

HEALTH NEWS *from*

FALL 2019

temecula valley HOSPITAL

Surviving a **HEART ATTACK**

*Todd Montgomery
is so grateful for the
specialized cardiac
care he received*

Also inside:

HEALTH BRIEFS

New services for
aortic stenosis, stroke
and sleep apnea

PREPPING FOR JOINT REPLACEMENT

Setting patients
up for success



Compliments of

Temecula Valley
HOSPITAL

FROM THE **CEO**

IN THIS ISSUE

4 HE WOKE UP UNABLE TO BREATHE

Todd Montgomery's
story of survival

6 ASK THE DOCTOR

An alternative to
medications for
chronic reflux

7 HAVING JOINT REPLACEMENT SURGERY?

Important pre- and
post-surgical information
you should know



Whether we are being recognized for quality, patient satisfaction or patient safety, at the end of the day, it comes down to doing our best for the community we are so proud to serve. We are honored that you choose Temecula Valley Hospital for your healthcare needs.

We are proud to announce some recent awards that shine the spotlight on our cardiac

and stroke care. The hospital has received the Mission: Lifeline® Bronze Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association® for the treatment of patients who suffer severe heart attacks. In addition, we received the American Heart Association®/American Stroke Association® Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target Stroke Elite Plus. This award recognizes our commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

On July 1, we launched physician residency programs. The 26 residents from 13 medical schools around the world will receive the majority of their training at Temecula Valley Hospital. They will also complete specialty rotations at Rancho Springs Medical Center, Inland Valley Medical Center and Corona Regional Medical Center.

We are thrilled to have these new physicians in our community to help advance healthcare in our region. As always, thank you for your support as we branch out to provide more options for care. Follow us on our website and social media for frequent updates.

Sincerely,

Darlene Wetton

Chief Executive Officer

MEDICAL GOLD *Minds*



SAVE THE DATE!

Please join us for a very special Medical Gold Minds event!
January 9, 2020 • 3-7 p.m. • Heroes Community Room

We will be hosting an open house event featuring our current and new services. Learn all about Temecula Valley Hospital! Light snacks will be served and no reservations are required.

*For more information on our regularly scheduled events, visit
temeculavalleyhospital.com/gold.*

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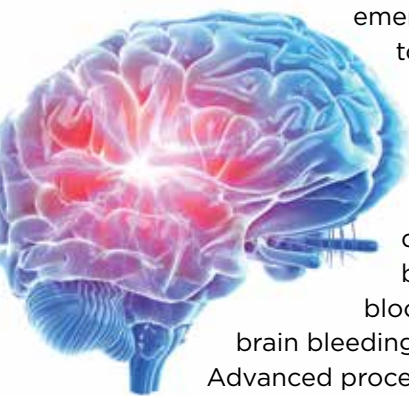
Joan Sparkman



HEALTH BRIEFS

Advanced neurological and stroke care, close to home

To provide greater access to quality stroke and neurological care, Temecula Valley Hospital offers 24/7 Telestroke Rapid Response. Led by Interventional Neuroradiology Medical Director Hamed Farid, MD, a multidisciplinary team of neurology and neurointerventional specialists, emergency physicians and nurses work together to quickly evaluate and treat patients when emergencies occur.



The neurointerventional suite features advanced, minimally invasive technology to help doctors diagnose and treat stroke, brain aneurysms, carotid artery blockages, brain and neck tumors, brain bleeding and other neurologic conditions. Advanced procedures include a minimally invasive thrombectomy, designed to rapidly remove blood clots, restore blood flow and prevent tissue and organ damage for stroke patients who meet the criteria.

Learn more:
temeculavalleyhospital.com/rapidresponse

An “Inspire”-ing story

Laura Witz suffered for years with snoring and poor sleep. She was tired, she woke up with headaches, and her quality of life suffered. She tried many options to stop or minimize her snoring, but nothing worked. A sleep study showed she had severe sleep apnea, and a CPAP machine was recommended.

Her experience with the CPAP was unsuccessful, and Witz lost hope that she would ever find a solution. Then she heard about sleep technology known as Inspire®, and found that a doctor at Temecula Valley Hospital performed the procedure. She took the first step and made an appointment.

Hear the rest of Witz’s story:
temeculavalleyhospital.com/apnea



Harit Desai, MD, (L), and Rahul Gaglani, MD, are offering new hope to patients with aortic stenosis.

Minimally invasive **AORTIC VALVE** procedure available

Patients who suffer from severe aortic stenosis, which is the narrowing of the heart’s aortic valve opening that restricts blood flow, now have a minimally invasive surgical option available at TVH. Harit Desai, MD, and Rahul Gaglani, MD, are performing an advanced heart valve replacement procedure known as Transcatheter Aortic Valve Replacement (TAVR). Because it is a minimally invasive procedure, it can dramatically help reduce recovery time.

Learn more:
temeculavalleyhospital.com/tavrinfo

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.





AWARD-WINNING *cardiac care*

Stopping *a widow maker*

*“When I woke from
a sound sleep
gasping for breath,
I knew something
was really wrong.”*

— Todd Montgomery

By all accounts, Montgomery, 75, appeared to be in good health. He'd recently had a checkup and there were no warning signs of any serious issues. He enjoys travel with his wife, Sue, he blogs about wineries, takes his dogs on long walks, works in his garden and spends time on his artistic hobbies. But one night, he woke up in a state of panic, struggling to breathe. ➤





Andrew Ho, MD
Medical Director,
Cardiology and
Catheterization Lab

His wife called 9-1-1 and paramedics arrived and took him to Temecula Valley Hospital, a short distance away. “I recall the terrible feeling of not being able to breathe,” he says. “I felt a crackling in my lungs and began to wonder if I would make it. But by the time I arrived at the hospital, the oxygen had helped and I was breathing a little easier.”

After running several tests in the ER, doctors determined that Montgomery had indeed suffered a heart attack, and began to prep him for a cardiac catheterization. This is a minimally invasive procedure that detects blockages near the heart. And many times, the blockage can be treated immediately. Cardiologist Andrew Ho, MD, found three blocked coronary arteries, one of which was the left anterior descending artery, known as the “widow maker.” “We have advanced stent technology and employ techniques so patients with coronary artery disease and heart attacks can be treated quickly and efficiently,” says Dr. Ho. “This allows us to save even the sickest patients with much less risk than before.”

To restore blood flow, Dr. Ho inserted a stent into the largest blockage. Following the procedure, Montgomery was taken to the ICU and monitored because he still had some residual fluid in his lungs following the heart attack.

“Mr. Montgomery suffered from a serious form of heart attack called ST-segment elevation myocardial infarction (STEMI),” says Dr. Ho. “Patients with this type of heart attack need to get to a heart-specialized medical center, like Temecula Valley Hospital, and fast! The more time that elapses with a blocked artery, the less likely the patient will survive. That’s why we have a team on call 24/7.”

Montgomery says he was moved to a regular room the next day feeling much better. “After a few days, I was stabilized enough for Dr. Ho to place a stent in the second artery, and they are watching the third artery. I’m taking new medications now and I feel better than I have in a long time, and the other blockage may not need a stent if these medications can help stabilize it,” he says.

In reflecting on his six-day stay at Temecula Valley Hospital, Montgomery says he had a great patient experience. “They saved my life and I am so grateful. We can’t say enough about them,” he says. “I’m glad we live so close to such an excellent hospital that specializes in cardiac care. When we first moved to Temecula nine years ago, there was no hospital here. My wife and I believe the proximity and excellence of this hospital saved my life.” ■



Celebrating life! L. Sue Montgomery and her husband, Todd, share a toast in gratitude for his life-saving procedure.

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.



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

Have GERD?

The LINX® may be the answer



If you have been diagnosed with chronic reflux or

GERD, there is a new device available that can be an alternative to long-term use of reflux medications and their possible side effects. Here, General Surgeon **Benjamin Leong, MD**, shares information about an advanced anti-reflux device that may help.



Q: What is the LINX and how does it work?

The LINX is a strip of magnets that is placed in the lower esophagus and prevents stomach acid from backing up into the esophagus. Patients with GERD may have a combination of a hiatal hernia and a weak gastroesophageal sphincter. Fixing the hiatal hernia along with placing a LINX device in the lower esophagus recreates the valve between the esophagus and the stomach.

Q: What are the benefits of the LINX?

The traditional procedure to repair a hernia and address GERD is known as a Nissen fundoplication and works well for the majority of patients. However, there is a 20-40 percent GERD recurrence rate in five years, and it prevents burping or vomiting. But with the LINX, it is more durable than traditional surgery and patients have the ability to burp and vomit. A great percentage of the patients are still problem-free after five years.

Q: What is involved in the procedure?

The LINX is about the size of a quarter and is inserted using a minimally invasive laparoscopic procedure. It can be done on an outpatient basis, with a typical recovery time of a few days. No stomach alteration is needed and patients can resume a normal diet right away. This allows the esophageal muscles to acclimate to the LINX. An added bonus is that reflux medications may no longer be needed.

Q: What criteria needs to be met to have the procedure?

The patient needs to have a normal functioning esophagus with proven acid reflux on pH probe studies. The esophagus and amount and quality of the reflux is also evaluated. However, the LINX is not a good option for patients who have difficulty swallowing or any other esophageal dysfunction. ■

Learn more about the LINX and listen to a podcast by Dr. Leong. Visit temeculavalleyhospital.com/linx.

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.

A close-up photograph of a person's knee, which appears to be in pain. The person is wearing a white t-shirt and dark shorts. Their hands are clasped over the knee, and a black watch is visible on their left wrist. The background is a soft-focus outdoor scene with trees and a path.

Ready, set, **RECOVERY!**

Joint replacement prep class sets patients up for success

If you need to have knee or hip replacement surgery, knowing what to expect can help make a big difference in your experience. Orthopaedic Program Manager Jennifer Chojnacki, BSN, RN, ONC, teaches a prep class that helps guide patients on their journey from pre-op to recovery. “We focus on patient optimization by preparing them mentally and physically,” she says. “The class helps motivate and engage the patient in creating a positive outcome and puts them at ease so they can get back to normal as quickly as possible.”

START YOUR RACE TO RECOVERY

Chojnacki educates patients about the details of how long the surgery will take, what options are available for pain management, what happens post-surgery, what rehab will be like, how to get their home set up and much more. “We encourage them to bring their primary care partner with them so that person can learn how best to support the patient once they get home,” says Chojnacki. “During the class, a physical therapist also teaches strengthening exercises to do before and after surgery.”

Former patients also come in to share their success stories and answer questions. “It’s always a nice touch, because patients hear from someone who has experienced the surgery and can learn from that. We always get rave reviews from those who have attended the class. They tell us it helped prepare them and made the whole process that much smoother,” Chojnacki says.

LUNCH AND LEARN

Surgeries are usually done on Mondays and Tuesdays, so on Wednesdays, she and the rehab manager invite patients to a 30-minute “lunch and learn” session. “This lunch social gives them an opportunity to move around and get out of their room, share their experiences with other patients and ask questions,” Chojnacki says. “Another benefit is the friendships that develop between the patients. They help support each other through their recovery.”

The pre-op classes are held every second and fourth Thursday of the month from 3 – 5 p.m., with optimal participation being three to six weeks prior to surgery. Chojnacki says she has patients who come from over an hour’s drive away. “It’s a testament to the care and services we provide. People are coming from long distances to have their surgeries here and attending the class as well. That says a lot.” ■

Learn more or sign up for the class: temeculavalleyhospital.com/totaljoint



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First hospital in the region to offer advanced stroke care

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When time is of the essence

We're committed to the highest possible level of stroke care

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for Stroke Care**

**The Joint
Commission's Gold
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and Primary Stroke
Center Certification**

**Designated a Stroke
Receiving Center
for Riverside and
San Diego counties**

Get to know our services
temeculavalleyhospital.com

As a Primary Stroke Center, Temecula Valley Hospital staff is ready when stroke patients arrive in the ambulance.



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