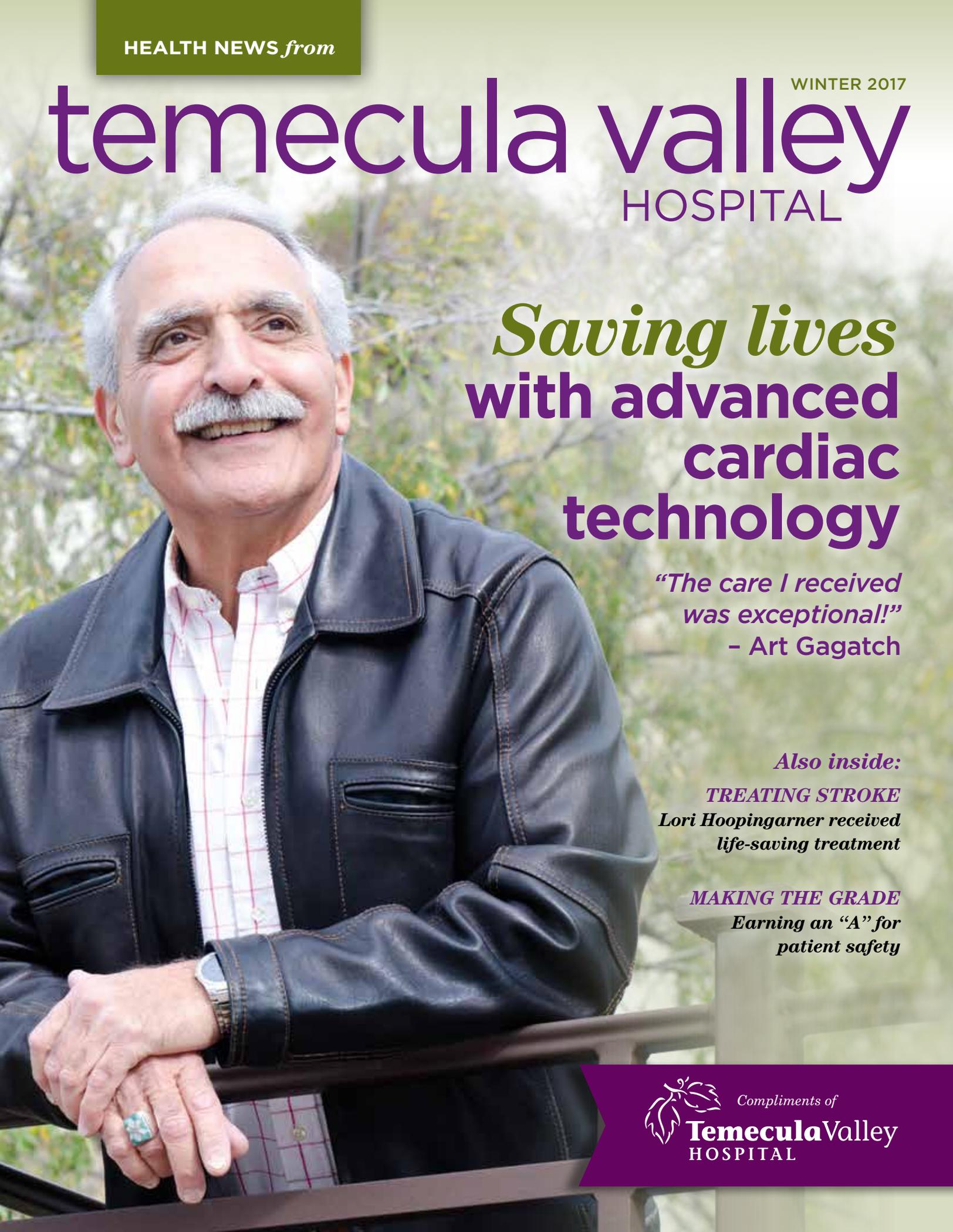


HEALTH NEWS *from*

temecula valley

WINTER 2017

HOSPITAL



Saving lives with advanced cardiac technology

*"The care I received
was exceptional!"*
- Art Gagatch

Also inside:

TREATING STROKE

*Lori Hoopingarner received
life-saving treatment*

MAKING THE GRADE

*Earning an "A" for
patient safety*



Compliments of

Temecula Valley
HOSPITAL

FROM THE
CEO



As we celebrate American Heart Month in February, it serves as a good reminder to look after your own heart health. Being aware of factors such as family history, blood pressure and cholesterol levels can help assess your risk of heart disease and stroke. Fortunately, preventative care and lifestyle changes can help reduce the likelihood of suffering from either. We invite women to learn more at our

4th Annual Women's Heart Health Awareness Fair on February 28. Attendees can enjoy free resources and screenings, as well as learn more about risk factors and lifestyle changes. See the back cover for more information.

In this issue you will also learn about Art Gagatch and Lori Hoopingarner; both received life-saving stroke and cardiac treatment here at Temecula Valley Hospital. As a designated Stroke and STEMI (heart attack) Receiving Center for both Riverside and San Diego counties, we can address the critical needs of heart and stroke patients. In addition, our clinical collaboration with UC San Diego Health enables us to provide high-quality cardiothoracic surgery right here in the valley.

With spring just around the corner, you can learn more about treating allergies on page 6. We also share information about our grade "A" rating for national patient safety. Our hard work and dedication to patient safety remains constant and we look forward to continuing to provide high-quality healthcare.

Sincerely,

Darlene Wetton
Chief Executive Officer

IN THIS ISSUE

4 **ADVANCED
CARDIAC
TECHNOLOGY**

Art Gagatch beat the odds and survived a heart attack

6 **ASK THE DOCTOR**
Treatment options for allergies

7 **PATIENT SAFETY**
Meeting the highest standards of care

MEDICAL GOLD *Minds* 

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

MARCH 9, 2017

Heart Failure

Lance Reinherz, MD
Cardiologist

APRIL 13, 2017

Cardiac Care

Niraj Parekh, MD
Cardiologist

MAY 11, 2017

***Shoulder Replacement
Surgery***

Andrew Erwteman, MD
Orthopedic Surgeon

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.

BOARD OF GOVERNORS

- Dennis Frank, Chair
- Maj. Gen. Claude Reinke, USMC, Ret., Vice Chair
- Yara Gorski, MD
- Jerry Hizon, MD
- Jerry Konchar
- Joe Kuebler
- Karen LaPointe
- Joan Sparkman
- Scott Treadway

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.

Ten minutes, three neurologists and *one lucky patient*

“They started the process that ultimately saved my life!”

- LORI HOOPINGARNER



Knowing the signs of a possible stroke may have helped save Lori Hoopingarner’s life. Lori was having breakfast with her husband last summer when her vision became blurry. When she leaned on the table, her husband acted FAST! He asked her to raise her arms. When she could only raise one, he immediately called 9-1-1. Lori was taken to Temecula Valley Hospital, a certified advanced Primary Stroke Center.



Robert Steele, MD
Emergency Medicine Physician



Monika Gupta, MD
Neurologist

Emergency Medicine Physician, Robert Steele, MD, and Neurologist Monika Gupta, MD, were waiting for Lori. “In less than 10 minutes, she had a CT scan, blood work and a telestroke

evaluation with two neurologists from UC San Diego Health,” says Dr. Steele. “They determined that Lori should be given tPA, a clot-busting drug, and transported her to UC San Diego Health to have the clot removed.”

After the procedure, she slowly started to regain function. Lori credits the doctors at Temecula Valley Hospital for saving her life. “Dr. Steele and Dr. Gupta treated me immediately, and their quick actions and consult with the neurologists at UC San Diego Health resulted in a miracle outcome for me,” says Lori. “It was an amazing team effort and collaboration!” She says that while being treated for the stroke, doctors also discovered two heart defects she was not aware of, and they continue to monitor her.

One month after her ER visit, Lori went back to visit the doctors and nurses at TVH. “Everyone, including CEO Darlene Wetton, was so happy to see me, and I was happy to see them. It was very emotional. They provided phenomenal care, and I am here because of them,” she says. Lori is now a community advocate and occasionally speaks at the hospital, raising awareness of stroke symptoms and calling 9-1-1. “Lori is an example of what can be done when there is a system in place, and we have that system right here,” says Dr. Steele. ■



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, the hospital is recognized as a Stroke Receiving Center for both Riverside and San Diego counties. To take a stroke risk assessment, visit www.temeculavalleyhospital.com/strokerisk.



Advanced cardiac technology is saving lives, right here in the valley

*“I am so fortunate
to have such great
care close to home”*

- ART GAGATCH

When retired U.S. Marine Sergeant Art Gagatch settled in for the evening to read a book, the last thing he expected was pain and pressure in his chest. He quickly realized he was having a heart attack and called out for help. His family dialed 9-1-1 and Art was rushed to Temecula Valley Hospital. ►



What is STEMI designation?

To achieve STEMI designation, a hospital has to meet stringent criteria, which includes having a well-trained and fully staffed cardiac team on call 24/7. A hospital also needs a team of cardiologists with collective experience in treating a STEMI (ST-Segment Elevation Myocardial Infarction) heart attack, which is not a typical heart attack. The hospital also has to demonstrate that all processes are seamless when patients arrive.



Andrew Ho, MD
Medical Director,
Cardiology and
Catheterization Lab

Andrew Ho, MD, performed an angiogram and found blockages in three arteries and a clot in one of Art's valves. "I don't remember much during this whole experience, but the one thing that stands

out was waking up to see Dr. Ho," says Art. "I was so happy to be alive!"

ADVANCED MINIMALLY INVASIVE TECHNOLOGY THAT SAVES LIVES

Dr. Ho says Temecula Valley Hospital has advanced minimally invasive technology to treat patients with coronary disease and heart attacks. "We have the latest in stent technology and employ techniques whereby patients with coronary artery disease and heart attacks can be fixed via a small artery in the wrist. This allows us to save even the sickest patients with much less risk than before."

During the procedure that saved Art's life, Dr. Ho inserted two stents to restore blood flow in the arteries.

A third was inserted a few days later. "Dr. Ho saved my life. When I asked him how serious my heart attack was, he told me that less than 20 percent of people survive it. I then realized how fortunate I was to be at Temecula Valley Hospital."

TEMECULA VALLEY HOSPITAL LIVES UP TO ITS MISSION STATEMENT

Art says his experience was incredible. "My room felt like a honeymoon suite, it was that nice. Everyone who cared for me did so with detail and was constantly asking how I felt and if I needed anything. The staff was cheery and provided comfort during a rough time," says Art. When he read the hospital's mission statement of providing exceptional and compassionate care, he realized the culture was coming from the top. He wrote a letter to CEO Darlene Wetton, thanking her for her leadership and living up to the mission statement. "It was an amazing experience, and I am so grateful for everything they did for me during my stay," he says. ■



Temecula Valley Hospital is recognized as a STEMI Receiving Center for both Riverside and San Diego counties. To learn more, visit www.temeculavalleyhospital.com/services/cardiology.



Could you be suffering from allergies?



According to the American College of Allergy, Asthma and Immunology,

allergies affect up to 40 million Americans. Symptoms can include a runny or stuffy nose and itchy skin, eyes or mouth.

Matthew Leach, MD, an ear, nose and throat (ENT) physician on staff at Temecula Valley Hospital, offers advice on how to live with allergies.



Q: What causes allergies?

Common causes of allergies could be plants, pollen, trees, grass, mold, dust and pet and animal dander. Many people refer to seasonal allergies because they experience many of the symptoms in the spring, summer or fall. For example, in the spring, pollen could be the main culprit. For the summer, it tends to be grasses, and in the fall, weeds and mold wreak havoc on many people.

Q: What is the best way to determine what causes an allergic reaction?

An ENT or clinician can identify allergies with blood tests or by putting very small amounts of the suspected allergen on the skin to see how it reacts. After a few minutes, the doctor watches for a “wheal and flare” response, which is a little red welt that raises up and becomes itchy. It’s measured, and if it’s a certain size, that indicates there’s an allergy to that specific element.

Q: How do the symptoms differ from a normal cold?

With allergies, symptoms vary from sneezing, itchy eyes and runny nose, to feeling tired. Allergies differ from the common cold in that they are not caused by a virus and usually do not cause heavy nasal discharge, body aches, fever or sore throat. Allergy symptoms can also last much longer than a cold, which can be anywhere from three to 14 days.

Q: What are some ways to treat allergies?

Depending on the allergy, you can avoid the substance altogether or reduce your exposure to it. But most people take a fairly aggressive medicinal approach, such as using antihistamines, steroid nasal sprays or decongestants. Other treatment options can include sublingual therapy or allergy shots, but we would work with the patient to determine the best option for them. ■

If you are suffering from allergic rhinitis or experiencing seasonal flare-ups, it might be time to consult with an ENT. To find a doctor, call our free physician referral line at 855-859-5203.

Patient safety receives **“A” GRADE**

FOCUS ON SAFETY MEANS HIGHER STANDARDS OF CARE

The Leapfrog Group, a national nonprofit organization, recently awarded our hospital with an “A” rating, ranking us among the safest hospitals in the nation. The Leapfrog ratings provide the most complete picture of patient safety in the U.S. by analyzing 30 measures of hospital safety data.

Hospital CEO Darlene Wetton states she is very excited and proud to have received an “A” rating from Leapfrog. “The safety of our patients is of the utmost importance, and it is an honor to be recognized for our efforts in providing the highest standards of care,” she says.

The Leapfrog Hospital Survey collects and reports hospital performance measures so consumers can make informed decisions about where they choose to receive their care. Grades are assigned to hospitals based on their record of patient safety, so patients know which hospitals have the least amount of errors, accidents, injuries and infections. ■

For more information on the advanced technology, innovative programs and patient-centered care, visit www.temeculavalleyhospital.com.





TemeculaValley
HOSPITAL

31700 Temecula Parkway
Temecula, CA 92592

PRSR STD
U.S. POSTAGE
PAID
PERMIT NO. 322
PONTIAC, IL

Love your heart at the **Women's Heart Health Event**

Don't miss the Women's Heart Health event, an educational and enjoyable forum for women to learn about heart disease and heart health.

Tuesday, February 28, 2017

11:00 a.m. - 2:00 p.m.

South Coast Winery

34843 Rancho California Road, Temecula, CA



- ♥ Learn from physicians about symptoms, risk factors and lifestyle changes
- ♥ Enjoy a panel discussion with Q&A
- ♥ Get free health screenings to help assess your heart healthiness
- ♥ Browse booths sharing tools and resources for heart health
- ♥ Nutrition information and cooking demo by Temecula Valley Hospital dietitians
- ♥ Hands-only™ CPR Training

Register today at temeculavalleyhospital.com/heartevent or call Direct Doctors Plus® 855-859-5203.

*Complimentary lunch will be provided.
Attendance is free, but registration is required.*



**Connect
WITH US!**

Like our page on Facebook



www.temeculavalleyhospital.com
951-331-2200

HEALTH NEWS FROM TEMECULA VALLEY HOSPITAL

Darlene Wetton
Chief Executive Officer

Dennis Frank
Board Chairman

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

Marcia Jackson
Director, Business Development

Celena Barton
Director, Marketing

Information in *Health News* 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 healthcare provider. Models may be used in photos or illustrations. Any opinion expressed by an author whose article appears in this publication is solely the opinion of the author and does not necessarily reflect the views of Temecula Valley Hospital or Universal Health Services, Inc. Physicians mentioned in this publication are independent practitioners who are not employees or agents of Temecula Valley Hospital. The hospital shall not be liable for actions or treatments provided by physicians. ©2017. All rights reserved. Printed in the U.S.A.