



Sutter Lakeside
Hospital
A Sutter Health Affiliate

Community Based, Not For Profit

yourhealth

Fall 2005

Bringing Wellness and Health News to Northern California

It's in the **Genes**

A healthy lifestyle
can help you
**prevent
diabetes**

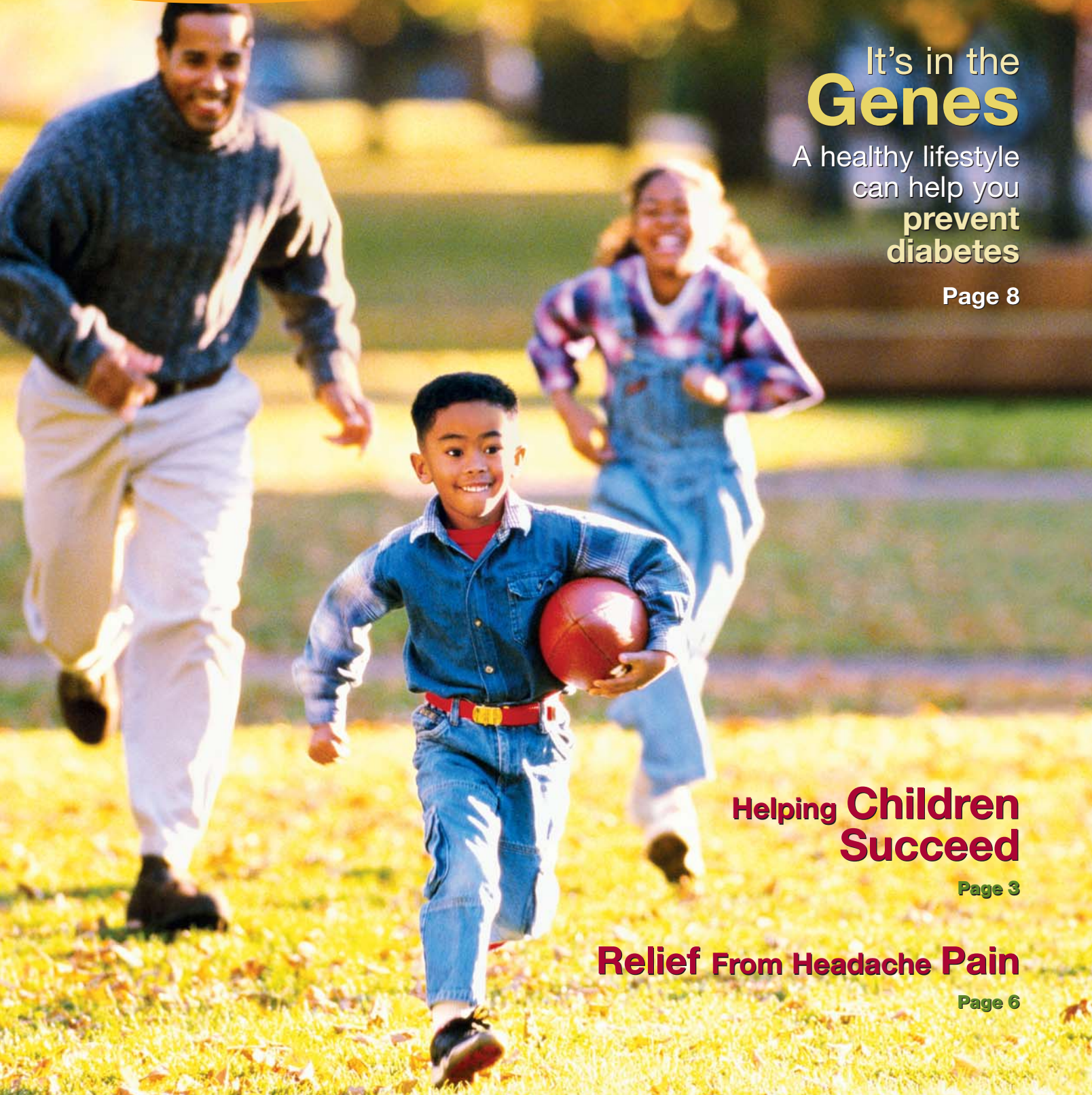
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Helping **Children Succeed**

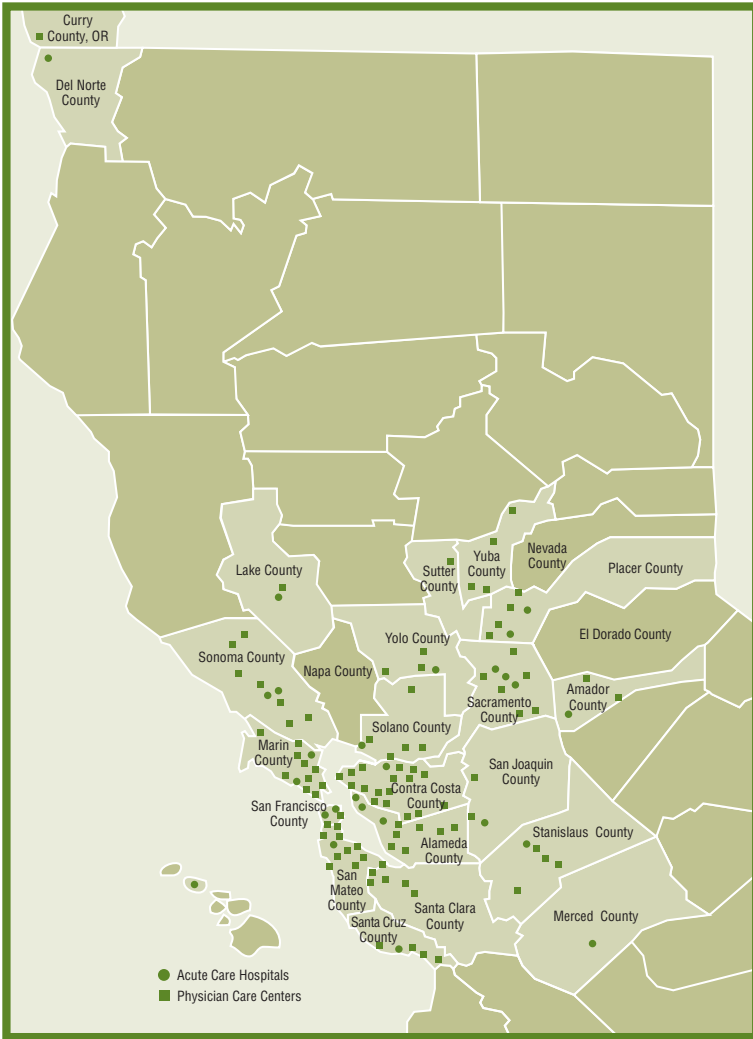
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Relief From Headache Pain

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The Sutter Health Network



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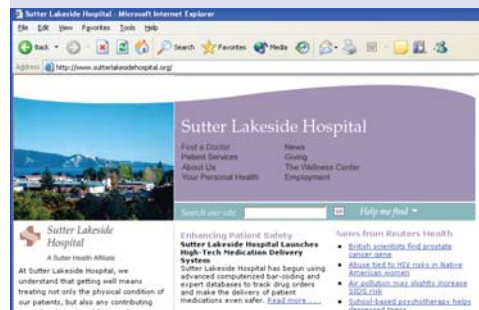
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Welcome to *Your Health*

Sutter Lakeside Hospital is part of Sutter Health, a family of not-for-profit hospitals, physician organizations, and other health care services 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.

You can also find answers to your health questions by visiting our Web site at www.sutterlakeside.org. If you have any questions or comments regarding the *Your Health* newsletter, call Tammi Silva, director of public relations, at 707-262-5122 or e-mail silvat@sutterhealth.org.

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.



Want to learn more about healthy lifestyles? 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.

Sutter Lakeside Hospital –

Helping Children *Succeed in Life*

You might not expect to receive a book and instructions on teaching your child to read when you take him or her for a medical checkup. But that's what you'll get from Sutter Lakeside Hospital's Family Medicine Clinic when your child comes in for a well-child examination.

Reach Out and Read is a national program affiliated with the Department of Pediatrics at Boston Medical Center. Its mission is to make literacy promotion a standard part of pediatric primary care so that children grow up with books and a love of reading. Reach Out and Read trains doctors and nurses to advise parents about the importance of reading to children. It provides age-, language- and culturally appropriate books for children ages 6 months to 5 years at pediatric checkups, with a special focus on children growing up in poverty. Through the unique relationship between parents and medical providers, Reach Out and Read helps families and communities encourage early literacy skills so that children enter school prepared for success in reading.

Marlene Quilala, M.D., a pediatrician at Sutter Lakeside's Family Medicine Clinic, spearheaded the hospital's application to become a national Reach Out and Read program affiliate. Supporting Dr. Quilala's assessment, the Lake County First Five Commission awarded a small grant to the program for its focus on school readiness. This much-needed start-up funding will help purchase books in English and Spanish as well as train volunteers. Additional materials are being provided through the national Reach Out and Read program and Scholastic Inc.

The Benefits to Children

Several studies show that children participating in Reach Out and Read enjoy increased language and other developmental skills compared to nonparticipating children, and Reach Out and Read parents read more to their children than nonparticipating parents. Contributing to this success are:

- Volunteers who read to children in office waiting rooms

- Physicians who provide an appropriate book at each well-child checkup from ages 6 months to 5 years
- Physicians who provide guidance for parents about early literacy and developmental milestones

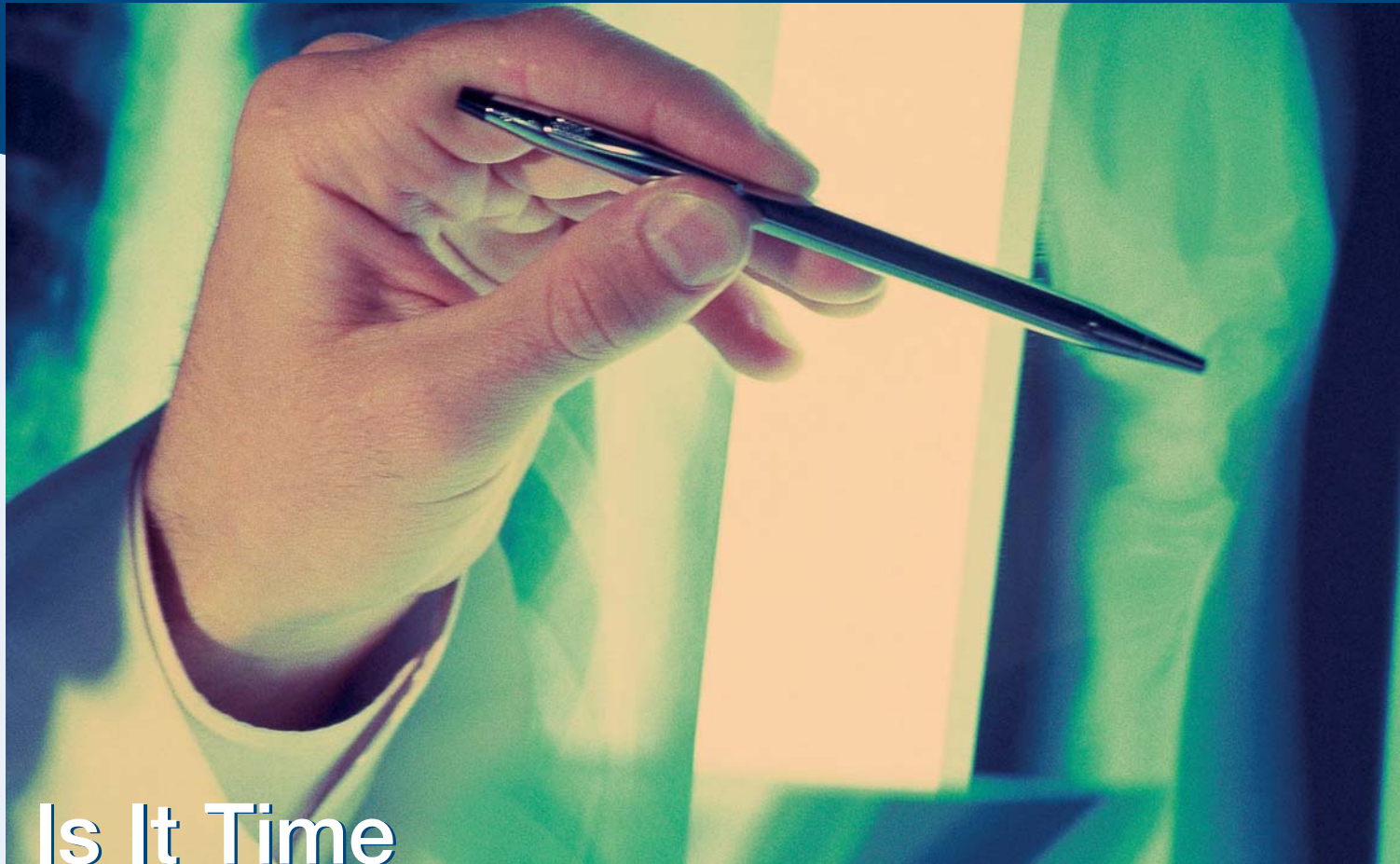
Our Continued Commitment

Research has demonstrated repeatedly that a child's experiences early in life are critical to achieving his or her potential and becoming a productive member of society. Sutter Lakeside Hospital understands the important connection between high-quality education and health. A strong start to a successful education is more than early childhood immunizations. Recognizing their role as a trusted source of guidance for parents of young children, Dr. Quilala and her staff are excited about this opportunity to pass on to their young patients the wonder of books and what will hopefully become a lifelong passion for learning.

For more information on this vital program, please visit the Reach Out and Read Web site at www.reachoutandread.org.

To learn more about Sutter Lakeside's launch of the new program, please call Linda Hedstrom, operations manager for the Lakeside Wellness Foundation, at 707-263-9184, or e-mail her at hedstrl@sutterhealth.org.





Is It Time

for a New Joint?

Millions of us struggle with pain and loss of motion due to joint damage, often caused by arthritis. If other treatments fail to offer relief, you may wonder about turning in your worn-out joints for new ones.

The results of the surgery — called arthroplasty or total joint replacement — are good to excellent for more than nine out of 10 patients, says Gordon Aamoth, M.D., a clinical professor in the University of Minnesota Department of Orthopedics. Patients get relief from pain and can resume normal activities.

Arthroplasty is fairly common with osteoarthritis, the most common form of arthritis. Cartilage (the tissue that protects bones in a joint) breaks down and wears away. Bones rub together, causing pain and loss of motion.

Should You Have Surgery?

Dr. Aamoth says joint replacement should be a final step in treatment. "We've become accustomed to getting instant relief," he says. "Sometimes people ask for surgery before they give other treatments a chance."

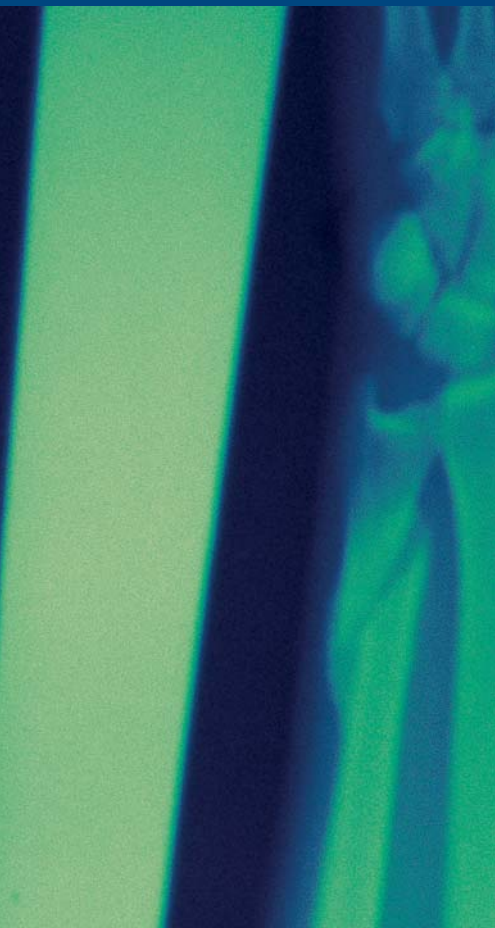
Those other treatments include taking pain medication, losing weight to ease stress on the joint and reducing physical activities that cause pain. Doctors may also suggest exercises to keep muscles and joints flexible, promote fitness and strengthen muscles that support damaged joints.

Doctors often advise younger people not to have joint replacements. They may have other options, such as changing to less physically demanding jobs or having less extensive surgery.

The younger you are when you get a new joint, the more likely you are to need corrective surgery later. Surgery to fix or replace artificial joints has a risk for infection and other complications about four times greater than the initial surgery, says Ramon Jimenez, M.D., past president of the California Orthopedic Association and a member of the board of directors of the American Academy of Orthopaedic Surgeons. Since doctors shape and remove bone to accept the new joint, repeated surgery also leaves less bone to attach to each new joint.

When Do You Need Surgery?

You could be a candidate for joint replacement if you have major joint damage and other steps haven't helped.



X-ray evidence of joint damage is one of the criteria used to decide who should have this surgery, Dr. Jimenez says. But it is not the only one.

Dr. Jimenez says your symptoms — mainly pain — are more important. “For the typical candidate,” he says, “the joint causes severe pain during activity, such as walking or getting up from a chair. Or it causes night pain, or pain while standing or sitting.” When pain grows so severe that it’s disabling, total joint replacement is an option.

Joint replacement is also appropriate, Dr. Aamoth adds, for patients who have gotten little relief from medications or who have already made lifestyle changes and can’t make more.

What Can You Expect?

To get ready, Dr. Jimenez says, you should work with your doctor to be sure you can tolerate anesthesia. If you have dental problems, have them handled before surgery to reduce the risk

for infection. Heart problems should be stabilized before surgery.

You’ll receive an anesthetic, and the surgeon will make a large incision. The surgeon will reshape the ends of the bones to accept the artificial parts.

Artificial joints are usually made of metal and hard plastic. Cement attaches the plastic parts. Metal parts may be anchored by inserting a rod into the bone. Typical hip and knee patients can walk the next day using a walker. Dr. Aamoth says you’ll likely be discharged on the third or fourth day, but you’ll need to rehabilitate.

At first, you may need crutches or a cane after knee or hip replacement. Within a few months, you should resume most of your normal daily activities unaided. However, you may still need physical therapy.

With a shoulder replacement, you can start passive shoulder exercises (in which someone else moves the joint for you) soon after surgery. Three to six weeks after surgery, you’ll start exercises a therapist gives you. Eventually, you’ll stretch and strengthen your shoulder so that you can regain normal use.

Dr. Jimenez says most patients find the recovery process painful for two to three months. “But the pain is different than the arthritis pain they have been

experiencing,” he says. “And it’s the kind of pain they expect to go away.”

Will the New Joint Last?

Dr. Aamoth and Dr. Jimenez caution against unrealistic expectations for a new joint. You shouldn’t expect it to tolerate activities that involve jumping or the kind of stress that would be hard on a natural joint.

In the past, Dr. Jimenez says, it was not clear how long an artificial joint would last. “Now we know it should last a good 10 to 15 years,” he says. “So the recommendation is that if someone is 60 to 65 and needs a new hip, go ahead. There’s not as much opposition as there used to be because in the long run, it’s more effective and less expensive than not having it done.”

“The life of a joint depends more on mileage than length of time it is used,” Dr. Aamoth adds. “Someone in his or her 50s is going to put more stress on the joint than someone who is older,” so that person “might be better advised to wait.”

If you wait, you can expect a benefit. Research is focusing on better materials, such as all-metal and all-ceramic joints. Dr. Jimenez and Dr. Aamoth say that means better, stronger, longer-lasting joints will soon be available.

To Learn More

- American Academy of Orthopaedic Surgeons
800-346-AAOS
www.aaos.org
- National Institute of Arthritis and Musculoskeletal and Skin Diseases
877-226-4267
www.niams.nih.gov
- National Institutes of Health Osteoporosis and Related Bone Diseases, National Resource Center
800-624-BONE
www.osteoo.org
- Sutter Lakeside Hospital Orthopedic Center of Excellence
707-262-5140
www.sutterlakeside.org/health/healthinfo



Relief From Headache Pain

By Camille Y. Keene, M.D.

The complex and varied nature of headaches requires a dedicated, comprehensive and innovative approach to headache management. Such an approach will ensure that headache patients achieve the most favorable response to therapy and maintain the highest quality of life.

Although there are specific headache classifications, headaches truly are unique to each individual. There are several different types and classes of headaches. These include migraine headaches, cluster headaches, cluster-migraine headaches, chronic tension-type headaches and cervicogenic headaches. Many patients experience more than one type of headache. To achieve an optimal response to therapy, the headache type must be clearly defined. A thorough neurological evaluation is completed to define the specific headache type and to identify possible underlying causes of the headache. This

is important in determining the safest and most effective mode of therapy. Fortunately, most headaches are not the result of an underlying neurological abnormality. It is, however, essential to eliminate the possibility of a more serious cause of a headache.

Diagnosis

It is crucial to obtain a detailed and thorough history of a headache. The first step in treatment is defining the headache type. The next step is to identify possible headache causes, which may be treated.

The headache history and neurological exam are complemented by state-of-the-art technology. Magnetic resonance imaging (MRI) scans of the brain are often used to evaluate headaches. These scans give the physician a detailed view of the brain. If an intracranial vascular abnormality is suspected, magnetic resonance

angiography evaluates the intracranial circulation. If a patient's headache seems to be caused by a problem in the neck, MRI technology and X-rays are used to diagnose abnormalities of the cervical spine. Laboratory testing is also used to exclude possible medical conditions that may be causing or contributing to a patient's headaches.

Treatment

After a thorough evaluation, therapy can then be started. Headache therapy often involves established medical regimens, which are geared toward treating specific types of headaches. These medications can be used along with some specialized complementary therapies to achieve the most desirable result.

Utilizing an innovative, multidisciplinary approach to headache treatment that is specifically tailored to the patient increases the chances of achieving pain relief.

High-Tech Monitoring System Saves Lives

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



Diane Pege, M.D.

In October, Sutter Lakeside Hospital became part of an exclusive group of hospitals in the United States to utilize the electronic intensive care unit (eICU®) patient-safety program. The high-tech surveil-

lance system closely monitors critically ill patients 24 hours a day, seven days a week.

Each bed in our intensive care unit (ICU) is equipped with advanced video and electronic monitoring equipment. The intensivists — physician specialists involved with the eICU program — and critical care nurses monitor the images and data from an off-site location. If a problem arises, they notify the medical team working in the hospital's ICU.

The eICU medical team also has access to each patient's medical records and test results and can help the on-site medical team devise treatment plans and make split-second decisions.

The eICU team is able to provide the ICU medical team with another set of eyes. The two teams work together to provide patients with the best possible care.

Nurses in the ICU monitor patients and provide hands-on care around the clock. The patients' physicians make rounds twice a day and are available by beeper, but Sutter Lakeside isn't large enough to have a full-time intensivist on site.

Studies show that such around-the-clock coverage by intensivists helps improve patient outcomes. Intensivists are in short supply across the country, especially in rural areas.

This technology maximizes the hospital's resources and enhances the stringent quality-control guidelines that are in place. The expected benefits of the eICU include maximizing positive patient outcomes, reducing clinical complications, and increasing staff and patient satisfaction.

The eICU is part of Sutter Health's \$50 million investment in advanced patient-safety technologies. Just one more example of how the hospitals and physicians of Sutter Health share resources and expertise to advance health care quality, the eICU system will be installed in all of Sutter's 26 Northern California hospitals by the end of 2006. The not-for-profit health care network is the first health care organization on the West Coast to use this advanced technology.

eICU® is a registered trademark of VISICU, Inc.



It's in the **Gen**

Family History Raises Your Risk for Diabetes

Though more and more

Americans are being diagnosed with diabetes, it often goes undetected. But when the disease is discovered, it can be a sudden wake-up call.

"I've been diagnosed with diabetes not once — but twice," says Sacramento native Barbara Kneppel. "And each diagnosis came as a shock." Kneppel was first diagnosed about 17 years ago. She developed gestational diabetes while she was pregnant with her daughter. "Amazingly, as soon as I delivered her, they took my blood sugar and the diabetes was gone," says Kneppel.

During a routine physical, Kneppel's doctor, Kimberly Buss, M.D., of Sutter Medical Group in Sacramento, asked her about her family history of diabetes. "I have it in both sides of my family," says Kneppel. "My parents don't have it, but my grandparents, aunts and uncles all have it." Dr. Buss asked if she had ever had any symptoms associated with diabetes. Kneppel had experienced some of the symptoms but didn't think much about them.

Dr. Buss decided to test for diabetes based on Kneppel's family history and symptoms. Lo and behold, she tested positive for diabetes again. Only this time, she had type 2 diabetes, and it was here to stay.

Subtle Signs and Symptoms

"The most important thing to understand is that for many people with type 2 diabetes, there's no specific sign or symptom, which is why it's so important for people with risk factors to get tested," says Dr. Buss. Type 2 diabetes is a gradual onset of resistance to insulin. The pancreas still produces insulin, but a person becomes resistant to it. Over time, the pancreas can't

keep up. "It gets burned out," Dr. Buss says. "I think of diabetes as a disease that beats up on the lining of our arteries. That's how I describe it to patients. Gradually, the high blood sugar causes worsening trauma to the insides of our arteries, which can cause problems in many systems of our body," continues Dr. Buss.

Learning to Live With Diabetes

"Diabetes is very much a life-changing diagnosis, but I think the more you learn about it, the more comfortable you get with it," adds Kneppel.

Today, Kneppel keeps her diabetes under control by taking medications, giving herself two kinds of insulin and checking her blood sugar daily. She's also getting more exercise and sticking to a healthy diet.

"If you have a family history of diabetes, talk with your doctor to see if you may be at risk," says Dr. Buss. "The good news about type 2 diabetes is that it can often be prevented and controlled with a healthy lifestyle."

Know the Symptoms

Early detection and treatment of diabetes can decrease your chance of developing complications of the disease. Below are the most common symptoms of diabetes. Call your doctor if you experience any of the following:

- Excessive thirst
- Frequent urination
- Weight gain or loss
- Blurry vision
- Fatigue or depression

Bon Appétit!

People with diabetes can still enjoy cookies and milk. Try this recipe for a healthier version of chocolate chip cookies.

Ingredients

1½ cups all-purpose flour	1 egg
½ tsp. baking soda	¼ cup unsweetened applesauce
¼ tsp. salt	2 tbsp. low-fat (1 percent) milk
½ cup stick margarine	2 tsp. vanilla extract
½ cup powdered sugar	½ cup chocolate chips
¼ cup firmly packed light brown sugar	

Directions

1. Preheat the oven to 350 degrees. Spray two baking sheets with nonstick cooking spray.
2. In a small bowl, whisk together the flour, baking soda and salt.
3. In a large bowl, beat the margarine until fluffy with an electric mixer at medium speed. Add the sugars, egg, applesauce, milk and vanilla and beat for one minute. Slowly add the flour mixture and beat until combined, about one minute. Stir in the chocolate chips.
4. Drop the dough by teaspoonfuls onto a baking sheet. Bake until lightly browned, 14 to 16 minutes. Remove and cool on a baking rack.



Serving Size

One cookie

Exchanges Per Serving

½ Carbohydrate

½ Fat

Nutrition Information (per serving)

Calories 72 (Calories from fat 31), Total fat 3 g (Saturated fat 1 g), Cholesterol 6 mg, Sodium 66 mg, Total carbohydrates 10 g, Dietary fiber 0 g, Sugars 6 g, Protein 1 g

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What to Expect Your First Time

First-Time Mothers Get Special Attention From Sutter Health

From the moment you find out that you are pregnant, to the day you give birth, you'll experience many changes and learn new ways to take care of yourself and your growing baby.

Labor and delivery is often the part of pregnancy feared the most by first-time moms. Sutter Health wants your experience to be as anxiety-free and safe as possible. That's why we have a systemwide First Pregnancy and Delivery (FPAD) program to help achieve the best possible outcomes for you and your baby.

"First-time mothers have special needs since they haven't given birth before," says Elliott Main, M.D., chair of the Department of OB/GYN at Sutter-affiliated California Pacific Medical Center in San Francisco. "It's our priority to help new moms have

safer deliveries and better overall birth experiences. So we're making a point of improving upon several key areas that are proven to be important for the labor and delivery experience for first-time moms." Here are the key objectives of the FPAD program:

Induce first labors only when medically necessary. Inducing labor in first pregnancies doubles the risk for cesarean births and may often lead to complications, including difficult labor and extreme rectal tears. As a result of our unique program, inductions for first-time moms have declined 20 percent across the Sutter Health system.

Perform episiotomies selectively. Recent studies show that routine episiotomies (an incision to enlarge the birth canal)

have little or no medical benefit. In fact, episiotomies increase the risk for extended tears to the rectum, especially in first-time mothers. Since starting our comprehensive program, episiotomies have decreased 35 percent throughout Sutter hospitals, and rectal tears have decreased 38 percent. Sutter Health's initiative is the first large-scale project to show this dramatic improvement.

Provide continuous labor support. "We're bringing a new life into our world, and moms deserve as much emotional support during this process as we can possibly provide," says Dr. Main. Studies show that professional labor support can shorten labor, reduce the need for medication and lower the risk for cesarean section.

Admit women to the labor unit when their cervix is dilated 3 centimeters or more.

“Many first-time moms head for the hospital as soon as their contractions begin,” adds Dr. Main. “But scientific data shows that when mothers-to-be are admitted to the hospital too soon and confined to a bed, their labor is actually longer, with more complications. We encourage a collaborative approach to early labor.”

Educate women throughout the prenatal process. Nearly 40 percent of the 40,000 babies born every year at Sutter Health hospitals are delivered by first-time mothers.

Since beginning the FPAD program, Sutter Health network has collected data from more than 58,000 women. We’re encouraged by the progress and positive changes in the health and well-being of our new mothers as a result of this initiative.

Have a Question About Your Pregnancy?

Sutter Health has a vast online library of health information available 24 hours a day, seven days a week, for pregnant women and new mothers.

The site is in English and Spanish at www.babies.sutterhealth.org. It is also available in Spanish at www.embarazo.sutterhealth.org. Since its launch last year, our Spanish-language site has had more than 200,000 visits from almost every Spanish-speaking country. Sutter Health is proud to provide critical health information to families in our own communities as well as other countries.

Sutter Lakeside Family Birth Center: A Safe Environment for Childbirth, Close to Home

Sutter Lakeside’s Family Birth Center welcomes new arrivals with an expert, loving touch. Obstetricians, anesthesiologists and pediatricians are on call around the clock to help ensure a safe delivery. Private labor and delivery rooms combine the latest medical equipment with special touches, such as sleeping accommodations for the support person. Our wide range of services includes:

- Free breast-feeding classes
- Tour and childbirth video
- Secured unit
- Certified lactation consultant
- Warm, homelike birthing suites with large bathrooms for the mother’s comfort
- Comfortable waiting area for families
- Postnatal support for mothers

For more information, call the Family Birth Center at 707-262-5085.

Check Out Our Other Specialty Sites

Sutter Health also offers vital information on additional health topics. Just let your mouse do the walking and check out our other Web sites.

www.kids.sutterhealth.org

- Explore children’s development from birth through adolescence.
- Learn about common childhood illnesses. We have tips on handling a cold, fever or vomiting, including when to call the doctor.
- Find tips on first aid and safety and how to care for minor cuts, sprains or swallowed objects.

www.cancer.sutterhealth.org

- Read about the disease, risk factors and prevention, and treatment options.
- Learn what types of cancer services are available near you.
- Search for cancer specialists, or oncologists, in your area.

www.hearts.sutterhealth.org

- Take our heart risk survey. Determine your own risk for heart disease.
- Educate yourself about women and heart disease. Did you know that heart disease is a woman’s greatest health risk? Read about the eight critical questions you should ask your doctor.
- Watch animations of what happens to the heart during a heart attack or to the brain during a stroke.
- Locate cardiac services. Learn what types of services are available near you.

www.suttervnaandhospice.org

- See if home health services are right for you or a loved one. Find out how to get care. Get contact information for the home health agency near you.

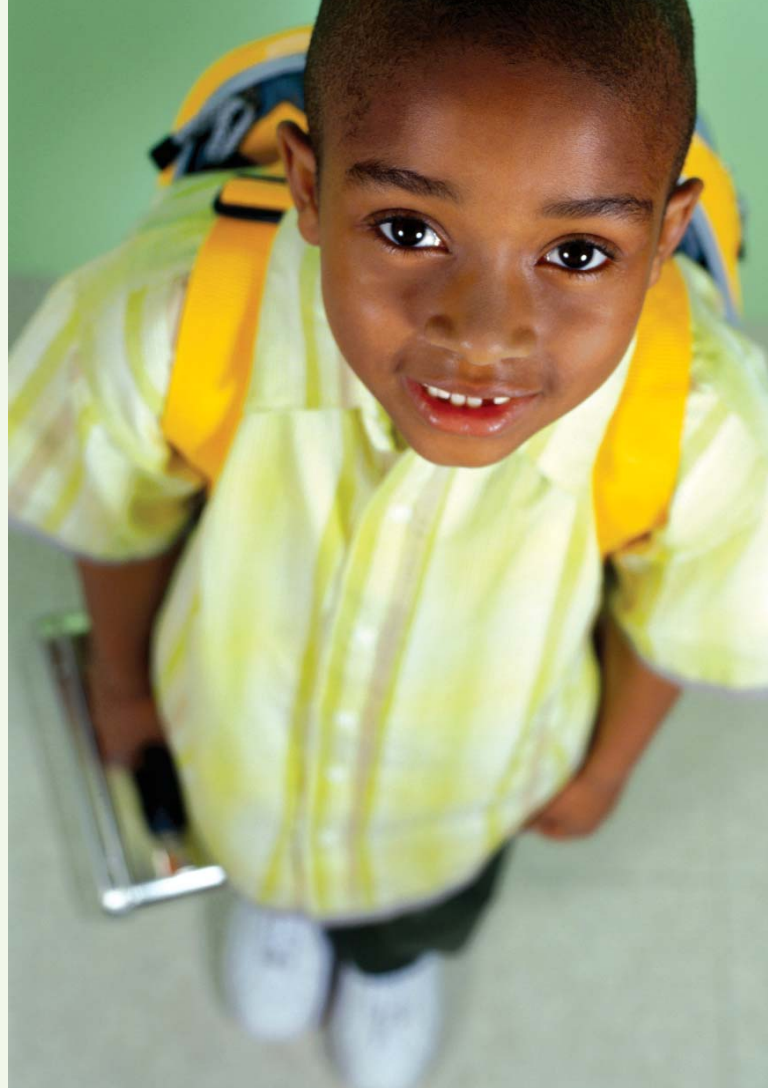
Pack a Healthy Lunch

Remember the days when parents used to send us to school with brown-bag lunches filled with a turkey sandwich, an apple and graham crackers? For many of us, that healthy lunch often ended up in the trash can. Come lunchtime, our taste buds were lured by pizza, hamburgers and other not-so-healthy options offered by school cafeterias. If we only knew then what we know now about nutrition.

“Prevention and treatment of obesity ultimately involves eating less and moving more. Though this sounds simple, everyone knows that long-term weight loss is exceedingly difficult to achieve at any age,” says Ellen Hulme, R.D., of Sutter Lakeside Hospital. “Many parents of overweight children are particularly frustrated by the lack of healthy choices available in the school cafeteria.”

Luckily, Hulme adds, there are steps you can take to steer your children toward good nutrition. You can't force a child to eat healthy, but you can make it easier for him or her to make smart choices. Young children may respond to a short explanation of how a nutritious lunch will provide the energy needed to finish the rest of the school day and enjoy after-school activities. Here are some other suggestions.

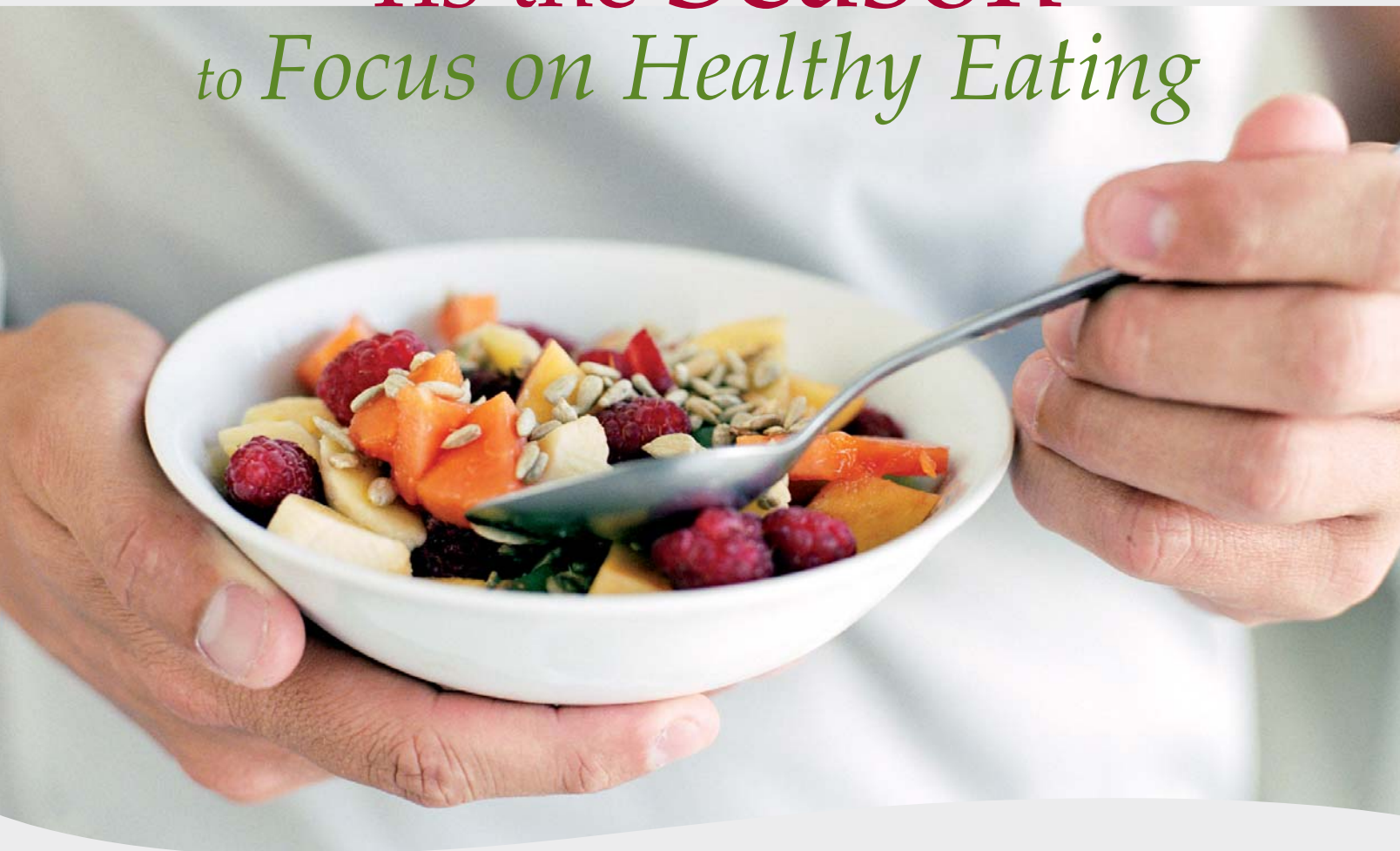
- Look over the cafeteria menu with your child. Ask what a typical lunch includes and which meals he or she prefers.
- Ask about items like chips, soda and ice cream. Find out if and when these are available at school. Recommend items that are healthier but allow your child to buy favorite items occasionally.
- Encourage your child to pack a lunch several times a week. Discuss foods and snacks that he or she would like to eat. Consider making some of the following small changes that make a nutritional difference.
 - Replace high-fat deli meats with lower-fat choices, such as turkey.
 - Use whole-grain breads instead of white bread.
 - Spread light mayonnaise, low-calorie margarine or mustard on sandwiches instead of regular mayonnaise and butter.
 - Include baked chips, trail mix, and veggies and dip instead of fried chips and snacks. Also, fruit packed in natural juices or fresh fruit is a better choice than fruit in heavy syrup.
 - Eliminate soda and sugary fruit drinks in favor of low- or nonfat milk, water or 100 percent fruit juice.



An Hour a Day

Exercising regularly is the single most important thing you can do to protect your health and maintain or attain a healthy weight. Guidelines from the U.S. Department of Agriculture recommend that children and adolescents engage in at least 60 minutes of physical activity every day. To sustain weight loss, adults are encouraged to complete a total of 60 to 90 minutes of moderate-intensity physical activity every day. “Most people respond to these guidelines by saying that they can't possibly take an hour to an hour and a half every day to exercise,” says Hulme. “However, short bouts of activity — 10 to 12 minutes — can be combined to total the recommended amount. Some ways to meet the lofty ‘hour-a-day’ goal are walking briskly, mowing the lawn, dancing, swimming or bicycling. You can also build more physical activity into your family's daily routine by walking or biking rather than driving, planning hikes together, and parking the car further out in the parking lot. Remember, little changes can add up to big health benefits.”

'Tis the Season to Focus on Healthy Eating



It may be the season for family gatherings and holiday parties, but you can still eat a healthy diet. The good news is that these simple changes to your recipes can reduce fat and calories while keeping the flavor:

Instead of	Use
One whole egg	Egg substitutes or egg whites (two whites per one whole egg)
Whole-milk dairy	Low-fat or nonfat dairy products
Sour cream	Plain low-fat yogurt, nonfat sour cream, or low-fat or nonfat buttermilk
Butter	Margarine made with unsaturated liquid vegetable oil (choose liquid, tub or spray)
Bacon or sausage	Canadian bacon or ham
Regular meat or poultry	Extra lean meats or poultry without the skin
Oil-packed tuna	Water-packed tuna
Buttered bread crumbs	Wheat germ, bran or whole wheat bread crumbs
Regular mayonnaise	Nonfat or light mayonnaise
Salt	Herbs, lemon, garlic or vinegar

Did You Know?

Indulging over the holidays can do more than stretch your waistline. An American Heart Association report shows that the risk of having a heart attack is four times greater after eating a large meal high in fat and calories.

Lake County Services for Children and Families

Quick Reference Guide

IN CRISIS? EXPERIENCING ABUSE? EXPERIENCING VIOLENCE?

EMERGENCY.....	911
Child Abuse Prevention/Intervention.....	707-262-1611
Child Protective Services.....	707-262-0235
Domestic Violence Hotline.....24/7	1-800-485-7733
Elderly Abuse.....	707-262-0235
Freedom House Domestic Violence Shelter.....	707-262-1611
Mental Health Service Access Line.....	1-800-900-2075
National Runaway Switchboard.....	1-800-621-4000
Poison Control.....	1-800-876-4766
Rape Crisis Center.....	707-262-1611
Sexual Assault Hotline.....24/7	1-888-485-7733
Victim Witness.....	707-262-4284
Youth Crisis Line.....24/7	1-800-843-5200

FINANCIAL AIDE & OTHER FAMILY BENEFITS

CA Tribal TANF.....	707-274-3180
Department of Social Services.....	707-995-4200
Family Support.....	707-262-4300

ALCOHOL AND DRUG ABUSE HELP

Alcohol & Drug Services.....	707-263-8162 or 707-994-6494
Alcoholics Anonymous Central Office.....	1-800-248-6299
	707-995-3316
Drug Abuse Alternative Center (DAAC)...	707-995-3235
Hillside Health Center.....	707-468-9111
Narcotic Hotline.....	1-800-248-6299

HELP FINDING MEDICAL CARE THAT ACCEPTS MEDI-CAL

Adventist Health Redbud Community Hospital.....	707-994-6486
AHRCH Middletown Family Health Center	707-994-4506
CHDP/California Children's Services.....	707-263-1090
	707-994-9433
Hospice of Lake County.....	707-263-6222
Kelsey Creek Medical Clinic.....	707-279-8813
Kelseyville Family Practice (no new MediCal).....	707-279-1888
Lake County Mental Health.....	707-263-4338
	707-994-7090
Lake County Tribal Health Consortium.....	707-263-8382 or 1-800-750-7181
Lakeport Medical Group.....	707-263-1555
Lakeside Health Center.....	707-263-7725
Middletown Medical Clinic.....	707-987-3311
Redbud Family Health Center.....	707-995-4500
SLH Family Medical Clinic (Women, Children).....	707-262-5088
Sutter Lakeside Hospital.....	707-262-5000
Sutter Lakeside Upper Lake Clinic.....	707-275-9066

DENTISTS THAT ACCEPT MEDI- CAL AND DENTI-CAL

Douglas Reams, DDS (No children under 5; Need Medi-Cal card and photo ID).....	707-274-6605
Dr. Simon Lee (no children under 8).....	707-994-6400
Keith Long, DDS (Oral surgery/no children under 10).....	707-263-7023
Lake County Tribal Health.....	707-263-8382
Lakeside Health Center.....	707-263-0196
Riviera Dental/Ruby Carlson, DDS.....	707-277-9100

CHILDCARE OR EARLY CHILDHOOD EDUCATION

Big Brothers/Big Sisters.....	707-263-7281
CA Indian Manpower Corporation.....	707-262-1127
Child Protective Services.....	707-262-3270
Early Head Start.....	707-262-1611
Easter Seals Health Line (toll free).....	1-877-263-3994
Educational Services-Preschool/Child Development Programs/LCOE.....	707-262-4128
Healthy Start.....	707-262-3487 or 707-994-0669
Inter-Tribal Council of CA.....	707-274-3130
Kid Center.....	707-994-1760
LC Child Development Programs.....	707-994-4137
Migrant Education.....	707-279-4152
Migrant Head Start.....	707-279-1022
NCO Head Start.....	1-800-326-3122
NCO/RCC (childcare referrals).....	707-994-4647 or 1-800-326-3122
School Readiness/SS Family Center.....	707-994-7068
SELPA-Special Education.....	707-262-4131
Teen Parenting Programs.....	707-262-1611

LOCAL PARENT EDUCATION AND JOB RESOURCE

Adult and Family Literacy Training.....	707-263-7633
CA Tribal TANF Program.....	707-274-3180
California Human Development Corp....	707-262-0440
Family Support.....	707-262-4300
Lake County Career Center.....	707-263-0630 707-995-7100
Lake Resources Center (Education and Job Training Services).....	707-262-3400 or 707-995-7100
Mendocino Community College.....	707-263-4944
Parenting & Anger Management Classes.....	707-262-1611
Sutter Lakeside Wellness Center.....	707-262-5091
Yuba Community College.....	707-995-7900

FOSTER CARE INFORMATION

Environmental Alternatives.....	707-263-5501
Families United.....	707-263-4174
Foster Parents Association.....	707-279-4503
Redwood Children Services, Inc.....	707-263-0372 or 1-800-219-5800



Visit the Health Leadership Network website at <http://www.lakehln.org>

CHILDREN WITH SPECIAL NEEDS AND DISABILITIES

American Cancer Society.....	1-888-239-5911
Braille & Talking Book Library.....	1-800-952-5666
Cal Children’s Services.....	707-263-1090 or 707-994-9433
Clearlake Assoc. Developmental Services....	707-994-7068
Easter Seals Northern California.....	707-263-3949
In Home Support Services.....	707-262-0235
People Services.....	707-263-3810
Redwood Caregiver Resource Center.....	1-800-834-1636
Redwood Coast Regional Center.....	1-888-909-0470 or 707-262-0470
Safe Passage Family Resource Center.....	707-994-7068
Social Security SSL.....	1-800-772-1213
Special Education Local Plan Area (SELPA).....	707-262-4131

LOCAL READING PROGRAMS

Adult Literacy Project.....	707-263-7633
Clearlake Library.....	707-994-5115
Lakeport Library.....	707-263-8817
Middletown Library.....	707-987-3674
Upper lake Library.....	707-275-2049

LOCAL FOOD ASSISTANCE PROGRAMS

Clearlake Gleaners Food Bank.....	707-263-8082
Community Food Cupboard.....	707-263-3730
Free Kitchen Project.....	707-263-MEAL
WIC (Women, Infant, Children).....	1-877-942-2220

ACCESS TO INSURANCE.

Covering Kids.....	707-262-1611
Healthy Start/Healthy Families.....	707-262-4146 or 707-994-0669
Public Health/Gateway Program.....	707-994-9433
Sutter Lakeside Community Services/ Healthy Families.....	707-262-1611

BEHAVIORAL/MENTAL HEALTH

County Mental Health.....	707-263-4338 707-994-7090
Lakeside Health Center.....	707-263-0180
Redbud Family Center.....	707-995-4500
Safe Schools Healthy Students.....	707-279-4607
Sutter Lakeside Community Services.....	707-262-1611

HELP IF YOU THINK OR KNOW YOU ARE PREGNANT

AIM/Healthy Families.....	1-800-433-2611
ASPIRE (pregnant teens/teen parents)...	707-263-5819
Care for Her (Ukiah).....	707-468-1010
Early Head Start.....	707-262-1611
Free Pregnancy Testing.....	1-888-523-5353
Lakeview Women’s Specialty.....	707-263-8733 707-994-4133
Mendocino Medical Group.....	707-463-8110
Prenatal/Well Baby Care.....	707-263-1090 1-800-794-9291
Redbud Family Health Center.....	707-995-4500
SLCS Teen Parenting Services.....	707-262-1611
SLH Women’s Clinic.....	707-262-5088
Ukiah Perinatal Program.....	707-472-4603
WIC (Women, Infant, Children).....	1-877-942-2220

ASSISTANCE WITH HOUSING

California Human Development Corp...	707-262-0440
Lake County Community Action Agency	707-995-0495 1-888-388-2920
Lake County Housing.....	707-995-7120
Lakeport Skilled Nursing Center.....	707-263-6101
Redwood Children’s Services Inc.....	707-263-0372 or 1-800-219-5800
Student Support Services/Healthy Start (LCOE).....	707-262-4146

TRANSPORTATION SERVICES

Easter Seals of Northern California.....	707-263-3949
Lake County Transit.....	707-263-3334 707-994-3334
Lake County Transportation Coalition...	SLiCS.org

***HELP WITH GENERAL HEALTH SERVICES**

*CA Human Development Corp.....	707-262-0440
*Community Action Agency.....	707-9950495 or 1-888-388-2920
*Healthy Start.....	707-262-4146 or 707-994-0669
*Migrant Education.....	707-279-4152
*Public Health.....	707-2631090
*Sutter Lakeside Community Services...	707-262-1611
*WIC.....	1-877-942-2220

*These agencies have bi-lingual staff available. However, Spanish speaking families will benefit by bringing their own translator when seeking most services.

****Las agencias marcadas con asterisco cuentan con personal bilingue (que hablan espanol). Sin embargo, es recomendable traer a un interprete que hable ingles cuando busque un servicio.***

This document was developed by collaborative efforts launched by the Health Leadership Network. It is a quick reference regarding services for young children and their families. It is not a comprehensive listing of resources, and does not seek to promote/endorse any of the above-mentioned organizations or services.

In a *Heartbeat*

Development and progression of heart disease are closely linked with lifestyle choices. For this reason we are committed to reducing the risk for heart disease by educating our youth. Sutter Lakeside Hospital is launching a new school-site program. Children represent an integral piece of the hospital's ongoing commitment to improve the health of our community.

Our free school-site program is available to local elementary schoolchildren. Interested teachers can contact us to sign up for a visit from our cardiac nurse and our Healthy Mr. Heart mascot. Healthy Mr. Heart will lead students in a "Pump, Pump, Pump It Up" stretch and exercise routine to stress the importance of physical activity.

Our registered nurse will work with teachers to personalize the material according to individual class needs. The nurse will then provide a short educational session for the class. Below is a list of topics available for the presentation.

- What is the heart, and how does it work?
- Healthy living diet and physical activity
- Reasons not to smoke
- The healthy heart and my family — how can I help?

Teachers who contact our scheduling coordinator can pick the topic for their class, or we can develop a more general program based on the grade level. Our educational models are based on the American Heart Association Heart Power program for children grades kindergarten through 5.

The healthy-heart program is just one in a series. Starting



in November, our healthy-spine program will be available, while the Five Keys to Wellness program will begin in spring 2006. We are also developing the Importance of Proper Hygiene, which will teach children to reduce the spread of germs during cold and flu season and to make smart lifestyle choices for continued good health.

Each program will include information on nutrition and fitness, be taught by licensed experts, and include a visit by the appropriate mascot. The Five Keys to Wellness program will include a visit from all the mascots.

For More Information

If you have questions or would like to learn more about the healthy-heart school-site program, call Michelle Carlton, R.N., at 707-262-5084 or e-mail her at cartom@sutterhealth.org.

To learn more about any of the other school-site programs, call Tammi Silva, director of public relations, at 707-262-5122 or e-mail her at silvat@sutterhealth.org.



*Sutter Lakeside
Hospital*

A Sutter Health Affiliate

*Call 1-800-4SUTTER to find
a physician affiliated with
Sutter Lakeside Hospital.*