



*Sutter Lakeside
Hospital*

A Sutter Health Affiliate

Community Based, Not For Profit

yourhealth

Winter 2005

Bringing Wellness and Health News to Northern California



More Than a **Volunteer**

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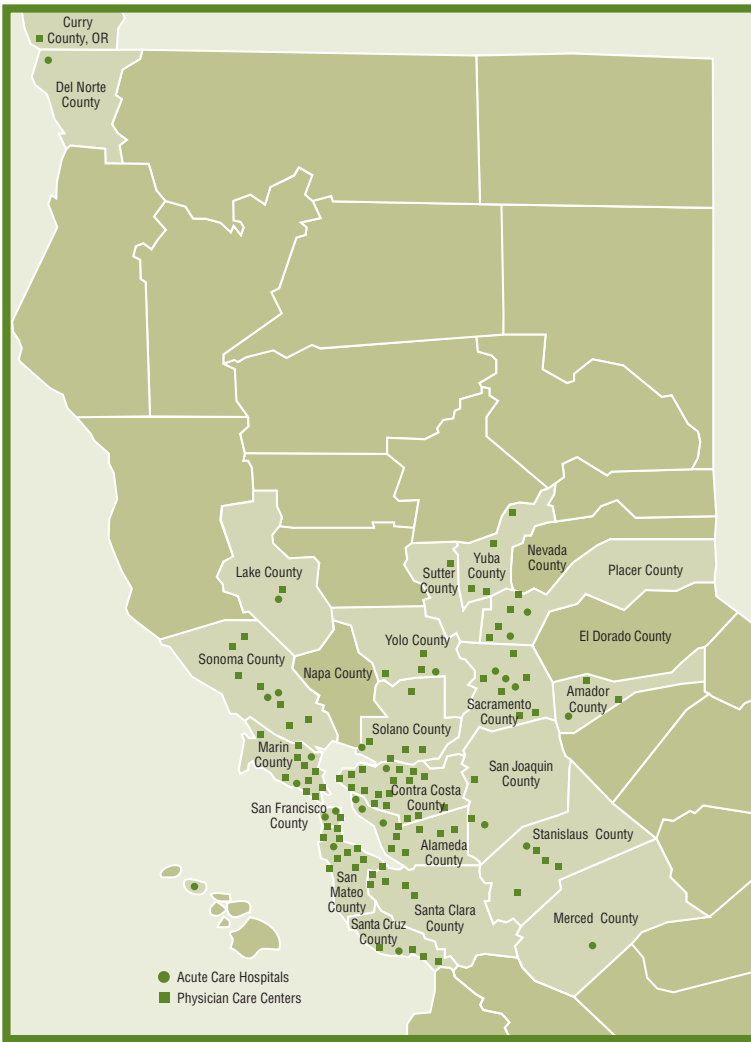
Are You at Risk for Stroke?

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The Sutter Health Network



Welcome to Your Health

Sutter Lakeside Hospital is part of Sutter Health, a family of not-for-profit hospitals and physician organizations that share resources and expertise to advance health care quality. Serving more than 100 communities in Northern California, Sutter Health doctors and hospitals are regional leaders in pediatric, obstetrical, heart and cancer care. *Your Health* is designed to help you and your family make informed decisions about your health care.

On the cover:

Ten years ago, Burl Davis suffered a massive stroke. Today, he volunteers at Sutter Amador Hospital's stroke rehabilitation unit and is an inspiration for other stroke survivors.

Please note that while the information in *Your Health* is gathered from a wide range of medical experts, it may not apply to your particular situation. If you have specific questions about your health, contact your personal physician. Nothing contained in this publication is intended to be for medical diagnosis or treatment.



Sutter Health

Community Based, Not For Profit

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Want to learn more about stroke and rehabilitation? Visit us online at www.sutterlakeside.org. Our Web site contains hundreds of health topics, the latest news on our programs and services and a directory to help you find a physician.



Quit Smoking to Help Your Heart

By Chris Chaney, RCP, RPFT

Ask most people to name the effects of smoking, and their answer will most likely be lung cancer, asthma or emphysema. Though it's true that smoking greatly increases the risk of developing these diseases, many people are not aware of the ravages it can cause the cardiovascular system. Studies have shown that cigarette smoking is a major risk factor for stroke, with heavy smokers being twice as likely to suffer a stroke as nonsmokers.

A recent study at Harvard Medical School and Brigham and Women's Hospital in Boston found that male smokers were 1.7 times more likely to have a hemorrhagic stroke if they smoked fewer than 20 cigarettes a day and 2.4 times more likely if they smoked more than 20 cigarettes a day, compared to men who had never smoked.

As foreboding as this sounds, past smokers can take heart in the fact that those who quit have a significant reduction in risk for stroke after two years and have the same risk as nonsmokers five years after they quit smoking.

The Consequences of Smoking

Smoking causes damage to the artery walls, leading to obstructions of blood flow in the brain or even the rupture of the artery itself. The aftermath of these events can be devastating. In the study, stroke survivors who were at least age 65 displayed the following:

- 50 percent had some hemiparesis (paralysis of one side of the body).
- 30 percent were unable to walk without some assistance.
- 26 percent were dependent on others in their daily living.
- 19 percent had aphasia (inability to speak).
- 35 percent had symptoms of depression.
- 26 percent were in a nursing home.

Our Commitment to Your Health

Sutter Lakeside's commitment to improving the health of Lake County's residents includes efforts to encourage smoking cessation and protect nonsmokers from exposure to secondhand smoke. The campus at Sutter Lakeside Hospital went smoke-free in 2003,

restricting smoking to designated "huts." A smoking area is available for hospital inpatients with physician authorization. They must consult the medical staff treating them in order to access this area. Patients, visitors and employees may now stroll the beautiful grounds of our campus without being exposed to secondhand smoke.

Sutter Lakeside Community Services and Sutter Lakeside Hospital have also created the Lake County Tobacco Coalition. This organization consists of Sutter employees and community members who educate residents about the hazards of smoking and the benefits of cessation. They also help the county monitor tobacco sales and advertising.

To learn more, call Sutter Lakeside Community Services at 707-262-1611 or the California Smokers' Helpline at 800-662-8887 (800-NO-BUTTS). For more information, call Chris Chaney, director of cardiopulmonary and rehabilitation services and Sutter Lakeside Hospital chair, at 707-262-5107 or e-mail him at chaneych@sutterhealth.org.

Cardiac Rehabilitation: Bridging the Gap Between Disease and Wellness

For many people living with cardiovascular disease, it may feel as if the wellness movement is passing them by. But that's not the case in Lake County. At Sutter Lakeside Hospital, patients with cardiovascular disease can find their way back into the wellness community with confidence.

On the Road to Recovery

Receiving a diagnosis of cardiovascular disease can be devastating. It can impact the patient not only physically, but also mentally and emotionally. Remaining the same healthy, dynamic person can become a daunting task. At Sutter Lakeside, our cardiac rehabilitation team is bridging this gap, allowing patients to know firsthand that they can continue to live active, productive lives after a diagnosis of cardiovascular disease.

Slow and Steady

The Sutter Lakeside cardiac rehabilitation team begins rebuilding the whole person one step at a time, beginning with a safe level of exercise while constantly monitoring the patient's heart activity. This gradual physical conditioning and instruction, coupled with compassionate emotional support, provides a strong foundation for program participants. The experiences shared by our patients create a camaraderie that, in many cases, lasts long after the program has ended.

The cardiac rehabilitation team considers program participants as family. The nurses and other team members act as role models by exercising regularly and practicing the same self-care they

teach their patients. Sutter Lakeside Hospital is also committed to improving the health of its staff and the community through a variety of wellness programs. This helps strengthen the cardiac rehabilitation program. There is also an optional maintenance program for patients who have completed the program and wish to maintain their level of fitness through regular visits to our gym.

It Starts With You

Learning to adopt a healthy lifestyle after a cardiac event starts with making healthy decisions. Classes in diet, stress management and exercise physiology are offered each month to program participants. Our specially trained cardiac nurses work closely with each patient's cardiologist or primary care physician and are always available to answer questions.

Positive Feedback

The staff and patients of Sutter Lakeside cardiac rehabilitation are excited about this program's success. We'd like to share a few comments from recent participant satisfaction surveys:

"I liked the excellent progress I made and the goals I met."

"I liked the education on health the best."

"I miss the staff and the friends I made."





Our Physical Therapists Are Teaching, Healing and Helping

Physical therapy is a profession dedicated to helping people restore movement and function, relieve pain, and prevent illness and injury. Physical therapists use a variety of rehabilitation treatments, including joint and spinal manipulation, massage, acupuncture, ultrasound, electrical stimulation and exercise.

Physical therapists at Sutter Lakeside Hospital have a combined 40 years of experience. In addition to providing inpatient rehabilitation, Sutter Lakeside has an outpatient clinic on the hospital campus. Here, therapists treat a broad range of conditions, including athletic injuries, total joint replacements and neurological disorders.

Sutter Lakeside's physical therapy also offers the McKenzie Method. Unique to the method is an evaluation system that uses an algorithm to determine the source of neck and back pain. Once the source is identified, an individualized treatment plan is designed for the patient to relieve pain and decrease the chance of recurrence. The McKenzie Method also teaches patients self-treatment, emphasizing education and involvement. The county's only spine specialists board certified in the method are part of the Sutter Lakeside team.

The McKenzie Method is a comprehensive approach based on sound scientific principles. If a patient has a more complex problem, self-treatment may not be possible right away. In that case, a certified McKenzie therapist will

provide advanced hands-on techniques until the patient can do them on his or her own. The patient's ability to perform self-treatment can minimize the number of therapy visits, reduce the risk for recurrence and allow the patient to rapidly manage himself or herself successfully when symptoms occur. For more information on the McKenzie Method, visit www.mckenziemdt.org.

Perhaps the physical therapists' most important role is to educate each patient about his or her particular injury or illness. We understand that the key to attaining a high quality of life and maintaining good health after injury or illness is understanding all aspects of the problem, from cause to pain management and treatment to prevention.



Bringing *Quality Care* Home

Sutter Lakeside Home Medical Services helps patients heal physically in an environment that also restores them emotionally.

For most people, there is no place like home. This is especially true for patients recuperating from a stroke. Familiar surroundings and the support of family and friends help with recovery. Sutter Lakeside Home Medical Services is licensed by the State of California, Medicare-certified and accredited by the Joint Commission on Accreditation of Healthcare Organizations. These home services help patients heal physically in an environment that also restores them emotionally.

The philosophy of Sutter Lakeside Home Medical Services is to provide

high-quality, comprehensive health care that promotes, maintains and restores health. Sutter Lakeside Home Medical Services provides this kind of care to many patients in our community, including those recovering from a stroke. A stroke affects not only patients, but also their entire family. The care and services patients require vary, depending on the severity of their stroke. Nurses, physical therapists, occupational therapists, speech therapists, medical social workers and certified home health aides provide the care. The physician orders all services and equipment.

When a patient moves from the hospital to the home, a registered nurse will manage the specific care he or she needs, including coordination of medications, physical and emotional assessments, supervision of personal care and collaboration with the therapists. The therapy staff focuses on helping the patient return to a normal level of functioning. As the therapists work on upper- and lower-body strength, safety concerns are always at the forefront. The health care team includes family members and caregivers, who are involved in the planning and follow-through of all care.

Sutter Lakeside Home Medical Services provides the equipment stroke patients need. The home care team, in collaboration with the physician, determines what equipment the patient needs, which may include a hospital bed, wheelchair, walker, cane, commodes, lifts and even an emergency response system. As the patient begins to function more independently, the equipment is updated.

The home care staff and the medical equipment staff of Sutter Lakeside Home Medical Services are committed to providing quality care to many patients in our community. For more information, call 707-263-7400.



State-of-the-Art Technology Improves Care for Stroke Patients

By Diane Pege, M.D., Medical Director, Sutter Lakeside Hospital



Diane Pege, M.D.

Patients who go to Sutter Lakeside Hospital with signs and symptoms of a stroke will be diagnosed more quickly, thanks to the installation of a new multihead CT scanner.

Vivek Reddy, M.D., medical director of imaging services, is excited about being able to provide state-of-the-art technology for our community. "Traditional CT scanners can

detect the presence of an acute stroke only 12 to 24 hours after the stroke occurs because it takes that long for the brain tissue to show changes from low blood flow," Dr. Reddy explains. "The new multihead scanner will be able to visualize the entire brain in one instant. This allows the radiologists to detect blood flow in the brain in a way that wasn't possible with the old technology. Now the radiologists won't need to wait for changes in the brain tissue to detect if a patient has an acute stoppage of blood flow to the brain."

Bruce Deas, M.D., chief of emergency medical services at Sutter Lakeside Hospital, is thrilled to have the technology available to make a prompt stroke diagnosis. "Being able to quickly make an accurate diagnosis of acute stroke will allow our physicians to offer aggressive medical treatment while the

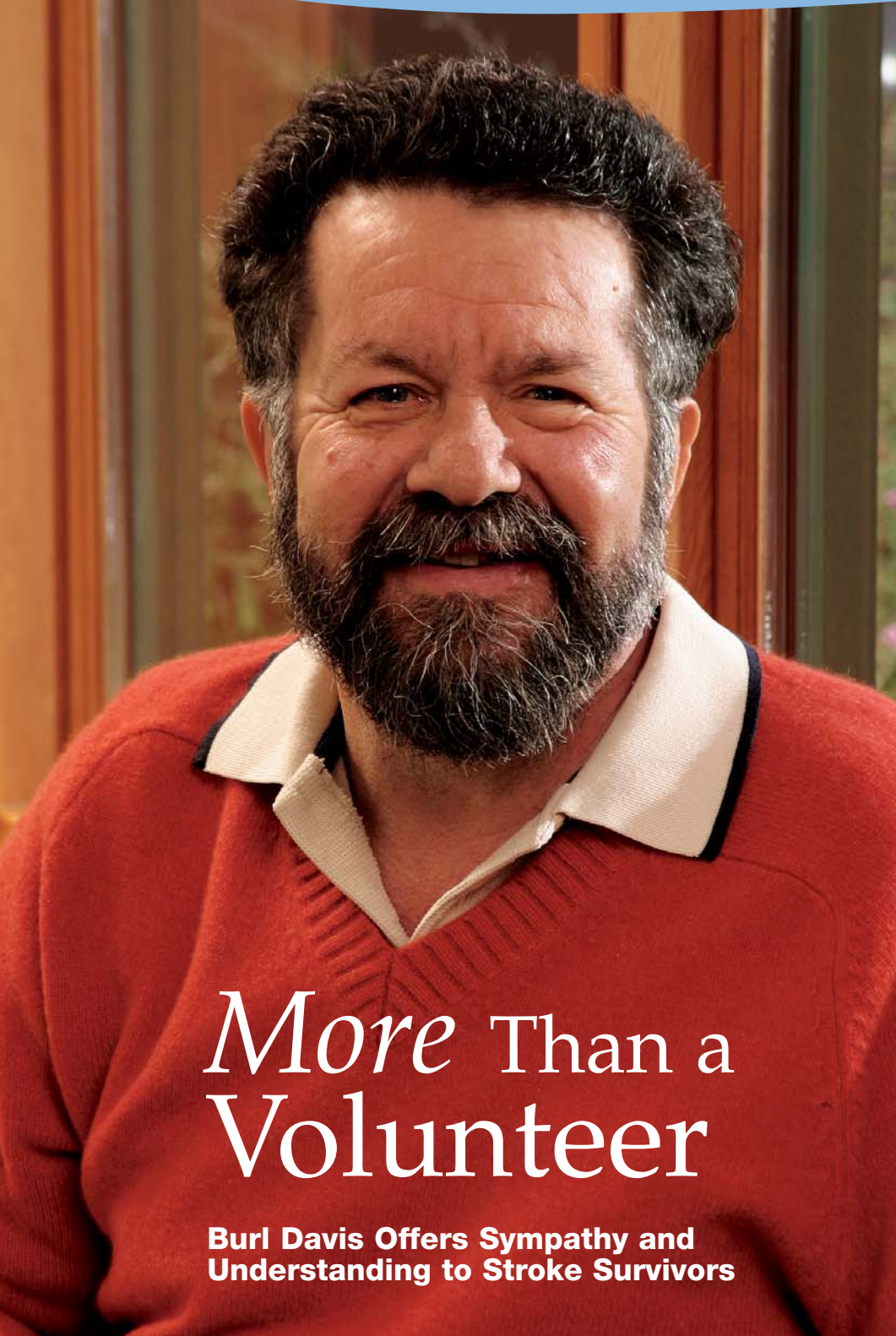
patient is still in the emergency room," says Dr. Deas. "Many strokes are caused by blood clots in arteries that supply the brain. Medications that can dissolve these clots can be given to patients who qualify for them. The sooner the medication is given, the better [the] chance that patient has for a quick and full recovery from the stroke."

Another benefit of the new CT scanner is its ability to detect vascular flow in areas outside the brain, such as the carotid arteries (the arteries that supply the brain with most of its blood). Blockages in the carotid arteries can lead to a stroke. Being able to scan both the carotid arteries and the brain at the same time will help physicians detect and treat the cause of the stroke sooner.

Don Pifer, director of imaging services, confirms that construction on the new CT scanner will begin in early January 2005. "The new machine should be installed and ready for use by late February 2005," he says.

Also in the works at Sutter Lakeside Hospital are plans for the installation of a new permanent MRI machine. Currently, a mobile MRI unit is available twice a week for our patients. For some patients, the diagnosis of stroke is difficult to make using the CT scan. The MRI can provide radiologists with a more sensitive image. The installation of the new MRI is planned for late 2006.





More Than a Volunteer

Burl Davis Offers Sympathy and Understanding to Stroke Survivors

Ten years ago, Burl Davis fell outside his Jackson home and couldn't get up. He was discovered by a neighbor who happened to be a nurse. She immediately recognized that he'd had a stroke, and she called an ambulance. Davis lost consciousness when he arrived at the hospital and was flown via helicopter to another hospital, where he lay unconscious for a month.

"When I finally woke up to the harsh reality that I'd had a massive stroke, I was really mad," recounts Davis. Unable to speak, walk or work, Davis felt utterly alone. Eventually, he was able to start the therapies that are so crucial to stroke survivors — physical, speech and occupational. After two months in the hospital, Davis was taken to a rehabilitation hospital, where he then spent the next 11 months recovering.

"Anger and depression are common after a stroke and can interfere with a patient's recovery," says Richard Atkinson, M.D., stroke program director, Sutter Medical Center, Sacramento. "However, determination to get better is an important part of recovery." Davis had the determination to get better, and slowly he did.

A Message of Hope

Toward the end of his stay at the rehabilitation hospital, Davis was not only carving the trail to recovery for himself, he was also reaching out to other stroke patients. Before long, Davis was making rounds talking and listening to them. One of the nurses who had observed Davis interacting with other patients suggested that he volunteer in a stroke

rehabilitation unit at a nearby hospital. At first, he didn't want to.

"I went back and forth about it," he recalls, "but after looking back at what I went through, I knew I could help other stroke patients. I wanted to reach out and let them know it's OK to be angry and frustrated. But in time, you will get better." From that point on, Davis had a new mission in life — to help patients recover from stroke. That was six years ago, and these days you can find Davis at the Sutter Amador Hospital stroke unit almost every day, working with the patients and their families.

"I offer a unique perspective. I empathize with the inability to speak and get your point across because I couldn't talk at all for a while," says the tireless volunteer. According to Dr. Atkinson, anything to help a patient overcome the effects and symptoms of a stroke is extremely helpful. This can be medication, but it can also be the support of people like Davis.

"Stroke patients often can't talk, but they hear and understand, and I know that," says Davis. "Family members and friends — people not used to talking with stroke patients — sometimes don't realize there is still a person there. They don't understand that just because the person can't say the words, [it] doesn't mean [that] they don't understand what's being said to them. The patients talk to me because I remember what that's like, and I understand."

Family members also appreciate Davis' presence, says Peggy Fitzpatrick, activities coordinator for the Extended Care and Rehabilitation Department at

Sutter Amador Hospital. "They can see he's been through the same thing their loved one is going through, and it can be comforting."

Davis is just as helpful, if not more so, to those patients with few visitors. "If there's a stroke patient who doesn't have family, I will come in and see them every day and spend an hour or so with them," he says. Davis offers the patients at Sutter Amador a message of hope. "I tell them that I did it, and they can, too."

But the patients give something to him as well. Davis says a lot of people have come into his life because of the stroke. "I thank God for the people at the hospital. They are what I live for. I wouldn't dream of taking money for working at the hospital. I get paid in a different kind of currency," he says.

Support Group Brings New Meaning to Life

Still disabled in his right hand and sometimes disappointed in his inability to speak clearly ("My thoughts are clearer than my words," he says), Davis attends monthly stroke support group meetings at Sutter Amador Hospital.

"In the beginning," he says, "they just let me cry and vent or get angry, and they let me talk about it. Unless you've had a stroke, you can't imagine how frightening and confusing it is."

While he'll always carry the experience of the stroke with him, Davis remains optimistic. "You can get over it. You can make a new life. This isn't the end. You may think it is, but it's not. I'm living proof."

"Patients talk to me because I remember what that's like, and I understand."

—Burl Davis



A wife comforts her husband during a monthly stroke support group meeting.



Stroke support programs offer a new sense of hope for patients and their families.



Beat the Clock

Don't Delay

Responding to a Stroke

A stroke injures the most fragile organ in your body — the brain. To function properly, your brain relies on a constant flow of blood. During a stroke, brain cells are deprived of blood and oxygen, and they begin to die. The dying cells set off a chain reaction, damaging other nearby cells. Without quick medical attention, these cells will also die.

Strokes affect people in different ways. Depending on its location, size, severity and type, a stroke can affect anything from your senses to your ability to speak and think.

The most common type of stroke is an ischemic stroke. This occurs when a blood vessel in the brain becomes blocked. If a blood vessel in or near the brain bleeds, it is called a hemorrhagic stroke.

Taking care of yourself and monitoring your health are critical to decreasing your risk for a stroke. But if you have a stroke, it's important to recognize the symptoms and take quick action. Stroke can happen suddenly, and you may not feel any pain. Even if symptoms last for only a few minutes, seek help. Brief ministrokes called transient ischemic attacks can be a warning of a larger stroke to come and need immediate attention.

"Obviously, we would rather prevent a stroke than treat the aftermath," says stroke expert Richard Atkinson, M.D. "At least 50 percent of strokes are preventable by currently available treatments, so it's extremely important that everyone knows the steps to take to prevent stroke." To help you recognize the most common symptoms of a stroke, think of the word *safe*.

S **Speech.** You may have trouble with speech — talking or understanding.

A **Arm.** You may have weakness or clumsiness in your arm.

F **Face.** You may have weakness on one side of the face.

E **Eye.** You may experience vision loss or sudden trouble seeing in one or both eyes.

Other symptoms include headache, dizziness or confusion. The SAFE symptoms are the most common and usually mean a stroke. If you notice any of these symptoms, call 911 or your local emergency number right away.

Take Matters Into Your Own Hands

There are about 700,000 strokes in the United States every year. Stroke is a leading cause of death and often results in long-term health problems. The good news is that most strokes can be prevented. Your lifestyle today can either protect you from having a stroke or increase your chance of having one in the future. These questions can help you assess your risk for stroke. Put a check mark next to each question you answer yes to.

- Do you have high blood pressure?
- Do you smoke?
- Women: Do you drink more than one alcoholic drink per day?
- Men: Do you drink more than two alcoholic drinks per day?
- Do you have high cholesterol?
- Are you physically inactive?
- Do you have diabetes, heart disease or transient ischemic attacks (ministrokes)?
- Have any of your close relatives had a stroke?
- Have you had a stroke?
- Are you older than age 55?
- Are you African American?

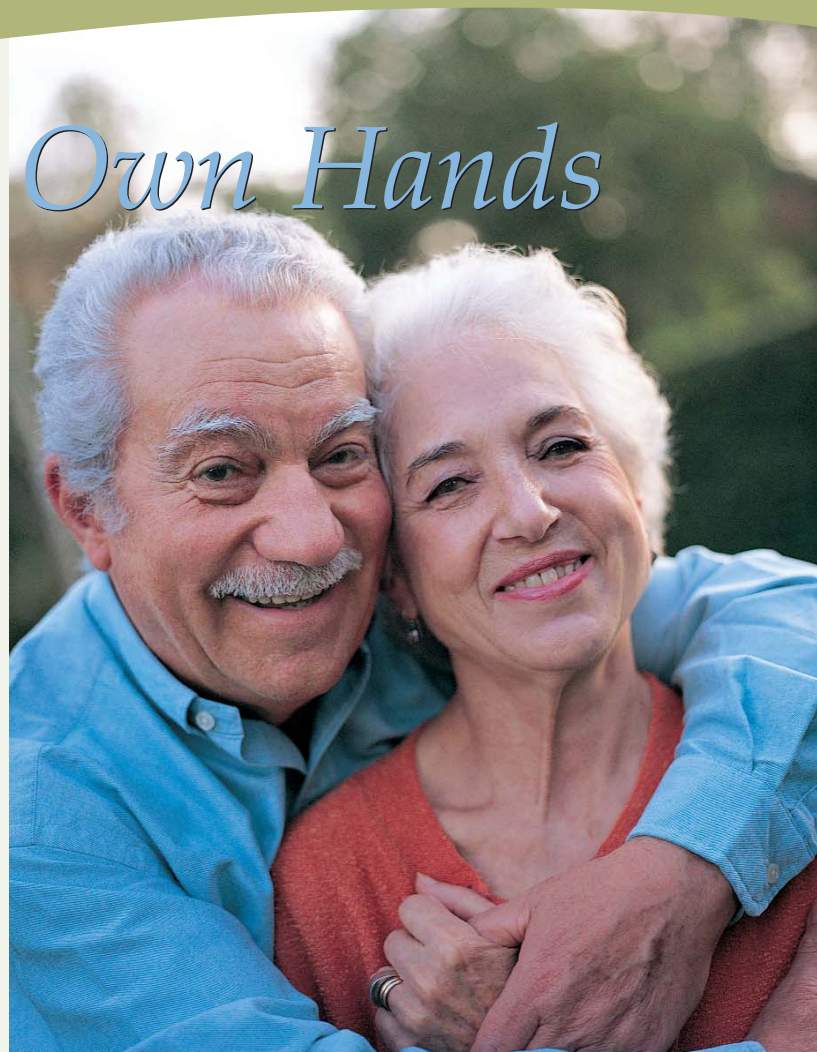
The more questions you answer yes to, the higher your risk for stroke. You can't change your answers to the last five questions, but you can change your answers to the first six. Here are some suggestions to get you started.

Control your blood pressure. High blood pressure increases your risk for stroke by as much as six times. In fact, 40 to 90 percent of all stroke sufferers have high blood pressure before their stroke. High blood pressure puts stress on blood vessel walls, which can cause them to bleed.

You can't tell how high your blood pressure is by the way you feel. You need to have your blood pressure checked at least every two years. If you have heart problems, ask your doctor what else you can do to lower your stroke risk.

Don't light up. Smoking doubles your risk of having a stroke.

Cut down on alcohol. Too much alcohol can raise your blood pressure, which increases your risk for stroke. If you are a man and you drink, limit your intake to no more than two drinks per day. If you are a woman, limit your intake to one drink per day.



The good news is that most strokes can be prevented.

Eat well. Limit your intake of fatty foods. These can increase your cholesterol level. Too much cholesterol in your bloodstream can cause a buildup of plaque in your blood vessels. This buildup can block blood flow to your brain, causing a stroke. It can also put you at risk for heart disease, a strong risk factor for stroke.

Add physical activity to your daily routine. Aim for at least 30 minutes of moderate physical activity on most days. This can help lower your blood pressure and your risk for heart disease, both of which are risk factors for stroke.



Keep Your **Cholesterol** in Check

You probably know that high cholesterol levels increase your risk for heart disease. Too much cholesterol in your blood can line the walls of your arteries with a hard, waxy deposit called plaque. Plaque interferes with the flow of blood through your arteries and can result in a heart attack or stroke.

The information below can help you understand what cholesterol is and what changes you can make in your life to achieve and maintain desirable cholesterol levels.

Understand Cholesterol

Cholesterol is not a problem unless you have too much of it. In fact, your body needs cholesterol to function.

Your body gets cholesterol in two ways: by making it and from food. There are a number of reasons you may have too much cholesterol, including diet and exercise. Your genes also affect how much cholesterol your body makes. For example, you may have gotten high cholesterol from your parents, even if you exercise and maintain a healthy diet.

Know Your Numbers

Everyone ages 20 and older should get their cholesterol checked at least once

every five years. Here are some important things to know about cholesterol numbers:

Total cholesterol. This is the amount of cholesterol in your blood — measured in milligrams per deciliter (mg/dl) of blood. A level of less than 200 mg/dl is desirable in healthy adults.

HDL cholesterol. Known as “good” cholesterol, HDL helps keep cholesterol from building up in your arteries. Levels of 60 mg/dl or more seem to help protect against heart disease. Levels of less than 40 mg/dl are associated with an increased risk for heart disease.

LDL cholesterol. This is “bad” cholesterol. Too much LDL can lead to blockage in your arteries. Desirable levels are less than 130 mg/dl in individuals with no evidence of heart disease.

Triglycerides. Normal levels are less than 150 mg/dl. The relationship between triglycerides, other cholesterol and the risk for heart disease is unclear. But high triglyceride levels are often seen in people with high LDL cholesterol or low HDL cholesterol levels, which are associated with an increased risk for heart disease.

Diet and Exercise Tips

If your total cholesterol level is high, your doctor will recommend a healthy lifestyle plan. However, if diet and exercise are not enough to lower your cholesterol, you may need medication. Here are some tips for a healthy low-cholesterol diet:

- Eat a variety of foods low in saturated fat and cholesterol.
- Eat at least five servings of fruits and vegetables per day.
- Eat six or more servings of whole-grain products such as cereals, breads and pasta every day.
- Eat fish, poultry without skin and lean meats instead of fatty ones.
- Use nonfat or low-fat dairy products rather than whole-milk products.

Regular exercise is an important part of controlling high cholesterol. Follow these tips:

- Engage in 30 to 60 minutes of vigorous activity at least three to four days every week.
- Maintain a healthy weight (your doctor will help you decide what that is).

Sutter Health Presents . . . *Your Health*

If you're looking for health information, Sutter Health's network of doctors and hospitals are helping to keep you and other Northern Californians more informed through our new TV show, *Your Health*.

Inspiring Patient Stories

Your Health features the latest health news and medical breakthroughs, as told through inspiring real-life stories. The show is hosted by veteran television health journalist and news anchor Beth Ruyak and produced by the award-winning broadcast company, the Idea Factory.

From dieting trends to understanding your risk factors for heart disease and cancer, you'll learn how to maintain a healthy lifestyle. You'll also see compelling stories about the miracles of modern medicine and how the experts within Sutter Health are advancing the quality of care for patients in Northern California.

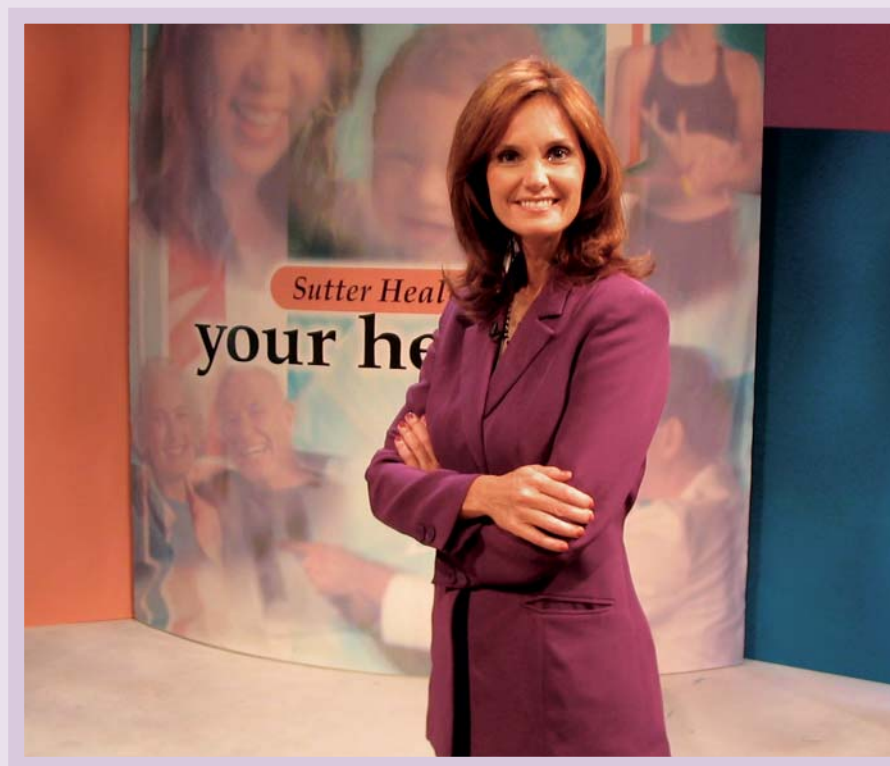
Don't Miss These Features in March

- Hear one daughter's inspiring story about caring for a parent with Alzheimer's disease.
- Take charge of your heart health by learning the five controllable risk factors for heart disease.
- Find out what every woman should know about estrogen therapy.

Saturday, March 5, at 7 p.m., on KPIX Channel 5 in the Bay Area

Tune In to Our Primetime Show in April

- Do you feel tired all day? Not sure how you'd make it without those mochas? One man describes his experience of realizing that many of his health problems were actually caused by sleep apnea.
- Groundbreaking medical advances are helping patients like 8-year-old Mateo Luna live a healthy life. Mateo was



born with a congenital heart defect, but now he can achieve the highest flip off his trampoline.

- The future we imagined is already here! Check out our in-depth look at today's cutting-edge robotic surgery.

Saturday, April 2, at 7 p.m., on KPIX Channel 5 in the Bay Area

Sutter Health *presents*
your health

Heal Yourself, Inside and Out

Education programs at the Wellness Center build awareness and teach community members behaviors that promote wellness.

The Sutter Lakeside Wellness Program defines wellness as a continuous journey toward physical, mental, emotional and spiritual balance and harmony. Wellness is more than the absence of illness, and our state of health is more than how we look and feel. Wellness and health are influenced by our lifestyle and behavioral choices, our cultural attitudes toward health and illness, our own emotional needs, our connection to others and our personal sense of meaning or purpose. The Wellness Center offers programs that support the patient's journey of self-awareness and growth.

Taking Action

In 1979 the Centers for Disease Control and Prevention published an article identifying the factors that contribute to a person's state of health. According to the article, 70 percent of these factors involve lifestyle choices and environment. Also, 20 percent are the result of heredity, and 5 percent are attributed to medical care.

Keeping this in mind, if we truly want to improve the community's health, we need to address the factors that contribute to a person's health, instead of waiting for illness to occur.



Let It Out

The Wellness Center supports community members in their journey to a healthier lifestyle. The fitness programs, gym, yoga and Tai Chi help community members become stronger and more flexible while at the same time maintaining a healthy body weight. Other activities, such as cooking classes, beadwork and floral design, help community members relax and engage in pleasurable hobbies that draw on their creativity.

The education programs, including the Wellness University and the Stress Reduction Clinic, build awareness and teach community members behaviors that promote wellness and support healthy choices. The spa services also sustain wellness by helping members become aware of, and release, their emotions and thoughts.

A Multifaceted Approach

To round out the Wellness Program, we will be adding hypnotherapy, individual wellness coaching and other integrative health techniques to help our community members, staff and patients attain optimal levels of wellness. The Wellness Center, in collaboration with Sutter Lakeside Hospital, is equipped to provide a more holistic approach to making a difference in the health of the community.

If you would like more information, call 707-262-5091 or visit our Web site at www.sutterlakeside.org.

Sutter Lakeside Wellness Center



Whether you are seeking to heal from illness or grow toward greater health, or are a health practitioner interested in complementary medicine, we invite you to explore the services available at Sutter Lakeside Hospital's Wellness Center.

Wellness Education Classes

- ▶ **Support Groups**—We host groups on health-related issues, such as congestive heart failure, diabetes, preparing for childbirth and transitioning into menopause.
- ▶ **Stress Reduction and Relaxation Clinic**—This eight-week course teaches participants how to use mindful meditation, visualization and gentle yoga to change their responses to stress.
- ▶ **Wellness Coaching**—This program gives participants the opportunity to work one-on-one with a wellness coach who can help them develop a personalized wellness program.
- ▶ **Wellness University**—This three-month program helps participants figure out how they can bring their life back into balance. The course combines wellness education, yoga or Tai Chi and massage.

Fitness Memberships

Joining Sutter Lakeside Hospital's Wellness Gym can improve your physical, mental and emotional health. Membership includes all fitness classes (listed below). NETA certified personal trainer available to help individuals attain the best results in the shortest amount of time. Membership fees*: Annual — \$250; monthly — \$30

* Senior discounts are available.

Fitness Classes

- ▶ Body sculpt
- ▶ Cardio jazz
- ▶ Cardio kick
- ▶ Line dancing
- ▶ Pilates
- ▶ Tai Chi
- ▶ Yoga

For more information on classes and memberships, call the Wellness Center at 707-262-5091.

Healing Waters Spa Services

Reduce tension and relieve stress. Our expert massage therapists will restore your sense of well-being with customized massage. We offer you a variety of massage techniques:

- ▶ Aromatherapy signature massage
- ▶ Healing Waters Day Spa massage
- ▶ Herbal wraps and scrubs
- ▶ Hot paraffin treatment
- ▶ Hot stone treatment
- ▶ Pregnancy massage
- ▶ Raindrop massage
- ▶ Reflexology
- ▶ Reiki
- ▶ Thai massage

The Healing Waters Day Spa is open Monday through Friday, 10 a.m. to 5 p.m., and by appointment only on Saturday. For more information, call 707-263-9123.

Rent Our Facilities

If you have a special event to plan and are looking for a beautiful and unique locale, consider Sutter Lakeside's Wellness Center. You will have access to the outdoor gardens, trails and grounds. There is also a house available for an extra fee. Included in the rental fee are round tables with umbrellas and chairs. For more information, call 707-262-5091. Alcohol is prohibited, and a deposit is required.

Wellness Center Mission

Our mission is to improve the health of our community through wellness education, coaching and fitness activities in a healing environment.



SUTTER LAKESIDE HOSPITAL'S LAKESIDE WELLNESS FOUNDATION PRESENTS

Carnival in Venice

\$1000 cash prize for best costume!



Saturday Evening, February 26, 2005 at 6:00 p.m.

California National Guard Armory, 1431 Hoyt Avenue, Lakeport

Please join us at Lakeside Wellness Foundation's 3rd annual Venetian Carnival,

Enjoy a festive evening of dinner and dancing on St. Mark's Square with wonderful Italian food, libations, dancing to live music by The Cheeseballs, jugglers, entertainers, silent and live auctions.

All benefiting Sutter Lakeside Hospital's new Wellness Program.

*Make this your first fun party for 2005
and support Wellness in Lake County*

Admission - \$75. Black Tie Optional, 16/17th Century Venetian
Carnival Costume & Mask Encouraged

TICKETS ON SALE NOW!