

# HQ

## HEALTHLINE QUARTERLY

ADVENTISTHEALTH.ORG/GLENDALE  
AN AWARD-WINNING PUBLICATION

S U M M E R 2 0 1 5



### 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 make your scheduling experience easier. A physician order or prescription is required. Visit **AdventistHealth.org/Glendale** to book your appointment today!

**MONTROSE URGENT CARE NOW OPEN** When you need a doctor right now, our new facility on Verdugo Boulevard in Montrose can help. Our skilled medical team treats minor emergencies and illnesses and offers annual exams, sports physicals, immunizations and screenings at a much lower cost! To learn more, visit **OopsOuchOhNo.com**.

**JOIN US ONLINE** Visit us at **Facebook.com/GlendaleAdventist** or follow us at **Twitter.com/GAMCHealth**. Share what GAMC means to you and your family and get our latest news and updates.

Play to Learn Center staff and children with Special Olympics ring.



### GAMC sponsors Special Olympics Host Town

# REACHING THEIR FULL POTENTIAL

One of the things parents enjoy most is watching their children learn to interact with the world and make new discoveries. When developmental disabilities interfere with age-appropriate progression, it can be alarming for the whole family.

The Play to Learn Center at Glendale Adventist Medical Center (GAMC) has been serving children with special needs in the Glendale, Eagle Rock and surrounding communities for more than 10 years and is one of the only centers of its kind in the area. With GAMC as the Title Sponsor for Glendale as a Host Town for the Special Olympics World Games, coming to Los Angeles in July, the community is even more focused on the importance of helping children with special needs reach their full potential.

"We treat children with many types of disabilities, from delays in movement and speech to cerebral palsy, Down syndrome and autism spectrum disorder," says Traci Jones Martinez, doctor of physical therapy, program manager of the Play to Learn Center. "While our main focus is on providing physical, occupational and speech therapy for children of all ages, we also offer specialized programs such as constraint-induced movement therapy, tic management and summer social skills camps."

The dedicated professionals at the Play to Learn Center include physical, occupational and speech-language

therapists, who work with children and families to:

- Improve communication skills, which increases social, emotional and academic abilities.
- Develop the skills needed to play and interact at an age-appropriate level.
- Become more independent through improved movement, communication, feeding and social interaction.
- Learn to cope with the complex issues that go hand-in-hand with a disability.

As the time for the Special Olympics draws closer, the Play to Learn children and staff will have the opportunity to watch some of the games. "Special Olympics athletes are heroes to our children, who may look forward to potentially participating in future games," says Dr. Jones Martinez. "The Play to Learn Center focuses on helping children reach their highest potential in order to achieve their goals."

To inquire about the services offered at GAMC's Play to Learn Center, call (323) 255-1134. To learn more about GAMC's participation in the upcoming Special Olympic World Games, visit **AdventistHealth.org/Glendale**.

## INSIDE

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Glendale Adventist Medical Center's legacy of healing. See page 4.



# WOMEN CHOOSE GAMC FOR MORE REASONS THAN EVER

**GLENDALE ADVENTIST MEDICAL** Center (GAMC) would like to once again thank its physicians, nurses, associates and the entire community! GAMC earned the 2015 Women's Choice Award in three categories as America's Best Hospital for Heart Care, Orthopedics and Patient Safety.

The Women's Choice Award is the only evidence-based designation that identifies the country's best hospitals based on criteria that consider patient satisfaction, clinical excellence and what women really want when it comes to

treatment and a quality hospital experience.

"We are honored to receive the Women's Choice Award for Patient Safety, Heart Care and Orthopedics," says Kevin A. Roberts, president and CEO, GAMC. "Our entire staff including our physicians, nurses, associates and administration have worked hard to keep patient care and outcomes as the focus of our success. We value human dignity and [the] individuality of our patients and their families, excellence in clinical care, medical technology, and service quality."



2015  
**WOMEN'S CHOICE AWARD®**  
AMERICA'S BEST HOSPITALS

PATIENT SAFETY  
HEART CARE  
ORTHOPEDICS

Out of the top 25 percent of hospitals across the nation that had a high Hospital Consumer Assessment of Health-care Providers and Systems (HCAHPS) recommendation score and a low incidence of reported problems from surgical errors and infections, "Glendale Adventist Medical Center not only performed well clinically with regard to heart care measures but also had a high recommendation rate, a measure that is very important to women in choosing a hospital," says Delia Passi, CEO and founder of the Women's Choice Award.

GAMC works toward always providing quality care for their patients and puts significant effort into achieving these results, and the Women's Choice Award recognizes those strides and commitment to excellence. "As the primary health care decision makers, women account for about 90 percent of all family choices when it comes to matters of health. Making quick decisions goes against their grain, and women are seeking more information than ever before when making health care or hospital selections," Passi says.

Women can choose GAMC with confidence because the Women's Choice Award is the first national award identifying hospitals based on women's recommendations and preferences!

# DOOPS OUCH OHNO

INTRODUCING THE PREMIER URGENT CARE



**NOW OPEN**  
Walk-ins Welcome

Adventist Health Urgent Care  
1975 Verdugo Blvd.  
La Cañada Flintridge  
818-249-9454

8-8 | Mon - Fri  
9-5 | Sat, Sun & Holidays

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[OopsOuchOhNo.com](http://OopsOuchOhNo.com)



**Adventist Health**  
*Urgent Care - Montrose*

FEATURE

# 4 OVARIAN CYSTS Questions, 4 answers

As a female, the more you know, the more control you have over your health. ♦ One important topic is ovarian cysts. There's a good chance you'll have one of these fluid-filled sacs form in or on your ovary at some point in your life. Most cysts are harmless—they don't cause symptoms, they're not cancerous and they go away on their own.

Still, it pays to have the answers to these four frequently asked questions:

**1 How and why do ovarian cysts form?** Your ovaries are two small organs, sitting on either side of your uterus, that contain eggs and female hormones.

"During ovulation, an egg grows in a tiny sac—called a follicle—within an ovary. When the egg is ready to come out, the sac breaks open and dissolves. The egg then travels through the fallopian tube and into the uterus. If something goes wrong with this process, you can develop what's called a functional cyst," explains Alice L. Yun, MD, obstetrician and gynecologist at Glendale Adventist Medical Center.



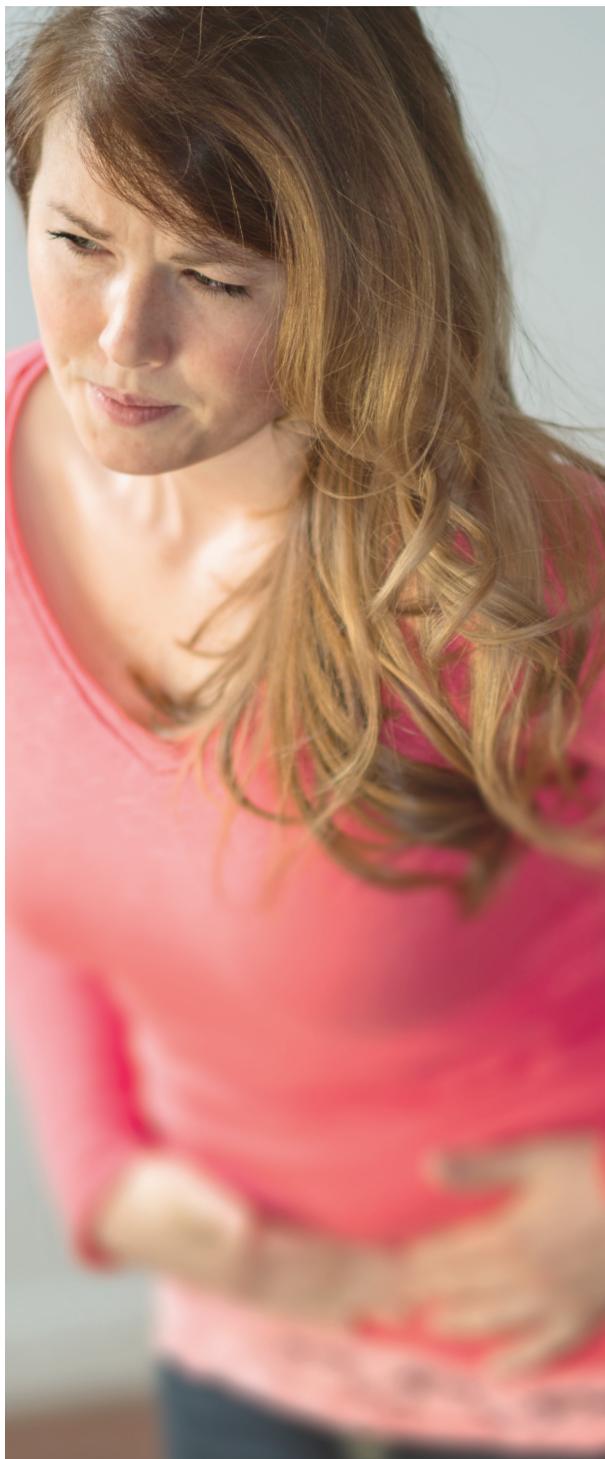
Alice L. Yun, MD

There are two types:

- Follicle cysts, which form when the sac doesn't break open but keeps growing and becomes a cyst.
- Corpus luteum cysts, which form when the egg is released but the sac doesn't dissolve, and the remains form a cyst.

"Other types of cysts can form because of endometriosis, pregnancy, infection or cell abnormalities," says Dr. Yun.

**2 What are the symptoms?** Most cysts are small and don't cause symptoms. If there are symptoms, they may include: ● Pressure, swelling, bloating, or pain in the abdomen or pelvic region. ● Dull or sharp ache in the abdomen or lower back and thighs. ● Pain during certain activities, including intimacy.



**3 How are they detected?** A cyst may be found by your doctor during a routine pelvic exam or when examining you because of symptoms. Your doctor may recommend an ultrasound to look more closely at the cyst. Blood and hormone tests may be done to uncover the cause.

In some cases, a doctor may order a blood test that measures a substance called CA-125, which may be a marker for ovarian cancer. Only 1 percent of ovarian cysts are malignant.

**4 How are they treated?** In most cases, nothing has to be done about a cyst. It will go away in one to three months. Birth control pills are a treatment option—they won't get rid of a cyst, but they can prevent new ones from forming.

If a cyst does not go away after several menstrual cycles, gets larger or causes pain, it may be removed surgically. Laparoscopy and laparotomy are the two main procedures done to remove cysts.

Sources: American Academy of Family Physicians; American College of Obstetricians and Gynecologists; Office on Women's Health

## POLYCYSTIC OVARY SYNDROME HORMONES GONE AWRY

Would you feel alone in a room with 5 million people? That's the approximate number of American women who have polycystic ovary syndrome (PCOS).

So, you're not on your own if your doctor diagnoses you with this hormonal disorder, the No. 1 cause of female infertility in the U.S. You'll join a large group of women dealing with this often difficult condition. You'll also find that there are many options for treatment, as well as support to help you through.

**What is PCOS?** Women's ovaries normally produce both female and male hormones. With PCOS a woman's body makes more male hormones (androgens) than it needs.

"These excess hormones interrupt the regular function of the ovaries. The eggs in the ovaries do not develop properly, and many small cysts form.



Joana Tamayo, MD

Ovulation (egg release) and menstruation may not happen on schedule or at all, which is why PCOS can affect fertility," explains Joana Tamayo, MD, obstetrician and gynecologist at Glendale Adventist Medical Center.

No one knows what causes PCOS. However, there seems to be a genetic link, so you're more likely to have it if someone in your family has it.

There may also be a link between PCOS and insulin, a hormone that regulates blood sugar. Many women with PCOS have problems with their blood sugar levels. High levels can increase the production of androgens.

**Signs, symptoms and treatments** In addition to cysts on the ovaries and irregular or missed periods, signs and symptoms of PCOS may include: ■ Unwanted hair growth on the body or face and thinning hair on the head. ■ Obesity. ■ Skin problems, such as acne or patches of dark skin. ■ Pelvic pain. ■ Anxiety or depression. ■ Sleep apnea.

"There is no cure for PCOS, but treatment can help many of the symptoms and hold off complications such as diabetes, heart disease and cancer of the uterus," says Dr. Tamayo.

**Treatment begins with lifestyle changes** Limiting processed foods and added sugars will help lower weight while balancing blood sugar levels. For some women, losing 10 percent of their body weight is enough to restore normal periods and ease other symptoms.

Other PCOS treatments include taking: ■ Birth control pills. ■ Medications to control insulin. ■ Medicines to block androgens.

Your doctor will help you learn about all the options and get you started toward a better quality of life.

Sources: American College of Obstetricians and Gynecologists; Hormone Health Network; Office on Women's Health

**Do you need an OB-GYN? Call for a GAMC physician referral at (818) 409-8100.**

ANNIVERSARY



GAMC  
CELEBRATES  
110 YEARS  
OF HEALING



Glendale Sanitarium 1905



West Tower at night 2015



**FAITH AND MISSION** Glendale Adventist Medical Center (GAMC) is a 515-bed hospital 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. We value:

- The compassionate, healing ministry of Jesus.
- The human dignity and individuality of patients, their families and our employees.
- Excellence in clinical care and service quality.
- Collaboration with physicians, nurses and the community.
- The health care heritage of the Seventh-day Adventist Church.

Since our founding in 1905 as the Glendale Sanitarium, 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.



MEMORIES AND MILESTONES

1905	1955	1960s	1970s
<p>The Glendale Sanitarium opens in 1905. It was built on the Seventh-day Adventist mission to improve the health of communities.</p>	<p>The hospital celebrates its 50th anniversary. Over 200,000 patients were treated and 30,000 babies were born from 1905 to 1955.</p>	<p>The area's first behavioral medicine unit, paired with physical medicine and rehabilitation, opens.</p> <p>GAMC becomes the first private hospital in Los Angeles to install the latest IBM computer system.</p>	<p>A Family Practice Residency program for medical school graduates launches.</p> <p>The hospital name changes to Glendale Adventist Medical Center (GAMC).</p> <p>GAMC conducts its first open-heart surgery.</p>

## OUR MISSION: TO SHARE GOD'S LOVE WITH OUR COMMUNITY BY PROMOTING HEALING AND WELLNESS FOR THE WHOLE PERSON.

**PIONEERING WELLNESS** James and Ellen White, pioneers of the Seventh-day Adventist Church, believed in health and wellness. In the late 19th and early 20th centuries, the Whites established sanitariums throughout the United States and around the world.

In 1905, the Glendale Sanitarium opened in a 75-room Victorian-style hotel constructed in the 1880s. However, the hotel had not opened to guests due to the depression of that era. The church later purchased the property from Glendale land developer Leslie Brand for \$12,500—far below his asking price—and the deal was secured with a \$20 bill.

*“There is much to be done for suffering humanity, and sanitariums should be established for healing, restoring and educating. We are to labor both for the health of the body and the saving of the soul.”*

— Ellen G. White, pioneer of the Seventh-day Adventist Church and health reform.



**GROWTH AND CHANGE** By the 1920s, the Glendale Sanitarium expanded its Medical, Surgical and Maternity Services. The services added to its provision of exercise and a healthy diet, massage, and various types of hydrotherapy.

The sanitarium was also accredited by the American Medical Association and had the most advanced medical-related equipment of its day. With a staff of nine full-time doctors and nearly 100 nurses, the facility added *hospital* to its name in 1922.

As the original sanitarium outgrew its space, a 30-acre hillside was selected for a new hospital location. Overlooking Wilson Avenue, the hospital (on today's campus) opened with accommodations for 225 beds. Special features included a solarium leading to a rooftop deck, a spacious parlor for 150 guests and outdoor frontage with a golf green.

**ADVANCES IN PATIENT CARE** Following its move to the present-day location in 1924, the Glendale Sanitarium grew rapidly in services and stature. The hospital's first medical internship program was followed by residencies in pathology, surgery, obstetrics and gynecology, and internal medicine.

Earthquakes, fires and floods affecting Glendale in the 1930s, and later the impact of World War II, extended the hospital's mission to a wider community.

In the late 1950s and 1960s, the hospital ushered in the beginning of the computer age. As technology and other medical advances enhanced patient care, postsurgical stays in the hospital were reduced from weeks to days—with amazing advances on the horizon!



**OUR MISSION AND COMMUNITY** GAMC is an active and devoted leader in promoting a healthy lifestyle and the highest quality of medical care. The hospital and community have a long history of working together on activities that focus on health and wellness for the whole person.

The Healthcare Foundation at GAMC raises charitable funds to support the hospital's mission. Over the years, philanthropic partners have helped advance the hospital's medical programs and technology for the best patient care.

GAMC supports a global health care network that furthers the mission of the Seventh-day Adventist Church through “Living Proclamation and Loving Service.” Physicians, nurses and support staff reach out to people in need around the world by serving on medical missions while sharing God's love.



**WORLD-CLASS CARE AND THE FUTURE** GAMC provides world-class health care to every patient. By continuing to develop the latest in specialized institutes and advanced protocols, GAMC is widely recognized for superior surgical services and follow-up care that result in the best possible outcomes for our patients.

Accreditations, awards and numerous other honors from nationally recognized organizations validate the level of patient care and services. GAMC's commitment to share God's love with our community has resulted in our expanding to become the largest hospital in the San Fernando Valley with 515 beds, 800 physicians and over 900 nurses to care for our patients.

**TO LEARN MORE  
ABOUT HOW TO  
VOLUNTEER  
AT GAMC OR  
TO MAKE A  
DONATION, CALL  
(818) 409-8055.**

### 1980s

Shock wave lithotripsy to treat kidney stones and magnetic resonance imaging (MRI) become available to patients.

White Memorial Medical Center and Simi Valley Hospital become partners with GAMC to form Adventist Health/Southern California.

### 1990s

Expansion and upgrading of hospital facilities dominate the campus as the largest capital campaign in GAMC's history begins.



### 2000s–Present

A \$220-million renovation includes the state-of-the-art West Tower, the Emergency Department and the Lee Hughes Medical Building. The hospital celebrated its 100th anniversary in 2005. Now in 2015, GAMC marks its 110th anniversary!





## TIME OUT

*How and why a sports injury can happen to you*

**YOU'RE DRIVING HARD** down the court, getting ready to shoot the perfect basket, when you hear a pop and a searing pain shoots up your leg. You've ruptured your Achilles tendon.

In sports, the thrill of playing can quickly turn into the agony of injury. Achilles tendon injuries are one of several common ailments that can land an athlete—amateur or pro—on the bench. Other common sports injuries include sprains, strains, stress fractures and knee problems.

**PART OF THE GAME** You can get hurt playing any type of sport. Injuries can be caused by a variety of things, including accidents, poor conditioning or training practices, not wearing the proper equipment, or inadequate stretching or warm-up before playing.

**Do you have a sports injury that needs treatment? GAMC's orthopedic specialists can help. For an appointment, call (818) 863-4446.**

According to the National Institutes of Health, some of the most frequent sports injuries include:

**Achilles tendon injuries.** "You can injure your Achilles tendon by stretching, tearing or irritating this thick cord (tendon), which attaches the back of your heel to your calf muscle," explains Carlo Anthony Orlando, MD, orthopedic surgeon at Glendale Adventist Medical Center (GAMC).

- What it feels like: You know you've got an Achilles tendon problem if you have pain that gradually gets worse with exercise.

- How it happens: Tendinitis is the most common cause of Achilles tendon injuries. These types of injuries often occur in middle-aged, part-time athletes who do not warm up or stretch properly before games or practices.

**Sprains and strains.** A sprain happens when you pull or tear a ligament. A strain occurs when you twist, stretch or tear a muscle or tendon.



Carlo Anthony Orlando, MD

- What it feels like: If you have bruising, swelling, tenderness and pain or are unable to move your limb or joint, you've probably got a sprain.

- How it happens: Some type of trauma, such as a fall or blow that knocks a joint out of place, is usually the cause of a sprain. Strains usually are the result of excessive contraction or overstretching of a muscle or tendon.

**Stress fractures.** "A stress fracture is an overuse injury. If you consistently put pressure on a bone over a long period of time, a tiny crack may occur in that bone," says Dr. Orlando.

- What it feels like: If you have pain at the site that worsens when you're active, you may have a stress fracture. Tenderness and swelling often accompany the pain.

- How it happens: Sports that involve your foot repeatedly striking the ground—such as tennis, track and field, and basketball—are often causes of stress fractures.

**Knee injuries.** Because your knee is so complex with many different components, it's vulnerable to a variety of injuries—often involving ligaments and cartilage.

- What it feels like: If you hurt your knee, you may feel pain or tenderness under your kneecap at the front or side of your knee.

- How it happens: Landing wrong after a jump, getting hit on the front or outside of the knee during a contact sport, or simply changing directions rapidly while running.



## Get back in the game

The Sports Performance Program, offered at GAMC's Therapy & Wellness Center, is a unique service with individually designed sessions created to optimize any athlete's specific performance, whether you are a young athlete, club player or seasoned veteran.

The Sports Performance Program is composed of exercise regimens for enhancing the potential of athletes involved in: ■ Baseball ■ Football ■ Basketball ■ Soccer ■ Tennis ■ Swimming ■ Water polo ■ Running ■ High-intensity interval training ■ Volleyball ■ Cheer

Call the Therapy & Wellness Center today at (323) 255-5409 to learn how we can help you maximize your athletic performance!

## ALLERGIC RHINITIS

# THE BIG SNEEZE

**THE NOSE KNOWS** when allergic rhinitis comes to call. This allergic reaction causes inflammation inside the nose—and those telltale signs of sneezing, itching, dripping and congestion.

So what exactly is behind that sniffling drip? Here's what you need to know.

**INVASION ALERT** It all starts with the body's immune response to an allergen, such as pollen. The immune system tries to fight the foreign invader. Part of that reaction is release of a substance called histamine—the trigger of those pesky (and often persistent) nasal symptoms.



Marine Demirjian, MD

Other symptoms can crop up too, such as: ● Watery eyes. ● Headache. ● Scratchy throat. ● Hives. ● Eczema.

Allergic rhinitis can be seasonal, meaning it flares up at certain times of the year. This type is usually caused by pollens from weeds, grasses and trees. It can also be triggered by spores from mold or fungi.

Chronic rhinitis can happen anytime; may last all year; and is caused by allergens like cockroaches, dust mites and animal dander.

**TREAT THE SNEEZE** "Several methods can help combat allergic rhinitis—and it often takes a combination to get symptoms under control. The first step is to figure

out what allergen is causing the problem (your doctor can help with that) and then do your best to avoid it," says Marine Demirjian, MD, allergy and immunology specialist at GAMC.

You can also:

- Rinse your nasal passages with saline solution or use a saline spray to help rid your nose of allergens.

- Try over-the-counter or prescription medications. These can include nasal sprays, antihistamines and decongestants.

- Consider allergy shots (immunotherapy). This series of shots, given over a period of time (usually three to five years), helps reduce sensitivity to an allergen and may reduce or even eliminate symptoms. It can be a good option when medications aren't providing relief.

Sources: American Academy of Allergy, Asthma & Immunology; National Institutes of Health

**Allergy tests can reveal the sources of your sniffles and sneezes. Call (818) 409-8100 for a GAMC physician referral.**

PREVENTIVE MEDICINE



# DOING GREAT!

*Glendale Police Department pilot is a proud poster child for preventive medicine*

**THROUGHOUT HIS CAREER**, Glendale Police Department Lt. Steve Robertson passed his annual flight physicals with flying colors. A helicopter pilot since 1992 working the department's air support unit, Robertson gave close attention to his health and always kept himself in top shape for rigorous assignments.

However, about six years ago he received unexpected news. An echocardiogram performed in a Glendale Adventist Medical Center (GAMC) mobile van during a routine screening at the Police Department detected a small aneurysm near his aortic valve.

In Robertson's favor, the aneurysm was small. "I felt fine...I had no symptoms," he emphasizes. Under the care of GAMC cardiologist Joseph Lee, MD, the condition was closely monitored. There would be no change until the fall of 2014.

"I began to feel fatigued and run-down," he recalled. Tests determined that the aneurysm was starting to grow. Dr. Lee referred Robertson to Randall Roberts, MD, GAMC thoracic and cardiovascular surgeon.

"There was a danger of aortic dissection—which is when an aorta tears," explains Dr. Roberts, who led a GAMC surgical team that conducted a successful, six-hour open-heart surgery. "The treatment was to replace both the valve and aorta—where we take a conduit made of cloth and connect it to a valve, which we get from an animal, and put it into a position where those structures were. It's an unusual, complex surgery."

**GOING HOME** Six days post-op, Robertson was discharged from the hospital. Following a steady recovery, he hopes to return very soon to flight duty in the air support unit that covers the Glendale-Burbank area.

"The surgery went well; we are just delighted with the outcome," Dr. Roberts says. Meanwhile, Robertson stays in touch with Dr. Lee, who adds, "Steve is doing great. He progressed quicker than most people. He knew about the surgery in advance and what to expect, and he understood the recovery process to improve his outcome."



**IN GOOD HANDS:** From left are John Deyell, cardiovascular clinician; Denise Miller, senior program director; Parisa Khorsandi, chest pain coordinator; Lt. Steve Robertson, Glendale Police Department; and cardiologist Joseph Lee, MD.



**Cardiovascular surgeon Randall Roberts, MD, and Lt. Steve Robertson.**

Asked how the aneurysm occurred, Dr. Roberts explains, "Unfortunately, it's just bad luck. Both the aorta and aortic valve were degenerating with time—we don't know the exact reason why. It doesn't have anything to do with environmental factors or habits."

Integral to Robertson's success is GAMC's Heart & Vascular Institute support team, including Parisa Khorsandi, chest pain coordinator, and John Deyell, cardiovascular clinician. They covered every step of his journey from pre-surgery to post-discharge.

"We do a lot of face-to-face education and communication with patients and families," Deyell explains. "Our compassionate care really helps!"

Robertson says he's proud to become the Glendale Police Department's "poster child" for being attuned to warning signs that may affect good health. "Pay attention to your body," he urges. "It doesn't lie."

**"I'm a firm believer in preventive medicine and listening to my body."**

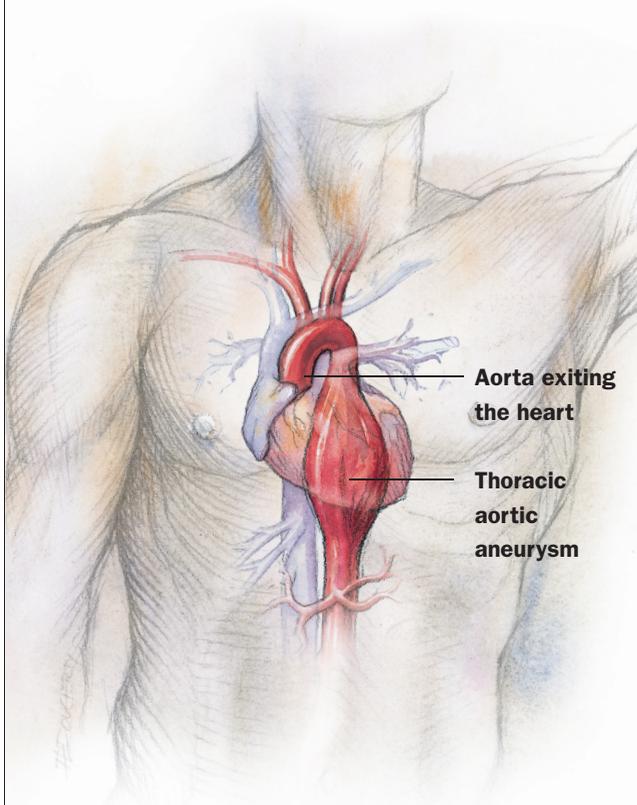
—Lt. Steve Robertson

**'WORLD-CLASS CARE'** "I have had many contacts with your fine organization over the years," Robertson wrote in a follow-up letter to Kevin A. Roberts, GAMC president and CEO. "This includes the birth of all three of my children at GAMC. My twins were born prematurely and spent 11 days in your neonatal intensive care unit after my wife went into preterm labor and was admitted for the final month of her pregnancy."

He adds, "All of these successes have come from a world-class hospital that gives world-class care. We have received the highest level of care and service all the way from the admitting clerk to my cardiothoracic surgical team."

Robertson also gave special credit to Denise Miller, senior program director, for her support before and during his surgery, which was "quite a stressful time for my family—she was there for us until my discharge—even as I walked to our car."

"It's so great to work at an organization that emphasizes family-centered care," Miller says. "This allows us as GAMC associates to step in and contribute when a patient needs us most."



**An aortic aneurysm is a bulge in a section of the aorta, the body's main artery. The aorta carries oxygen-rich blood from the heart to the rest of the body. If the aneurysm grows, it can get overstretched and weak—and it may burst.**

## HEART & VASCULAR INSTITUTE Free screenings for heart health

Glendale Adventist Medical Center brings you free heart-health screenings:

- Blood pressure and cholesterol screenings at the GAMC Heart & Vascular Institute [HVI] every Tuesday and Thursday, 8 AM to 1 PM.
- On-site GAMC cardiologists are available for same-day appointments.

The Heart & Vascular Institute is located in the Lee Hughes Medical Building on the hospital campus: 1509 Wilson Terrace, Suite 201, Glendale, CA 91206

Get your free screening today! Call the Heart & Vascular Institute at (818) 863-4099 for a free 15-minute screening with a registered nurse. For more information about GAMC's HVI, visit [AdventistHealth.org/Glendale/Heart](http://AdventistHealth.org/Glendale/Heart).

# CALENDAR OF *Events*

SUMMER 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

### 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, 10 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, \$25

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

### Cancer Support Group

Wednesdays, 10 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.



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

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Information in HEALTHLINE QUARTERLY comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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**HQ** HEALTHLINE QUARTERLY  
SUMMER 2015



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