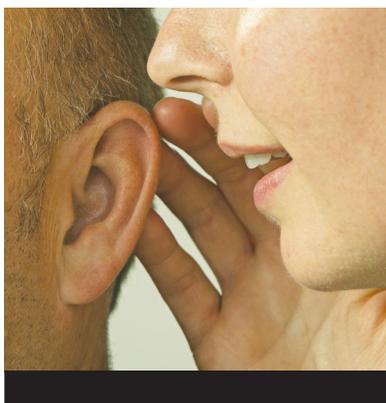
The upshot: Anyone with diabetes should be alert to the warning signs of hearing loss, which happens slowly and might be hard to detect initially. You might be losing hearing if you:

- Often ask people to repeat themselves.

- Have trouble following conversations that involve more than two people.

- Think that others are mumbling.

- Have people repeatedly tell you that the volume on your TV or radio is too loud.



Should you experience any of these red flags, tell your doctor right away. And even if your hearing seems to be perfectly fine, ask your doctor how often it should be checked. A full hearing exam can help detect any hearing loss you might experience without realizing it.



3 Fend off food poisoning

One consequence of diabetes is that you’re more vulnerable than someone without the disease to becoming ill—perhaps seriously—from food contaminated with disease-causing bacteria, viruses or parasites.

Why the increased risk? Because diabetes can disrupt your immune system. As a result, if you do become sick, you’re more likely to have a lengthier illness or be hospitalized than someone without diabetes.

So defend yourself. Certain foods are riskier to eat than others, and you want to steer clear of them. Among them: raw sprouts of any kind and raw or undercooked meats, poultry and seafood. For safety’s sake, also:

- **Lather up.** Wash your hands well—that means scrubbing them in warm, soapy water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers or touching pets.

- **Avoid cross-contamination.** Dangerous bacteria can spread from one food to another, especially when you’re handling raw meat, poultry, seafood or eggs. Stop this spread by using one cutting board only for raw foods and another for ready-to-eat ones. And never put cooked food on a plate that once held raw foods—unless you first wash that plate in hot, soapy water.

- **Chill well.** Cold temperatures help keep bacteria from multiplying. Always refrigerate or freeze perishable foods within two hours of cooking or purchasing them. And never thaw food at room temperature—for instance, on a countertop. Instead, thaw foods in the refrigerator, in cold water or in a microwave.



4 Ready yourself for emergencies

Everybody should prepare for a possible disaster by stocking up on food and water and assembling an emergency supply kit. But because you have diabetes, that kit is especially important. It should include everything you need to take care of yourself, such as:

- A blood glucose meter, lancets and testing strips.

- Your diabetes medicines.

- An insulated bag to keep insulin cool (if you take insulin), plus syringes.

- Glucose tablets and other foods or drinks to treat low blood sugar.

- Antibiotic ointment or cream.

Include, too, any other medicines you take; copies of all your prescriptions; and a list of the type and model number of any medical devices you use, such as an insulin pump.

Also talk to your doctor about what to do if you run out of any medicine you need—especially insulin—during an emergency.

And if an emergency does strike, you need to protect yourself in some very specific ways. If, for example, you stay at an emergency shelter, identify yourself to people in charge as someone who has diabetes. And whether you’re in a shelter or not, keep something containing sugar with you at all times in case you develop dangerously low blood sugar.

If the power is out and it’s hot, drink plenty of fluids—particularly water—to avoid becoming dehydrated. Diabetes makes it harder for your body to handle heat.

Finally, pay special attention to your feet. Stay out of contaminated water, and check your feet carefully for signs of an infection or injury, such as redness or swelling. And always get medical help right away if you notice any possible problems with your feet.

Sources: American Diabetes Association; National Diabetes Information Clearinghouse; U.S. Department of Agriculture

Want more tips for managing diabetes? Join our diabetes support group. Go to www.AdventistHealth.org/Glendale for details. Or check out our calendar of events on page 8.

WELLNESS

PRESCRIPTION PAWS

Therapy dogs bring joy to patients and help aid recovery



CANINE COMFORT: Karen Sanders and her dog, Quatsch, visit patient Randall Franklin at GAMC.

SOMETIMES THE BEST MEDICINE can be a furry-tailed dose of goodness that can make a patient feel better. Doctors have known about the value of therapy pets in hospitals for many years, and patients and family members are a testament to their influence.

Glendale Adventist Medical Center's (GAMC's) popular pet therapy program offers patients the ability to interact with certified and trained therapy dogs. "Our pet therapy program is really an example of what good can come to our patients when departments collaborate with one another," explains Jan Adduci, pet therapy coordinator.

"Pet therapy has been a great addition to our rehabilitation program," Adduci says. "These amazing dogs provide something very special to enhance the health and well-being of our patients. When the dogs enter the facility, patients' faces light up. The patients benefit greatly from the unconditional love and acceptance provided by the dogs."

GAMC has partnered with Therapy Dogs

International to bring the program to patients. Therapy dogs must have a stable temperament and loving nature. They complete basic obedience training to ensure that they will react appropriately in a hospital environment. The dogs are examined to meet health criteria and are kept well-groomed and clean.

Pet therapy is a goal-directed intervention in which an animal meeting specific criteria is an integral part of the treatment process. The therapy is designed to promote improvement in human physical, social, emotional or cognitive function. Pet therapy is provided in a variety of settings, and may be group or individual in nature. The process is documented and evaluated.



To learn more about the pet therapy program at GAMC, call (818) 409-8071.

Sources: International Association of Human Animal Interaction Organizations. *The IAHAIO Prague guidelines on animal assisted activities and animal assisted therapy.* Renton, WA: Delta Society; 1998. American Veterinary Medical Association. *Wellness guidelines for animals used in animal-assisted activity, animal-assisted therapy, and resident animal programs.*

CONGRATULATIONS TO THE 2014 ARMY OF PINK WINNER!

IN RECOGNITION of breast cancer awareness month in October, Glendale Adventist Medical Center gathered an army of candidates to spread the message on breast cancer. Six notable men from the community were selected as brave soldiers for this biannual campaign to do the following: educate on breast cancer facts, discuss the importance of early screenings and speaking to a physician, and educate on the resources available at the award-winning GAMC Cancer Center.

The Army of Pink soldiers for 2014 were Medical Director Harlan Gibbs, MD, GAMC Emergency Department; Lt. Tim Feeley, Glendale Police Department; Deputy Fire Chief Greg Fish, Glendale Fire Department; Archbishop Hovnan Derderian, Western Diocese Armenian Church; Greg Krikorian, president of the Glendale Unified School Board; and Glendale City Manager Scott Ochoa—led by honorary captain Elissa Glickman, CEO of Glendale Arts. Everyone worked effortlessly with our captain and their respective campaign managers to accomplish the overall campaign mission. Over 97,000 community members voted online during the month of October, and Lt. Feeley, along with his K-9 Yudy, was declared the 2014 Army of Pink winner! He earned the most votes through his very active campaigning skills and mission to "Detect and Protect," which was his slogan for the campaign. Lt. Feeley and the entire police department sold special pins and t-shirts to raise money to benefit the GAMC Cancer Center.

The funds raised will help provide resources for the support groups available to cancer patients. In addition,



2014 Army of Pink Winner, Lt. Tim Feeley and his K-9, Yudy.

100 low-cost mammograms were provided by GAMC as a way to encourage the importance of screenings to detect cancer. Congratulations, Lt. Feeley for all your efforts in the fight against cancer!



For more information on the Army of Pink, visit GlendaleAdventist.com/ArmyOfPink.

No-cost cancer support services, close to home

Cancer services promotes the mission at GAMC, "To share God's love with our community by promoting healing and wellness for the whole person," by providing no-cost support services. With a staff that strives for excellence in patient care, we offer services for comprehensive care close to home.

Services include (at no cost):

- **Oncology nurse navigator:** Sharon Feinberg, RN, BSN, OCN, who assists in identifying your needs and enlisting resources from diagnosis through survivorship.
- **Positive image coordinator:** Tracey Sanders, assisted by Anita McCain, who offers assistance with wigs, hairstyling, make-up and skin care, and coordinates the Look Good... Feel Better program, creative writing and knitting classes.
- **Focus on Healing coordinator:** Cynthia Klinger, MFT, who conducts brain tumor support groups; cancer support groups; grief and loss support groups; and short-term counseling sessions for individuals, couples and families.
- **Office of Integrated Research,** which provides access to clinical trials for various indications.
- **Yoga and fitness classes** for physical activity.
- **Ingeborg's Place Apart,** a refuge within the center that provides wigs and scarves and a quiet environment for patients to heal.

The Cancer Center is committed to providing quality care through the compassion and dedication of our board-certified surgeons, nurses, nurse navigators and therapists. As an accredited Comprehensive Community Cancer Program, GAMC is a proud recipient of the Outstanding Achievement Award from the American College of Surgeons.

For more information about GAMC's cancer services, please call (818) 409-8218.

Breakthrough HAND SURGERY

The hand is one of the most complex and intricate structures of the human body. The combination of bones, cartilage, tendons, muscles, ligaments, nerves, arteries and veins that form the hand are also the building blocks for the functionality of the hand. It is intuitive, and when these structures are damaged, the hand cannot function the way it was designed to.

One of the most common problems facing the modern world is repetitive motion injuries of the hand. Technology has brought in a new era of the information age. Computers, smartphones, tablets and other hand-held devices have become commonplace at work, home and recreational environments. These devices, along with the modern activities of daily living, have caused your hands to work extremely hard. This can lead to the bones, cartilage, muscles, tendons and nerves of the hand being compressed and damaged. This damage will ultimately cause pain and a loss of motion.

WHAT CAUSES TRIGGER FINGER Tendons tend to be the most affected structures with repetitive motion of the hand. Tendinitis is an inflammation of the tendons and is the most common repetitive motion injury of the hand. When a tendon is in motion for long periods of time, the covering on the tendons may thicken and cause friction or abrasions on the tendon. This can lead to inflammation, swelling and pain,” says GAMC hand surgeon Murtaza Rizvi, MD. Swelling can lead to a tendon not moving through tissue with the ease and grace that it was designed to. Sometimes, this pathology can lead to the tendon even becoming entrapped, such as with a trigger finger.

Trigger finger occurs when inflammation (due to friction) narrows the space within the sheath that surrounds the tendon in the affected finger, which gets the finger stuck in a bent position. This occurs at the proximal interphalangeal joint of the main fingers or the interphalangeal joint of the thumb. The joint becomes locked and the finger must be popped or stretched to straighten it. The pain travels into the palm where, during a physical exam, the physician may find a hard lump over the tendon near the distal half of the palm. If trigger finger is very severe, the involved finger may be trapped in a locked and bent position. The middle finger and thumb tend to be the most commonly affected. For patients with trigger finger, symptoms tend to be the most severe in the morning or when they grasp objects firmly.

TREATING TRIGGER FINGER This involves a multimodality approach, including conservative and surgical measures. “Initially, the main treatment plan is resting the involved finger and decreasing the inflammation with medications,” says Dr. Rizvi. “Common medications include nonsteroidal anti-inflammatory agents, such as Motrin. Ice, heat, splinting and stretching exercises can also help with the motion and pain of a trigger finger,” explains Dr. Rizvi.

More invasive treatments include steroid injections, percutaneous release and surgery. Some patients will need physical therapy with a hand therapist to enable them to move their finger better even after surgery, but the majority are able to follow a home regimen and recover well.



Murtaza Rizvi, MD

Rely on the experts! It is best that these disorders be treated by a board-certified hand surgeon. Contact the Glendale Adventist Orthopedic Institute at (818) 863-4446.





CALENDAR OF *Events* WINTER 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.

SUPPORT GROUPS

Stroke Medication Management & Education Clinic

- Mondays, 9 AM to noon and 1 to 3 PM
- Wednesdays, 8 AM to 1 PM

Call for location

Find answers to your stroke medication questions at a free one-hour consultation with a clinical pharmacist. Call **(818) 409-8100**.

Adult Grief Support

- Mondays, 6 to 7:30 PM
- Wednesdays, 11 AM to 12:30 PM

Chaplain's Office

One-time registration, \$25

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.

EDUCATIONAL CLASSES

Diabetes Community Education Class

1 to 2 PM

Learn about how diabetes develops, healthy eating strategies, food groups, portion sizes and blood glucose monitoring. Call **(818) 409-8100** to learn more and to reserve a space.



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