

HEALTH NEWS *from*

FALL 2016

temecula valley

HOSPITAL

Minimally invasive, tissue-sparing *hip replacement*

Tyler Riddell is back
on course, thanks to
Temecula Valley Hospital

Also inside:

*Detecting cardiac
arrhythmias*

*Sepsis awareness
and prevention*



Compliments of

TemeculaValley
HOSPITAL

FROM THE CEO



It is hard to believe that in October, we will be celebrating our third year of bringing high-quality healthcare to the Temecula Valley community! We pride ourselves on being true examples of patient-centered care to ensure that every patient and family member has an amazing experience when they visit Temecula Valley Hospital.

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Tyler Riddell talks about his tissue-sparing hip replacement surgery

In this issue of Health News, we highlight some of the technology our cardiac team is using to detect heart arrhythmias and help prevent stroke. It is comforting to know that Temecula Valley Hospital is certified as an Advanced Primary Stroke Center, with a dedicated team and 24/7 care available.

We also share Tyler Riddell's story of his hip replacement using the SuperPath® Hip Replacement procedure. Tyler was an active runner and golfer who was sidelined by gradually worsening hip pain. He talks about getting back to doing all the things he loves on page 7.

In closing, be sure to check the back cover for information on the 6th Annual Temecula Health and Community Resource Fair, to be held on Saturday, September 24. Temecula Valley Hospital staff will be there to educate you on the many community resources available throughout our facility. I look forward to seeing you and your family there!

Sincerely,

Darlene Wetton
Chief Executive Officer

MEDICAL GOLD *Minds* ★★

Plan to attend this FREE series of community lectures featuring the physicians at Temecula Valley Hospital:

OCTOBER 13, 2016
Rotator Cuff Tears
Andrew Erwtaman, MD
Orthopedic Surgeon

NOVEMBER 10, 2016
Aging Gracefully- Exercise & Nutrition
Karen Muchowski, MD
Family Medicine

DECEMBER 8, 2016
Modern Therapies for Paranasal Sinus Disease
Matthew Leach, MD
Otolaryngology
(Ear, Nose, Throat)

Held at 6 p.m. on the second Thursday of the month in the Operations Center on the second floor of the hospital. No reservations required. Light refreshments served.

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Did you know?

Educational health podcasts from Temecula Valley Hospital are now available for listening or download. Hear the latest health information from medical professionals at the hospital. Visit www.temeculavalleyhospital.com/podcasts.

"While on vacation, my husband needed emergency care at Temecula Valley Hospital. From the time we got there until he was discharged, everyone was efficient, thorough and friendly. The hospital was immaculate, and being away from home, we felt very comfortable with the care and attention we received."

- Julie Kivinen, British Columbia

"I had an outpatient procedure at Temecula Valley Hospital and was very nervous about it. But the doctor put me at ease and the nurses were extremely compassionate - one even held my hand while the procedure was being performed. I am so happy this is my hospital. It is well-run and staffed with wonderful people."

- Bernice Reda, Temecula, California

Temecula Valley Hospital makes a difference by adding a *personal touch*

October may be Patient-Centered Care Awareness Month, but at Temecula Valley Hospital, we deliver compassionate patient-centered care every day. "It's very much a family-oriented culture here at Temecula Valley Hospital," says Chief Executive Officer Darlene Wetton. "Our entire staff is engaged to make sure every patient and visitor has a positive experience from admission to discharge."

Many of our employees live in the nearby communities, so they know they are caring for their neighbors and friends. Says Wetton, "It's about developing relationships and earning the patient's trust. They feel more relaxed knowing they are not only receiving compassionate care from experienced professionals, but also from people who live in their own community."

Board Chairman Dennis Frank says Temecula Valley Hospital lives up to its reputation by letting the community know it cares. "You get a great sense of what patient-centered care means from the moment you walk in the door," says Frank. "It's all about our patients and giving them the best experience. Everything we do has a personal touch."

The personal touch is evident from the time a guest parks their car. Volunteers drive golf carts to pick up and shuttle visitors to the front door. Once inside, they are escorted to their loved one's private room. Spiritual care volunteers visit patients on a daily basis, and certified pet therapy dogs are routinely available to inpatients.

Loved ones are also allowed in patient rooms 24/7, and patients and visitors can order food on demand from an extensive menu. "We encourage families to stay and be involved in the care process," says Wetton. "Our food service is unique and exceptional - very much like hotel room service."

"People no longer have to drive long distances to receive high-quality care," says Frank. "It's right here at Temecula Valley Hospital." ■



Temecula Valley Hospital volunteers LeAnn Gerst (L) and Howard Keck (R) take therapy dogs Newman and Abby on rounds to visit patients.

**To view more patient testimonials, visit
www.temeculavalleyhospital.com/patientexperiences.**



Detecting

ATRIAL FIBRILLATION AND OTHER CARDIAC ARRHYTHMIAS



WIRELESS CARDIAC MONITOR RECORDS ACTIVITY FOR AN ACCURATE DIAGNOSIS

According to the Centers for Disease Control and Prevention (CDC), nearly six million people in the U.S. have atrial fibrillation, or AFib. It affects more than nine percent of people aged 65 years and older. And many of those with AFib don't even know they have it because they are not experiencing the signs and symptoms.

"AFib is a potentially devastating medical condition because it leads to 15 to 20 percent of ischemic strokes," says Cardiologist Robert Orr, MD. "When blood pools in the heart's left atrial appendage, clots can form and travel through the bloodstream, blocking the flow of blood to the brain and causing a stroke. If a patient has a stroke or transient ischemic attack, a neurological workup can determine the cause," he says.

When a person has heart palpitations, an electrocardiogram (EKG) is usually done, and the patient may wear a Holter monitor for 24 to 48 hours to record heart activity. But even with these tests, abnormal rhythms may not be detected because they come and go, and these tests only capture heart rhythms for a short period of time.



Robert Orr, MD
Cardiologist



Robin Abdelmalik, MD
Cardiologist

Are you a candidate for the LINQ?

If you experience brief episodes of dizziness, palpitations, fainting and chest pain, you may have a cardiac arrhythmia.

Speak with your doctor who can recommend appropriate follow up with a cardiologist to see if the LINQ is right for you.

CATCHING ELUSIVE ARRHYTHMIAS

Cardiologist Robin Abdelmalik, MD, says Temecula Valley Hospital is gathering data on the heart's electrical system by using the Reveal LINQ™ Insertable Cardiac Monitor (ICM) System. Also known as a loop recorder, the LINQ is a small monitor inserted just under the skin near the heart. It records electrical heart rhythms and helps doctors diagnose AFib, syncope and other arrhythmias. "The LINQ is used to identify cardiac arrhythmias that may be a precipitating cause once other factors are ruled out," says Dr. Abdelmalik. The LINQ has helped him diagnose patients with arrhythmias that were previously undetected.

TINY, BUT POWERFUL TECHNOLOGY

Inserting the wireless LINQ recorder is usually an outpatient procedure that generally takes less than 10 minutes. The device is one-third the size of an AAA battery and requires an incision less than a centimeter. Once inserted, the device remains functional for up to three years. Heart rhythms are automatically monitored remotely 24/7. If a rhythm falls outside the doctor-set parameters, the device transmits it to the physician's office. In addition, if the person feels an episode coming on, they can press a hand-held device that records the event and sends it to the doctor for immediate reading.

Dr. Abdelmalik says one of his patients passed out a few weeks after insertion and they were able to capture the recording. "Based on the data, we determined he needed a pacemaker, so we removed the LINQ, and at the same time, implanted a pacemaker," he says. The patient continues to do well and has had no further episodes.

One of Dr. Orr's patients was experiencing bouts of dizziness. "After extensive tests, we could not find the cause, so we implanted the LINQ recorder. Data showed his heart was periodically stopping for three to four seconds. We implanted a pacemaker and it resolved the issue. We would not have found that if it wasn't for the LINQ," says Dr. Orr. ■

Are you at risk for stroke?
Take a self-assessment at
www.temeculavalleyhospital.com/stroke.



The Reveal LINQ™ Insertable Cardiac Monitor is smaller than an AAA battery and continuously monitors heart rhythms.

Aphasia Support Group

Aphasia is commonly caused by stroke and affects the person's ability to communicate.

Dates: Fourth Saturday of the month

Time: 10:30 – 11:30 a.m.

Location: DePortola Conf. Rm.

Registration: Call Stroke Coordinator Barbara Buesch at 951-331-2314.



**American Heart Association
American Stroke Association
CERTIFICATION**
Meets standards for
Primary Stroke Center

Temecula Valley Hospital has been certified by The Joint Commission as an Advanced Primary Stroke Center, the first in the region to obtain this designation. In addition, Temecula Valley Hospital is recognized as a STEMI receiving center for both Riverside and San Diego Counties.

In the news – Some basic information about sepsis



According to the Centers for Disease Control and Prevention (CDC), more

than one million cases of sepsis are diagnosed each year, with up to a 50 percent fatality rate, depending on severity.

Andrew Kitcher, MD, Medical Director, Critical Care Services at Temecula Valley Hospital, provides helpful information about sepsis and what to do if you or a loved one receive this diagnosis.

Q: What is sepsis?

Sepsis is a life-threatening response to an infection that can affect blood pressure and start shutting down the major organs in the body. It can lead to organ damage and even death.

Q: How is sepsis diagnosed?

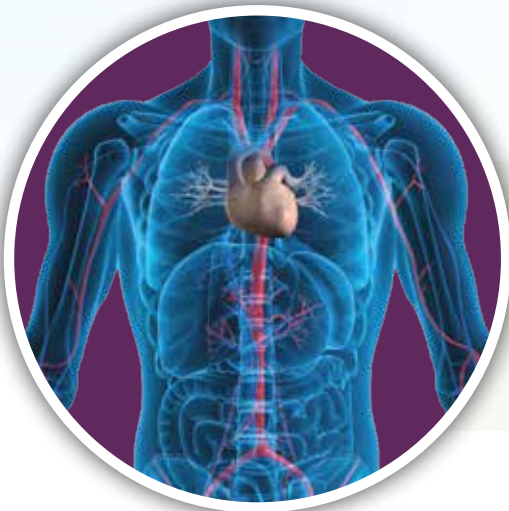
It can be a very challenging diagnosis. We start with vital signs (heart rate and blood pressure), a few blood tests, and possibly an X-ray or CT scan. There is no one test for sepsis, so we are looking for an infection and seeing how the body is responding to it. It is sometimes difficult to tell if a person has sepsis because the signs can be varied, subtle and confusing. Common infections that can cause sepsis include pneumonia, urinary tract infections, gallbladder infections and appendicitis.

Q: What are the symptoms?

The symptoms of possible sepsis are like those of any infection, but can also include lethargy or sleepiness, and difficulty breathing. The CDC has created a **SEPSIS** acronym: **S**hivering, **E**xtrême pain, **P**ale, **S**leepy, **I** feel like I might die, **S**hort of breath.

Q: How is sepsis treated?

Antibiotics are given for the infection, and IV fluids are given to support blood pressure and major organ systems. Temecula Valley Hospital has an inpatient response process called Code Sepsis. This protocol looks to improve patient outcomes through early recognition and response by initiating blood work, IV fluids and antibiotics within the first hour of diagnosis. We look for the source of infection and remove it through draining or surgery, if needed. ■



Difficulty breathing or confusion in someone who has an infection are both concerning signs of sepsis and should be evaluated in your local emergency room.

“I WAS WALKING *within hours after my surgery!”*

TISSUE-SPARING HIP REPLACEMENT HELPS TYLER RIDDELL GET BACK IN THE SWING OF THINGS FASTER

Tyler Riddell, 48, has always been active in sports. He played football and ran track in college, and continued running, logging 50 miles a week. He also became an avid golfer, but in 2008, he started having pain in his hip. He brushed it off, took anti-inflammatory medications and lived with the pain. In 2015, he started limping and finally saw his doctor, who ordered an X-ray and physical therapy (PT). “I never went for the X-ray. Stubbornly, I went straight to the physical therapist to strengthen my leg and my core,” says Tyler.



**Rolf
Drinhaus, MD**
Orthopedic
Surgeon

Physical therapy helped a little, but by February 2016, Tyler’s hip was worse. His doctor referred him to Orthopedic Surgeon Rolf Drinhaus, MD. “The X-ray showed my hip was bone rubbing against bone, which is why I was having so much pain,” says Tyler. “It was obvious I needed hip replacement surgery.” Dr. Drinhaus discussed surgical options with Tyler, and he recommended the SuperPath® Hip Replacement tissue-sparing procedure.

“This is a better approach because it is minimally invasive, no ligaments are cut and the hip is never dislocated during the procedure,” says Dr. Drinhaus. “It usually involves a two-day hospital stay, and many patients walk out of the hospital using a cane.” Dr. Drinhaus states he has been using this method for several years, and about 80 to 90 percent of his patients are candidates for it. “Most patients are able to do more activities following the SuperPath® Hip Replacement procedure compared with traditional hip replacement surgery because two of the biggest complications – hip dislocation and leg-length discrepancy – are virtually eliminated*,” he says.

Tyler highlights there is a big difference in his hip mobility following the surgery. “My surgery was in April, and I was up and walking around and doing PT the next day. I finished outpatient PT in July, and my hip feels great! I am in awe of the medical care I received at Temecula Valley Hospital. Everything was thoroughly explained ahead of time, and I felt very comfortable with the process,” Tyler says.

Tyler is glad Temecula Valley Hospital is close by and in the community. “The technology they offer makes it convenient because we can get excellent care locally instead of having to travel,” says Tyler. “The staff is warm, friendly and inviting, and I highly recommend it to my friends and family.” ■

Need a doctor? Call our free physician referral line at 855-859-5203.



*Minimally invasive surgery: Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.



TemeculaValley HOSPITAL

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SCREENINGS • HEALTH INFORMATION • SAFETY AWARENESS

Celebrating Your Good Health and Temecula Valley Hospital's Third Anniversary

Temecula Valley Hospital is joining the City of Temecula for
the Annual Health and Community Resource Fair!

Saturday, September 24
9:00 a.m. to Noon

Temecula Civic Center, 41000 Main Street



*Join
the Fun*

Special activities and resources for every member of the family!

- Free Health Screenings
- Community Resources
- Emergency Preparedness Information
- Safety Awareness

Temecula Valley Hospital staff will be on hand too!

Learn about the hospital's
services including:

- Cardiac
- Stroke
- Emergency
- Bloodless Medicine
- Nutrition Services

Stop by and help us celebrate the
hospital's third anniversary.

Learn more about the Health and
Community Resource Fair and
Temecula Valley Hospital at
www.temeculavalleyhospital.com

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www.temeculavalleyhospital.com
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HEALTH NEWS FROM TEMECULA VALLEY HOSPITAL

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Dennis Frank
Board Chairman

Maj. Gen. Claude Reinke, USMC, Ret.
Board Vice Chairman

Marcia Jackson
Director, Business Development

Celena Barton
Director, Marketing

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