

# temecula valley HOSPITAL

## Life after *esophageal cancer*

**Minimally invasive technology  
means a quicker recovery for  
Charles Bye**

***Also inside:***

**Here we GROW again!**  
*Updates on our latest  
hospital expansion*

**What you need to  
know about asthma**  
*Insight on symptoms,  
diagnosis and treatment*



Compliments of

**Temecula Valley**  
HOSPITAL

FROM THE  
**CEO**



In just a few short weeks, Temecula Valley Hospital will be celebrating four years of patient-centered care in this community. It's an exciting time, especially because we are in the midst of expanding our facility so we can continue to advance the technology of our cardiovascular and stroke services. Read more about what is included in the expansion on page 7.

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Charles Bye is cancer-free and loving life
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Growing to meet the needs of the community

In this *Health News*, we shine the spotlight on the advanced technology available to treat esophageal cancer. We read a story about Charles Bye, who is an esophageal cancer survivor. Doctors successfully removed cancer during a specialized minimally invasive procedure available at Temecula Valley Hospital. You can read his story on page 4.

It is easy to see that patient-centered care is at the core of everything we do at Temecula Valley Hospital. From our recent "A" rating for hospital safety from the Leapfrog Group and high patient-experience scores from Press Ganey, to our commitment to wellness and meeting the needs of the community, we have you covered. We invite you to learn more about the variety of resources available at the 7th Annual Temecula Health and Community Resource Fair, to be held on Saturday, September 30, from 9 a.m. to 12 noon, at the Temecula Civic Center. Our hospital staff and I look forward to welcoming you and celebrating our fourth anniversary of serving the community!

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:*

**SEPTEMBER 14, 2017**

***Kidney Disease***

*Eric Yan, MD  
Nephrologist*

**OCTOBER 12, 2017**

***Skin Cancer Prevention and Treatment***

*Julia Kurlan, MD  
Dermatologist*

**NOVEMBER 9, 2017**

***Knee Replacement***

*Matthew Gargulinski, 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**

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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](http://www.temeculavalleyhospital.com/podcasts).





# When the *doctor* becomes the *patient*

*“It was the kind of care I would hope for all my patients.”* - CURTISS COMBS, MD

**F**amily practice physician Curtiss Combs, MD, was three weeks into his recovery from surgery on his broken wrist when the pain started to worsen. Thinking it was just the pins being rejected and time for them to be removed, he tolerated it a couple more days. But when the pain became unbearable and he developed a high fever, he knew there was a problem.

Dr. Combs went to the ER at Temecula Valley Hospital, where tests indicated he had sepsis, a serious bacterial infection. “I was in awful pain, but narcotic pain medicines give me severe headaches,” says Dr. Combs. “My blood pressure was extremely high, so we had to manage that and the pain carefully.”

In the hospital for eight days, Dr. Combs says the infection could have taken his life, but he felt comfortable that the ER doctors, hospitalists and specialists were making smart medical decisions. “It was the nursing staff and many others that put those decisions to work and provided the excellent and personal care that brought me back to health,” he says.

Dr. Combs says he is glad he made the decision to go to Temecula Valley Hospital, and was very impressed by the care and service provided by everyone in the hospital. “I have worked in the ER and in trauma, and when you are a patient in a hospital, you are scared to some degree. But friendly people change everything,” he says. “It’s not just good medical care you receive when you go to Temecula Valley Hospital, but the great attitude everyone has and it shows in how they care for their patients.” ■

*To find a doctor, call our free physician referral line at 855-859-5203.*

## Native son comes back to Temecula to practice medicine



Effective September 1, 2017, **Kyle Vincent, MD**, will be joining Temecula Valley Family Physicians. Dr. Vincent is an honors graduate of Temecula

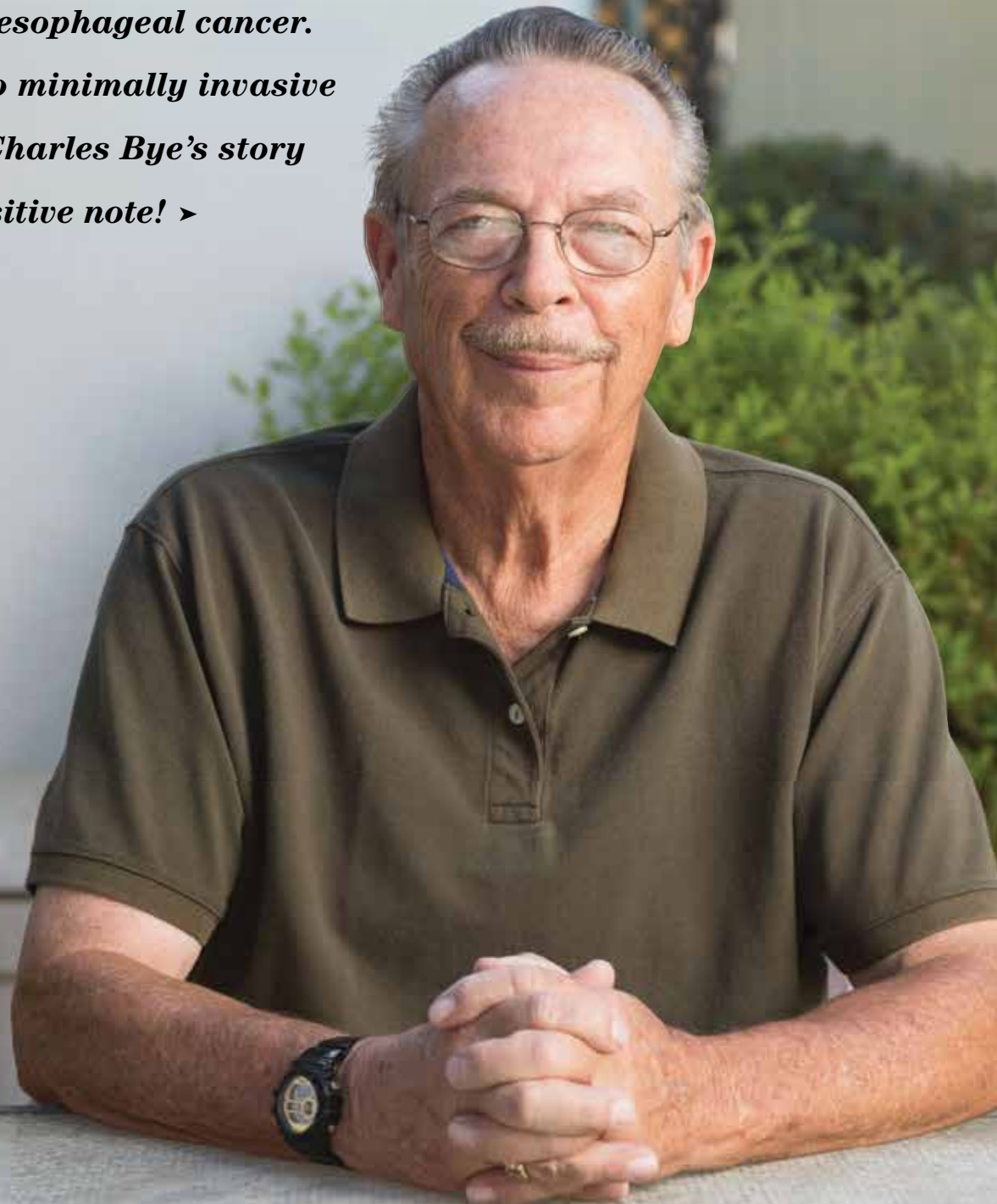
Valley High School’s Class of 2003. He graduated with honors and earned a BS in Biology in 2007 from Morehouse College in Atlanta, GA. In 2014, he earned his medical degree from Wake Forest School of Medicine in Winston-Salem, NC.

He served an extended rotation working with Temecula Valley Family Physicians, and is a board-certified physician after completing a Family Medicine Residency through Morehouse School of Medicine in June 2017. It has always been a dream of his to come back as a physician, and he is excited for the opportunity to serve a community that is very special to him.



# ***Advanced gastroenterology diagnostics and procedures***

***A routine physical leads to a  
diagnosis of esophageal cancer.  
But thanks to minimally invasive  
technology, Charles Bye's story  
ends on a positive note! >***



*Charles Bye is happy to get back to his yard work after his bout with esophageal cancer.*



**I**nterventional procedures for gastrointestinal issues have recently become available at Temecula Valley Hospital. Gastroenterologist and Interventional Endoscopist Indraneel Chakrabarty, MD, MA, is using advanced technology that is leading to great outcomes for his patients.

Charles Bye had had his annual physical and usual lab work, but based on the results, Dr. Chakrabarty recommended diagnostic tests. During an upper endoscopy, a nodule was found in Charles' esophagus, as well as a hiatal hernia and lesions from acid reflux. "I've had acid reflux for years, but always took over-the-counter antacid products. I thought it was normal to have it occasionally, so I never reported it to my doctor," says Charles.

#### **MINIMALLY INVASIVE, QUICKER RECOVERY**

The nodule tested positive for esophageal cancer. Dr. Chakrabarty did a procedure called an endoscopic mucosal resection (EMR). Dr. Chakrabarty is the first doctor to perform the advanced EMR procedure at Temecula Valley Hospital. He explains it's a less invasive alternative to surgery for removing abnormal areas from the lining of the digestive tract. "This procedure is normally done at university hospitals, but Temecula

Valley Hospital has this advanced equipment," says Dr. Chakrabarty. "The EMR is minimally invasive, and completed as an outpatient procedure. Without using EMR, Charles would have encountered major surgery with a long recovery."

Dr. Chakrabarty was able to remove all of the cancer during the procedure. Charles feels lucky that the cancer was found while in the early stages and had not spread. "I am grateful that Dr. Chakrabarty was so thorough, because the cancer was caught in time and I did not need any further treatment," he says.

Charles was also thankful for the great care he received at Temecula Valley Hospital. "They were very accommodating to me and my wife. I felt great the whole time, and I was able to go home that day and did not have any complications. Dr. Chakrabarty is an amazing doctor, and Temecula Valley Hospital is amazing, too. I highly recommend both!" he says. ■

## *Getting to know Dr. Chakrabarty*



Gastroenterologist and Interventional Endoscopist Indraneel Chakrabarty, MD, MA, was raised in Hemet and

received his BS in Biochemistry from UCR; his MA in Medical Sciences and medical degree from Boston University School of Medicine; and his fellowship in Gastroenterology and Interventional Endoscopy from Lahey Clinic. He was a teaching associate and Hospitalist at Massachusetts General Hospital and Harvard Medical School. He is known throughout the region for his use of advanced technology and interventional gastroenterology. These are highly specialized procedures used to detect, prevent, diagnose and treat complex conditions such as Barrett's esophagus, liver and biliary disease, pancreatic cysts, and gastrointestinal bleeding and cancers.



*Listen or download an informational podcast, as Dr. Chakrabarty explains the signs and symptoms of esophageal cancer and what can increase your risk of developing it. Visit [www.temeculavalleyhospital.com/podcasts](http://www.temeculavalleyhospital.com/podcasts) and select his name in the drop down box.*



# What you need to know about **ASTHMA**



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

18.4 million people suffer from asthma. Pulmonologist **Timothy Killeen, MD,** says it can result in wheezing, coughing, breathlessness and tightening of the chest, and often needs to be controlled by medicine. Here, he shares some insight on asthma symptoms, diagnosis and treatment.

**Q: Is there more than one type of asthma?**

Yes, there are several different types of asthma. The most common diagnoses include allergic asthma, reactive airway disease (RAD), and exercise-induced asthma. If there is a family history of asthma or allergies, your doctor may recommend a consult with a specialist, who can do further testing to confirm diagnosis and appropriate treatment.

**Q: What symptoms should I watch for?**

Symptoms can vary, but the most common for asthma include night coughing; rapid, labored breathing; wheezing; chest tightness; and frequent colds that are centered in the chest. You may notice these more if you are exercising or engaging in strenuous activities. If you have severe asthma, you may experience these symptoms more frequently, and performing daily activities will be extremely difficult. If you notice any of these symptoms, contact your doctor.

**Q: What causes asthma attacks?**

The most common culprits include cigarette, grass and tree pollens, air pollution, molds, dust mites, smoke or pet dander. However, exercise-induced asthma can be brought on by physical activities and sports. Stress and anxiety, as well as sinusitis or a common cold, and exposure to cold, dry air, may also play a role in triggering an attack. Knowing triggers is the best way to alleviate a potential asthma attack.

**Q: What is the best way to manage my asthma?**

An asthma specialist can identify your triggers and create an emergency treatment plan in the event you have a severe attack. The goal is usually to prevent symptoms and reduce the frequency of using a rescue inhaler, while maintaining near-normal lung function. Your doctor will prescribe medicine for emergencies and to ward off asthma attacks. This can also minimize ER visits and potential hospitalizations. ■



*If you think you might have asthma, speak to your doctor or see an asthma specialist. To find a doctor, call our free physician referral line at 855-859-5203.*





*Dennis Frank, Chairman, Board of Governors; Andrew Ho, MD; Darlene Wetton, CEO; Mike Fencel, Group Vice President, Acute Care Division; and Mayor Maryann Edwards officially break ground on the Temecula Valley Hospital expansion project.*

# *New hospital addition*



## **WILL EXPAND CARDIOVASCULAR AND STROKE SERVICES**

**Temecula Valley Hospital's first expansion project since it opened in October 2013 is well underway, and it's all in the name of better meeting the needs of the community and enhancing patient outcomes.**

The 28,000 square foot addition will allow for the expansion and capability advancement of cardiovascular and stroke services, including two catheterization (cath) labs and a neuro biplane room. By adding two additional cath labs, Temecula Valley Hospital will be able to increase the number of cardiac cases that are accommodated. In 2016, there were nearly 1,800 cath procedures performed in our lab, which is almost double the national average per cath lab, according to research from the Advisory Board Cardiovascular Roundtable.

The neuro biplane room enables the hospital to provide interventional neurology services such as clot removal, aneurysm repair, carotid artery blockages, brain and neck tumors, and intracranial hemorrhages. Darlene Wetton, Chief Executive Officer of Temecula Valley Hospital, says the hospital is already accredited by The Joint Commission as a Primary Stroke Center. "By adding these services, we are working toward further accreditation as a Comprehensive Stroke Center. This will help differentiate us as an advanced multidisciplinary neuroscience center in the region and help more people in our community and surrounding areas," she says.

Also planned are seven post-anesthesia care unit (PACU) bays, seven pre/post-operative care bays, an endovascular hybrid operating room, a new CT scanner and a community room for educational presentations and events. The hybrid operating room will be equipped with a large fixed-imaging system and support high-quality interventional imaging. Physicians will be able to perform procedures using real-time image guidance and assess effectiveness while managing perioperative complications.

Darlene states the hospital team is excited about the opportunities the expansion will provide to the hospital. "We are committed to offering enhanced services to meet our community's needs," she says. "By providing newer technology and expanded programs and services, our patients can experience better outcomes." ■

***Follow us on Facebook to keep up with the expansion progress and other hospital news.***  
***[www.facebook.com/TemeculaValleyHospital](http://www.facebook.com/TemeculaValleyHospital)***



# Temecula Valley HOSPITAL

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## Celebrating Your Good Health and Temecula Valley Hospital's Fourth Anniversary

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

Join  
the Fun

Saturday, September 30  
9:00 a.m. to Noon  
Temecula Civic Center  
41000 Main Street



### 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 fourth anniversary.

Learn more about the Health and  
Community Resource Fair and  
Temecula Valley Hospital at  
[www.temeculavalleyhospital.com](http://www.temeculavalleyhospital.com)

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### HEALTH NEWS FROM TEMECULA VALLEY HOSPITAL

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