

HEALTH NEWS *from*

WINTER 2020

corona

REGIONAL MEDICAL CENTER

*Minimally
invasive
technology*
**SAVED
HIS LIFE**

Quinn Carney escapes
the "widow maker"

When minutes matter

Quicker diagnostic imaging,
faster treatment

**The case for
home health care**

Recuperate in the comfort
of your own home

Compliments of



**CORONA
REGIONAL
MEDICAL CENTER**

Partners In Health and Healing

Celebrating 55 Years



FROM THE CEO



It's hard to believe that a new decade is upon us and that we are celebrating our 55th anniversary this year. We had a very successful year, and there are many great things planned for 2020. Our vision has been to continue expanding services to provide more healthcare options for the community. And we have done just that.

We are one year into our interventional cardiology program and it's been quite an evolution for our hospital. The new technology we have has allowed

us to save the lives of more than 200 people, and we have added several interventional cardiologists to the staff due to an increased volume of patients. We are working to expand this program by adding more cath labs and are beginning the process to become a STEMI receiving center.

We are proud to be the first hospital in the region to have acquired the da Vinci® XI surgical system, an advanced robotic platform with improved flexibility and precision. Because this technology is minimally invasive, patients may experience less pain, trauma, blood loss and scarring compared to traditional surgery. The surgeons trained in this technology will be using it for general surgery, and gynecological and urologic procedures. We're also excited to launch a new bariatric surgery program, which we expect to begin in the first quarter of the year. This will be a great value for the community.

We are continually working to provide more services to the community and raising the standards of quality, care and safety, all while meeting or exceeding your expectations. For updates on our progress, visit our website and social media channels. I am always interested in your feedback as well. Feel free to contact me at coronaregional.com/askceo. We thank you for the opportunity to care for you and your family and wish you a happy and healthy 2020!

Sincerely,

Mark Uffer
Chief Executive Officer

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Your **NEW** doctor is just a phone call or click away

NEED A DOCTOR? Our physician referral line and online physician directory are available to help you find a primary care provider or specialist.

Call 800-882-4362 for personal help in English and Spanish,
Monday through Friday from 5 a.m. to 5 p.m. PST, except for holidays.

After hours, visit coronaregional.com/docfind where you can search our physician directory and request an appointment.

EASY AND CONVENIENT



When MINUTES matter

Dedicated imaging provides more efficient diagnosis and intervention

There are few things as urgent as a stroke. Once blood flow is compromised and oxygen is restricted by a clot, brain cells begin to die. Within Corona Regional Medical Center's ER, a dedicated imaging suite reduces the time it takes to diagnose and treat those suffering from a stroke, impacting patients' lives.



Darice Liu, MD

Immediate diagnosis

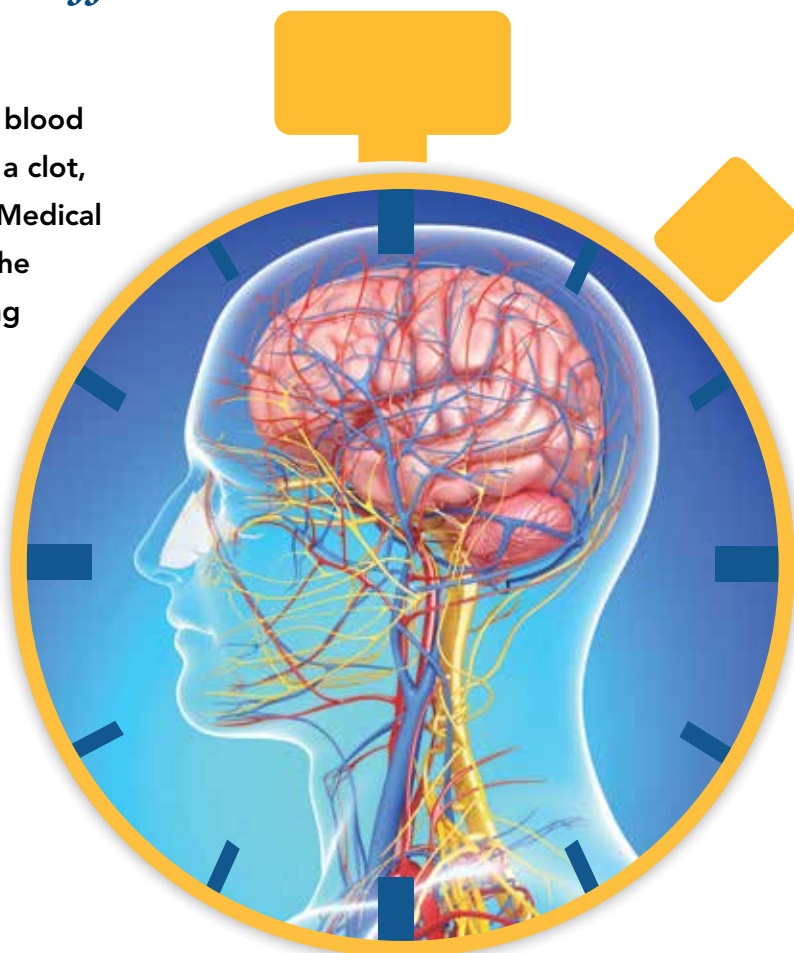
The process is swift. Once a stroke is suspected, explains Medical Director of Radiology Darice Liu, MD, the patient is taken directly for a non-contrast CT head study. It is immediately read by a radiologist.

"The radiologist's quick interpretation allows for the ER doctor to distinguish between a hemorrhagic stroke and an ischemic stroke, and render the appropriate treatment plan. If an ischemic stroke is diagnosed, the patient may be transferred to a higher level of care where neurointerventionalists can use image-guided catheters and special devices to remove the offending clot," says Dr. Liu. "In the best-case scenarios, the patient could recover with physical therapy and regain function."

Imaging plays a less-crucial role at initial evaluation of heart attacks. A chest X-ray can confirm whether the heart has failed and if the lungs are not functioning well. If blockages are suspected, an interventional cardiologist will conduct an angiogram using image-guided catheters to locate the blockage. Special instruments are used to re-open the artery and place a stent to keep it open.

Not just for heart attacks and strokes

Heart attacks and strokes aren't the only health crises that require prompt imaging and collaboration, says Dr. Liu.



"If a patient comes in with an aortic aneurysm rupture, acute GI bleeding or acute trauma, they can be evaluated with contrast-enhanced CT angiograms which can be performed quickly with our scanner," she explains. "These conditions can be life-threatening, but we can immediately diagnose the patient and begin treatment."

Director of Diagnostic Imaging Randy Gray says that having dedicated equipment in the ER allows patients to be seen in a more timely manner. "Our goal is to efficiently accommodate, diagnose and treat our community members when they need it the most," he says. ■

Learn more: coronaregional.com/dximage



ANOTHER CHANCE AT *LIFE*

QUINN CARNEY WAS ALL TOO FAMILIAR WITH CHEST PAIN, HAVING HAD A HEART ATTACK AND TWO STENTS PLACED IN HIS HEART A YEAR AGO AT ANOTHER FACILITY. WHEN HE EXPERIENCED ANOTHER BOUT OF CHEST PAIN IN LATE OCTOBER, HE WENT STRAIGHT TO THE ER AT CORONA REGIONAL MEDICAL CENTER.

Carney thought he was having another heart attack and took his heart medicine before arriving at the ER, where he was promptly triaged. "They began drawing blood and running tests. My heart enzyme levels were normal, so I was not having a heart attack, but a cardiologist came in to evaluate me," says Carney. "I was admitted and the next day, they did a stress test and found there may be additional blockages in one of the major arteries." ➤

Surviving a widow maker

Sumit Khandhar, D.O., the Director of the Cardiac Catheterization Lab, scheduled an angiogram for Carney, expecting to find and promptly treat any blockages. "We saw on the monitor that Mr. Carney's left anterior descending artery, also known as the 'widow maker,' was about 80-90% blocked in three different areas," Khandhar says, "so we performed balloon angioplasty followed by placement of stents at those locations."

Carney says he was awake throughout the procedure and could see the blockages on the monitor. "Dr. Khandhar knew exactly what he was doing and was very professional and efficient," Carney adds. "He answered all of my questions during the process and afterward I was taken to ICU, where I continued to receive excellent care."

Luckily for Carney, he escaped a heart attack this time. "A year ago,

I did suffer a heart attack and received two stents at another hospital. I was also on medication to prevent further blockages," Carney says. "I am glad I had my procedure here. I had a great patient experience, from the moment I arrived until I left. In fact, Dr. Khandhar is now my cardiologist."

Minimally invasive, lifesaving procedure

Corona Regional Medical Center is approved and licensed as a percutaneous coronary intervention (PCI) facility for specialized cardiac care. "PCI can be used to open a blood vessel narrowed by plaque buildup (atherosclerosis) or occluded by a clot (myocardial infarction)," Dr. Khandhar says. "It's a minimally invasive, often lifesaving, procedure. We have performed about 200 procedures in the last 14 months, with excellent outcomes, and our procedural volume continues to grow."



Sumit Khandhar, D.O., the Director of the Cardiac Catheterization Lab

Carney is very grateful for the care he received. "Dr. Khandhar is very genuine and has a great bedside manner. And the entire staff at Corona Regional Medical Center is very well-trained, sensitive, encouraging and caring. This is more than just a job for them. You can tell they love what they do, and it is very rare to find that in an entire organization. I definitely recommend Corona Regional." ■

To learn more:
coronaregional.com/blockage

CONTINUITY OF CARE

Minutes matter, particularly when emergency physicians are detecting and treating acute



Tae Eung Kim, MD, FACEP

illnesses, says Tae Eung Kim, MD, FACEP, Medical Director of the Emergency Department at Corona Regional. "We are trained to recognize those conditions that require immediate attention, those which require admission to the hospital for further evaluation and treatment,

and those which may be treated in the emergency department and then safely discharged home to follow up with their primary care doctors," he says.

No matter what kind of care is needed, you can find it at Corona Regional. If a patient is treated in the ER and admitted, there is a continuity of care from the time they walk in the door until they are discharged. If home care is needed, that can be arranged as well. "Our focus is that everyone has a great patient experience and that appropriate, quality care is provided at all times," says Dr. Kim.

Endometrial ablation



If you are suffering from excessive menstrual bleeding, breakthrough

bleeding or have longer than average periods, endometrial ablation may be a solution. "This is the best procedure for someone who wants to avoid hormones or hysterectomy and takes less than 10 minutes," says OB/GYN **Lawrence Koning, MD**. Here, he shares important information about the process.



Q: What is endometrial ablation?

It's a procedure that uses energy to remove/cauterize the lining of the uterus, known as the endometrium, which can lead to reduced or non-existent bleeding. It can be done in a doctor's office or in a hospital, and there are several different techniques. The most common method is "radio frequency" energy to remove most of the lining of the uterus. Your doctor can recommend which one is best for you based on any health conditions you may have.

Q: Who is a candidate?

Women experiencing issues with their menstrual periods, such as heavy flow, longer periods, bleeding between periods or those who have become anemic from blood loss are good candidates. While hormone-based medications are typically the first line of treatment, they are not always successful and may have side effects. Endometrial ablation is also an option for patients who would prefer not to have a hysterectomy.

Q: What could prevent me from having this procedure?

It is not recommended for women who are post-menopausal, want to get pregnant in the future or have had a recent pregnancy, or have the following conditions: uterine or endometrium disorders; vaginal or cervical infection; pelvic inflammatory disease; cervical, endometrial, or uterine cancer; weakness of the uterine muscle wall; have an intrauterine device (IUD); past uterine fibroid surgery; classic or vertical C-section incision or abnormal structure or shape of the uterus.

Q: What should I expect after the procedure and can I still become pregnant?

Common minor side effects include menstrual-like cramping for a few days, a discharge that can last for a few weeks and frequent urination for 24 hours. Pregnancy after ablation is rare, but can happen, and it increases the risk of miscarriage. It is recommended to either use birth control until after menopause or have a tubal ligation to prevent pregnancy and the complications that may arise from it. You also should still continue with routine screenings and pelvic exams. ■



To find a doctor: coronaregional.com/finddoc

WHEN IT'S TIME TO LEAVE THE HOSPITAL



With home health care, you can recuperate in the comfort of your own home and receive the extra care you need.

Transitioning to home after a hospital stay may require a certain level of care as you fully recover. That's where home health care comes in. Diane McDonald, RN, BSN, MBA, Director, Hospice and Home Health, explains that home care allows the patient to continue recuperating at home, all while receiving skilled care. "If a patient does not need rehab after surgery, but they will need some assistance at home, home care is the perfect option," she says. "It is far better to regain strength and stamina at home than in the hospital."

Benefits of home care

McDonald says that a physician needs to write the order for home health care support and the staff meets with the family and patient to learn about their home needs. "Many times, the family realizes that additional help will be needed at home with activities of daily living and possible therapies," she says, "and may also need a home health aide, nurse or a social worker to stop in two or three times a week and help get them back to their normal level of activity. They will also teach family members how to provide appropriate care to the patient."

Once home, nurses visit the patient, monitor and assess their improvement and provide the physician with reports of progress and outcome. "If the patient uses Corona Regional's home care, we can coordinate the ordering, delivery and setup of necessary equipment and supplies to help ensure the patient receives uninterrupted care," says McDonald.

Why Corona Regional Medical Center for home care?

McDonald states they have been providing care for the community since the 1990s and their care scores are always above average. "That tells us we are providing quality care and that patients are satisfied," says McDonald. The home health care program is regional, offering services to Temecula Valley Hospital, Inland Valley Medical Center and Rancho Springs Medical Center. "We have long-tenured staff that live in these areas, which makes providing care more efficient. Someone is always on call 24/7, and we also have Spanish-speaking staff members," says McDonald. ■

Learn more:
coronaregional.com/hhc

What are home health services?

Corona Regional Home Health provides the following services in the event you need qualified care at home.

- Skilled nursing care, including wound care, IV therapy, medication and pain management education, ostomy care, patient and family education, education for post-operative health issues, and more
- Physical and occupational therapies
- Maternal and newborn care
- Dietary counseling
- Home health aide services, such as assistance with bathing and dressing
- Social service workers to assist with finding community resources and related issues
- Patient and family education
- Interdisciplinary case management
- Palliative care

Advanced, Minimally Invasive Robot-Assisted Surgery

Now Available at Corona Regional Medical Center

Corona Regional now offers robotic-assisted surgical procedures using the advanced da Vinci Xi[®] Surgical System. Surgeons control robotic arms with tiny instruments to provide minimally invasive options for even complex procedures.



Smaller Incisions, Big Benefits

Because only small incisions are made with the da Vinci system, patients may experience benefits including:

- Less pain and scarring
- Shorter hospital stays
- Quicker recoveries

If you or a loved one require a surgical procedure, consult your physician to learn if da Vinci robotic-assisted surgery is an option for you.

To learn more, visit coronaregional.com/surgery
For a Free Physician Referral, call 800-882-4362

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic-assisted surgery is right for you.

CALENDAR OF EVENTS

Register: coronaregional.com/pcb or 951-808-6721.

Tours

Maternity Tours

Time: Wednesdays 6 – 7 p.m.

March 4, 18; April 1, 15; May 6, 20

Maternity tours in Spanish are available.

Call 951-808-6721 to make an appointment.

Sibling Class (Big Brother/Big Sister)

Time: First Wednesday of each month, 4 – 5 p.m.

March 4; April 1; May 6

Classes

Childbirth Bootcamp - Accelerated (one day)

Time: Saturdays 9 a.m. – 2 p.m.

March 7, 21; April 4, 18; May 2, 16

Cesarean Section Preparation

Time: Fourth Wednesday of each month, 6 – 7 p.m.

March 25; April 22; May 27

Baby Basics

Time: Second Wednesday of each month, 6 – 8 p.m.

March 11; April 8; May 13

Best Fed Class (Breastfeeding Preparation)

Time: Third Wednesday of each month, 6:30 – 8:30 p.m.

March 18; April 15; May 20

Breastfeeding Support Group

Time: Every Wednesday 1 – 3 p.m.

Bereavement Workshops

Groups meet at the CRMC Rehabilitation Hospital, Hospice Volunteer Auxiliary Office, 730 Magnolia, Corona, CA

Evening Session 2

Time: Tuesdays 7 – 8:30 p.m., March 3 through April 21

Morning Session 3

Time: Tuesdays 9:30 – 11 a.m., April 28 through June 16

Call 951-736-7286 to register.

HEALTH NEWS FROM CORONA REGIONAL MEDICAL CENTER

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