



Sutter Lakeside  
Hospital

A Sutter Health Affiliate

Community Based, Not For Profit

# yourhealth

Summer 2005 Bringing Wellness and Health News to Northern California



**Stay Fit  
in Your 30s,  
40s and 50s**

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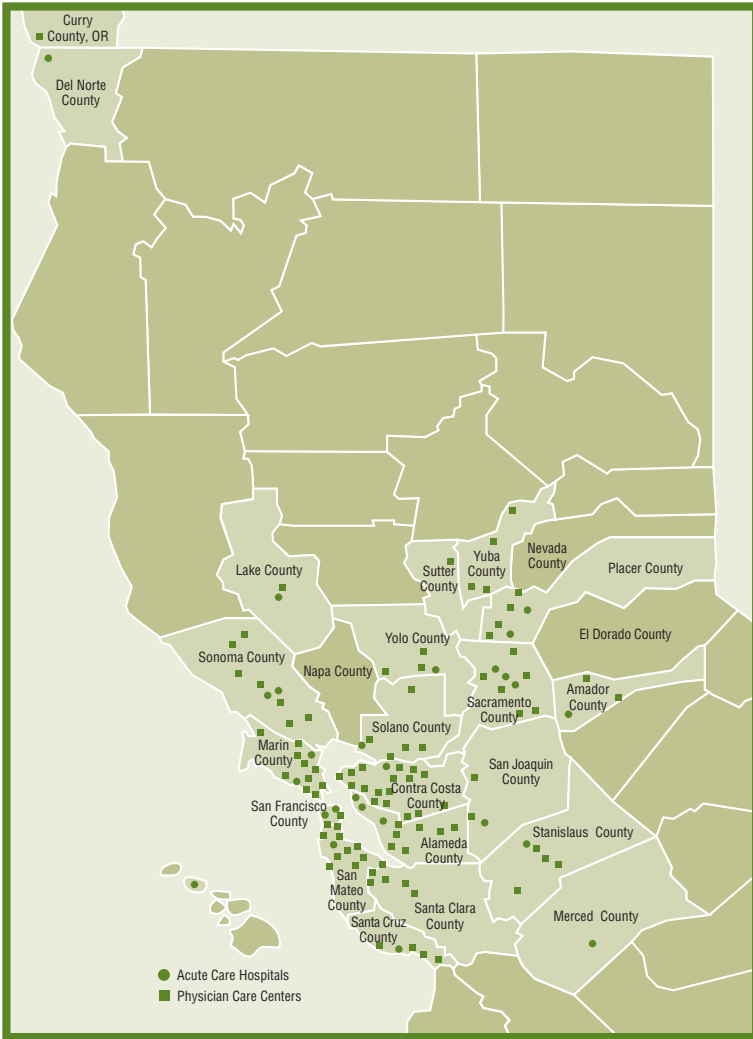
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# The Sutter Health Network



## 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.

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.

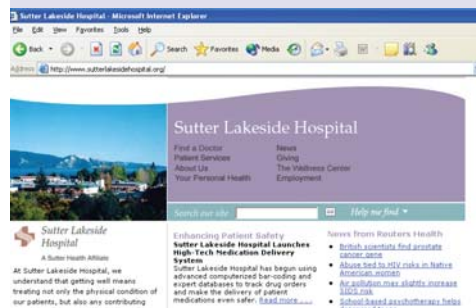


*Sutter Health*

Community Based, Not For Profit

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Want to learn more? Visit us online at [www.sutterlakeside.org](http://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 Community Services

## Supporting Families for 10 Years

**Lake County residents have access to a resource that supports all aspects of family life** – Sutter Lakeside Community Services (SLCS). SLCS is a not-for-profit affiliate of Sutter Lakeside Hospital celebrating its 10th anniversary. SLCS is 100 percent supported through grants and contributions. With the mission to strengthen our community one family at a time, SLCS staff implements research-based strategies and other practices to provide services to more than 7 percent of Lake County residents.

During the past year, SLCS has:

- Sheltered 97 women and 74 children at Freedom House, its domestic violence shelter
- Responded to almost 200 calls on its crisis line
- Provided behavioral health services to 150 children affected by child abuse or domestic violence
- Supported 153 teen parents in their mission to stay in school and develop parenting skills
- Offered parenting workshops to hundreds of residents
- Helped more than 200 children receive insurance
- Connected participant families to medical homes for preventive health care services, including immunizations
- Worked with families in the center and in home-based situations through our child-development program

Behavioral health services for children include Parent-Child Interactive Therapy (PCIT), a positive and intensive treatment program that can improve the quality of the parent-child

relationship and teaches parents the skills necessary to manage their child's behavioral problems. PCIT is designed for families with children ages 2 to 8. Other services are designed to assist those facing challenges due to violence or abuse.

One new program initiative is Families and Schools Together (FAST), funded by the United Way, which aims to bring family support and education into local schools and the community. FAST provides an opportunity for multiple families to work together to build protective factors for children younger than age 15 and empower parents. Nationwide research has documented that FAST can help prevent substance abuse, juvenile delinquency, school failure, abuse and neglect, and mental health problems.

Another new initiative is DELTA, a community collaborative that targets violence prevention in our homes and community. The DELTA project is funded through the Centers for Disease Control and Prevention and focuses on research-based prevention strategies that promote zero tolerance for violence in the community.

SLCS is proud to employ more than 50 strong, dedicated and fun-loving Lake County residents. Our team thrives on helping to build a stronger, healthier and safer community, one family at a time.



# Sutter Lakeside *in the Community*

**Leaders from Sutter Lakeside Hospital were invited to speak** at the Lake County North Shore Business Association monthly meeting in May. The North Shore Business Association consists of business owners and civic leaders who serve the towns on the north shore of Clear Lake from Upper Lake to Clearlake Oaks. The meeting focused on the area's redevelopment. There has been a tremendous effort to bring businesses together to provide additional services and easier access to programs. This includes a better understanding of health care-related issues as they affect businesses and residents. Kelly Mather, CEO; Diane Pege, M.D., medical director; and Tammi Silva,

marketing director, informed these community members about the services offered at Sutter Lakeside Hospital as well as the unique approach to health care practiced there.

Mather outlined the services that are offered at the hospital campus. She shared information from an October 2004 environmental assessment that showed positive community and patient perceptions about the hospital, and described new services and improvements that are ongoing or planned. She shared her belief that health care in the future will be more of a partnership between patients and the health care system than it is now. This partnership will see patients playing a larger part in their own health, which is primarily impacted by their lifestyle choices.

Dr. Pege talked about integrative medicine, a philosophy of health care that Sutter Lakeside strives to provide. It supports patients who are committed to maintaining and improving their health. Integrative medicine involves providing excellent, evidence-based conventional medical care in a setting where the needs of the whole patient are also attended to. "Four levels of healing, instead of just two, are offered to patients who use our services," Dr. Pege said.

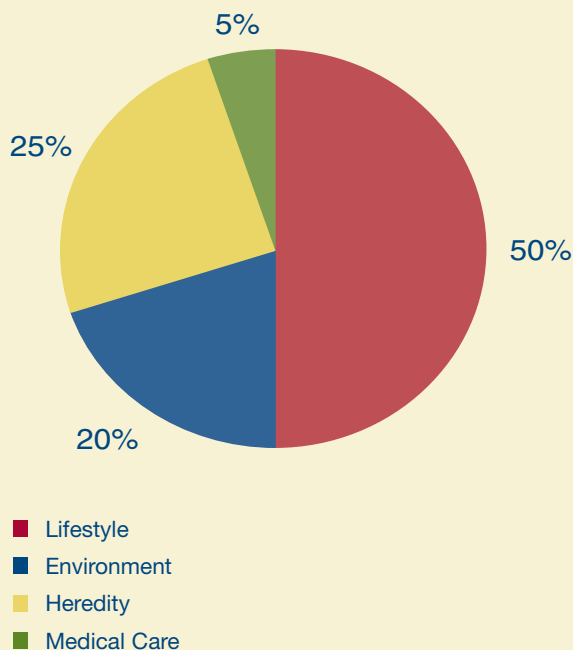
"Most hospitals offer conventional medical care, which involves two levels of healing: symptomatic and conditional. An example of symptomatic healing is giving medication to patients to make chest pain — a symptom caused by a blocked artery in the heart — go away. Conditional healing would involve opening up the blocked artery, thus resolving the condition that caused the symptoms of chest pain," Dr. Pege explained.

"At Sutter Lakeside Hospital, we go two steps further. We also offer causal and change-of-origin healing. For the same patient with the blocked artery, causal healing includes education to help that patient understand the cause of why that artery became blocked . . . Healing at this level addresses the cause of the patient's condition."

Dr. Pege described the fourth level of healing at Lakeside. "Change-of-origin healing involves helping patients understand why they make the lifestyle choices they make, and supports and encourages them to choose healthier lifestyles."

Dr. Pege, Mather and Silva were happy to help the association better understand health care services in general, as well as the hospital's role in and dedication to the community.

## Lifestyle Choices Have a Greater Importance Overall to Health Than Medical Care



Source: National Centers for Disease Control, 1979

**In keeping with its mission to promote wellness through education,** Sutter Lakeside Hospital's Wellness Center sponsored its second annual Women's Wellness Conference in May. The all-day event provided participants with the opportunity to sample workshops, participate in mindful-movement activities, and network with local practitioners and community members. The goal of the conference was to give women the chance to learn about wellness concepts, take time for self-exploration and apply these teachings to their own wellness journey.

The conference began with a thought-provoking talk by Jean Shinoda Bolen, M.D., entitled "The Grail and the Goddess: A Healing Story for Psyche and Planet." Dr. Bolen explored the myths, archetypes and legends that reflect on female images of the divine and correlated them with the current rise of female consciousness and the feminine nature of the divine across the planet.

Participants could then choose to attend two of seven workshops led by local integrative health practitioners and psychotherapists, including Dream Work, Forgiveness, Working Well, Aromatherapy and Essential Oils for Women,

Ayurveda: Ancient Healing Science for Modern Times, What's a Chakra?, and Create Your Future Life.

During lunch, participants listened to vocalist Shelly Holling, a Middletown resident and soloist who has performed in musical theater and been involved in commercial and studio recording.

In the afternoon, participants sampled mindful-movement programs — such as Tai Chi, Pilates and Yoga — and explored various vendor booths.

The closing presentation by Leslie Lovejoy, R.N., Ph.D., director of the Wellness Center, focused on concepts of the wellness journey and how the participants can apply what they learned during the day to their own life. Dr. Lovejoy also outlined the mission of the Wellness Center and how Sutter Lakeside Hospital is working to improve the health of our community.

Participant feedback was very enthusiastic, citing both the quality and caliber of presenters and the organization of the day. According to Dr. Lovejoy, it was a success on all levels. Participants enjoyed themselves, learned new ideas and were eager to learn more.

## Women Learn About Wellness at Our *Annual Conference*





## Helen Phelps, R.N., *Memorial* at Sutter

*"Mrs. Phelps' spirit lives on in this room, the birth center and throughout the hospital, and we are delighted to dedicate this room in her name."*

*—Kelly Mather,  
CEO, Sutter Lakeside  
Hospital*

**On May 12, 2005, Sutter Lakeside Hospital proudly hosted a dedication ceremony** in memory of the late Helen Phelps, R.N. To honor Phelps' passion for obstetrics and her longtime service to the hospital, suite 101 of Sutter Lakeside's Family Birth Center was dedicated in her name. A plaque is displayed as a reminder of Phelps' legacy of caring for the residents of Lake County and of the more than 2,000 deliveries she assisted with throughout her nursing career. In addition, her compassionate devotion and years of service to Lakeside Community Hospital, which in 1992 became Sutter Lakeside Hospital after its affiliation with Sutter Health, were celebrated, and memories were shared by many who attended the ceremony.

Kelly Mather, CEO, and Cherie Hensley, chief nursing officer for Sutter Lakeside Hospital, led the heartfelt ceremony. "Mrs. Phelps' spirit lives on in this room, the birth center and throughout the hospital, and we are delighted to dedicate this room in her name," said Mather. Hensley opened the ceremony by highlighting Phelps' commitment to providing nursing care when, in the early days before the advent of emergency medical technicians (EMTs) or paramedics, she was often dispatched to accident scenes throughout Lake County to care for the

injured. Phelps also traveled throughout the county to provide care to patients in their home. "Delivering nursing care that most nurses today will never see the likes of, Mrs. Phelps is an inspiration to us all," said Hensley.

"Phelpsie," as her friends and colleagues knew her, worked as a nurse at Lakeside from 1946 until her retirement in 1986. According to her longtime friend and coworker, Lucy Anderson, "Just after I came out of nursing school, Helen mentored me as she did countless others. She gave everything she knew to any nurse willing to learn." In the early days of Lakeside, before specialized job titles and strict regulations, it was not uncommon for Phelps to accompany newly released patients to their home and do any needed follow-up visits. "Helen was a great person who loved people," added Anderson. Phelps supported and mentored many nurses throughout her years at the hospital, worked in every department and filled the role of interim nursing director when needed.

Pam Harrington, a registered nurse at Sutter Lakeside Hospital and one of the many whom Phelps mentored, wrote in a recent letter, "Mrs. Phelps probably outshines most individuals formerly recognized for their service to others at Lakeside and the community and is



# Dedication Lakeside's Family Birth Center

deserving of special recognition." During World War II, Phelps wanted to help the war effort. Instead she was sent to various Native American settlements where she delivered babies and cared for the mothers. "She went above and beyond in her years and level of service and deserves a lasting memorial in her name," added Harrington.

On hand for the dedication were Phelps' son, Jerry; daughter-in-law, Terry, who currently works for Sutter Lakeside Hospital; and their son, Kyle. Jerry talked about his mother's love of caring for patients, the time she spent working for the hospital and her passion for assisting with bringing new life into the world. "Mom often recalled the telephone call that came in . . . at the beach back in 1946 requesting [that] she come in for her first day of work that same night." She happily worked the night shift for many years in the old Lakeside Hospital on Lakeshore Boulevard, in Lakeport. Upon the birth of her son, Phelps switched to the day shift and never swayed from the level of compassionate care that she had become known for.

April 1978 marked the opening of the new hospital, and though Helen and others were pleased about the spaciousness of the new surroundings and awed by the new equipment, they were also saddened

that they would not have an obstetrics department. Federal funding would only cover a portion of the building expenses, and the close proximity of Ukiah's delivery services ruled out a delivery room or other obstetrical services for the new Lakeside. Jerry Phelps further explained that his mother became vocal about the problems and inconveniences associated with mothers driving out of town to deliver their babies, and she became an advocate for bringing birthing services back to Lakeside.

Her wishes came true in 1995, long after her retirement, thanks to Lakeside's affiliation with Sutter Health. "While Mom was no longer working as a nurse at the hospital, she was thrilled to be present when her twin great-granddaughters were born in Sutter Lakeside Hospital's Family Birth Center," added Jerry.

Kyle spoke of his grandmother's incredible love for her grandchildren and great-grandchildren, and even shared a story with the gathering. "The twins were unable to pronounce 'grandma' so they referred to her as 'G-Momma.' G-Momma used to love to lead the girls hand-in-hand when they were just learning to walk. It meant so much to her. When G-Momma fell and broke her hip in February 2004, her great-granddaughters became the caregivers and led her



**Left to right: Cherie Hensley, chief nursing officer; Jerry Phelps; Terry Phelps**

hand-in-hand down the road to recovery. It was touching to see her spirit of giving and caring coming out in the twins."

Unable to separate from the hospital and her patients after retiring in 1986, Phelps joined Sutter Lakeside's auxiliary, where she volunteered until 2000. "Until a few years ago, we continued to see Phelpsie running up and down the halls as a volunteer. She just never quit," said Connie Burnes, a longtime R.N. at Sutter Lakeside Hospital who attended the ceremony.

*Your 30s, 40s and 50s may be the busiest years of your life, and being physically fit helps you keep up with all the demands. Staying physically active can lower your risk of developing many diseases associated with aging, such as heart disease. The right mix of activities and the best approach to doing them may change over the years. Here's how to get the most health benefits at any age.*

# Exercise for the Ages

## In your 30s

This is the decade when you'll probably notice the first subtle signs of aging. Maybe you've put on weight, or you crash on the couch every night after a long day. Even if you're still active, you may notice that your body doesn't bounce back quite as quickly as it once did. On a positive note, you probably have a better understanding of why being healthy is important.

**Fit for life.** This is the time to establish habits that will last you a lifetime. Aim for a balanced mix of aerobic, strength and stretching exercises. "We achieve maximum bone density and strength around age 30," says Gautami Agastya, M.D., an internist at Sutter Tracy Community Hospital. "Bone density gradually begins to decline as we age and become less active. Exercise, diet and minor lifestyle changes can slow and even reverse the bone loss that usually occurs as we age."

**Grown-up games.** Active playground games, such as dodgeball and kickball, are enjoying a resurgence among 30-somethings. If you love soccer or basketball, consider joining an adult league. Your muscles are capable of more explosive power and speed now than they will be later.

## In your 40s

This is the decade when the long-term consequences of earlier lifestyle choices are starting to become apparent. If you've been inactive in the past, now is the time to change your ways. On a positive note, you've reached an age when you're able to appreciate planning for the future. It's like saving money for your retirement — exercising is an investment in your body.

"It's also essential to make sure you're getting the right vitamin intake during your 40s — especially if you're a vegetarian," adds Dr. Agastya. "Talk with your doctor to determine what vitamins are right for you."

**Strong muscles.** Strength training becomes especially important after age 40. It's a classic "use it or lose it" scenario. Without adequate exercise, muscular performance tends to decline at a rate of about 5 percent per decade after age 40. This steady weakening can eventually affect a person's ability to do everyday activities, such as carrying a bag of groceries. Strength training is one key to avoiding frailty in old age. People who lift weights regularly have less joint pain and injury, and their muscles, ligaments and tendons are both stronger and more flexible.

**Flexibility counts.** Your body tends to stiffen up more after you reach your 40s, and regular stretching becomes essential. Consider taking a Yoga, Tai Chi or Pilates class.

## In your 50s

This is the decade when you're ready to enjoy the fruits of your labors. Taking good care of your body is crucial for making the most of these years. For women, the onset of menopause may mean increased concerns about bone loss, heart disease and weight gain. For men, the physical changes at midlife are more gradual, but they're still there.

**Bone builders.** After age 30, bone is being broken down faster than it's being made, leading to a slow loss of bone mass in both sexes. After menopause, however, the rate of loss accelerates in women. "The result is an increased risk for osteoporosis, the disease in which bones become thin, fragile and easily broken. Weight-bearing exercise may slow bone loss in middle-aged and older people. Examples include walking, stair climbing and tennis. Lifting weights will also help keep bones strong," says Dr. Agastya.

**In balance.** Impaired balance is a major cause of falls in older adults. To help prevent this, include balance training in your current daily activities. For example, stand on one foot while doing the dishes or brushing your teeth. Try doing a set of balance exercises two to three times a week.

## Modern Myths About Fitness

While some fitness myths, such as "no pain, no gain," are fading fast, many misconceptions still exist. Here are some common exercise myths, along with the facts based on recent research:

- **If you're not going to work out hard and often, exercise is a waste of time.** This kind of thinking keeps a lot of people from maintaining or starting an exercise program, but it's not true.
- **Yoga is a completely safe workout.** Although injuries are rare, staying in some poses may cause nerve damage or back pain. Avoiding or modifying certain postures can make Yoga safer.
- **You can lose all the weight you want just by exercising.** Increasing your level of physical activity is just one part of a successful weight-loss plan. You need to cut calories, too.
- **If you want to lose weight, don't strength-train because you'll "bulk up."** Experts recommend both cardiovascular exercise and strength training to maintain a healthy weight.





# How Do You Fuel Your Workout?

**Energy bars, sports drinks and supplements, protein powders** — are these the best ways to power your workout? Here's the scoop on which foods can help fuel your fitness efforts.

## **What type of food should I eat before a workout?**

Eat a meal or snack that is low in fat, moderate in protein and high in complex carbohydrates at least a couple of hours before exercising. Examples include low-fat yogurt and a whole-grain bagel, or a turkey sandwich on whole wheat bread. It's better to eat something than to exercise with your fuel tank on empty.

## **Are energy bars a good choice?**

Energy bars are convenient, but they're not magical. Their "energy" comes from about 250 calories' worth of carbohydrates, fat and protein. The small amount of special ingredients such as ginseng and ginkgo in some bars won't provide any additional energy boost. Choose low-fat bars with no more than 20 grams of protein. However, a bagel, yogurt or fruit will give you just as much energy and cost less.

## **Do I need a sports drink?**

Sports drinks replace fluid lost in sweat and provide carbohydrates for energy. Drink them only if your workout is

strenuous and lasts more than one hour or if you sweat profusely. Otherwise, water is a better choice — you may consume more calories from an energy drink than you would burn during your workout. Drink two cups of water before and after exercising and small amounts every 15 to 20 minutes during exercise.

## **Will sports supplements give me an edge?**

Sports supplements such as creatine abound, but most have not been proven to boost performance. Amino acids don't appear to build muscle any better than the more balanced protein in food. Skip the protein powders, too. Serious athletes need slightly more protein than others, but most people get plenty of protein from food. Chromium picolinate is touted for muscle building, too, but the research is unclear. It may damage chromosomes and have other harmful effects.

**Whether you're a weekend warrior or a seasoned athlete, your best performance comes from eating a balanced diet and drinking plenty of fluids.**

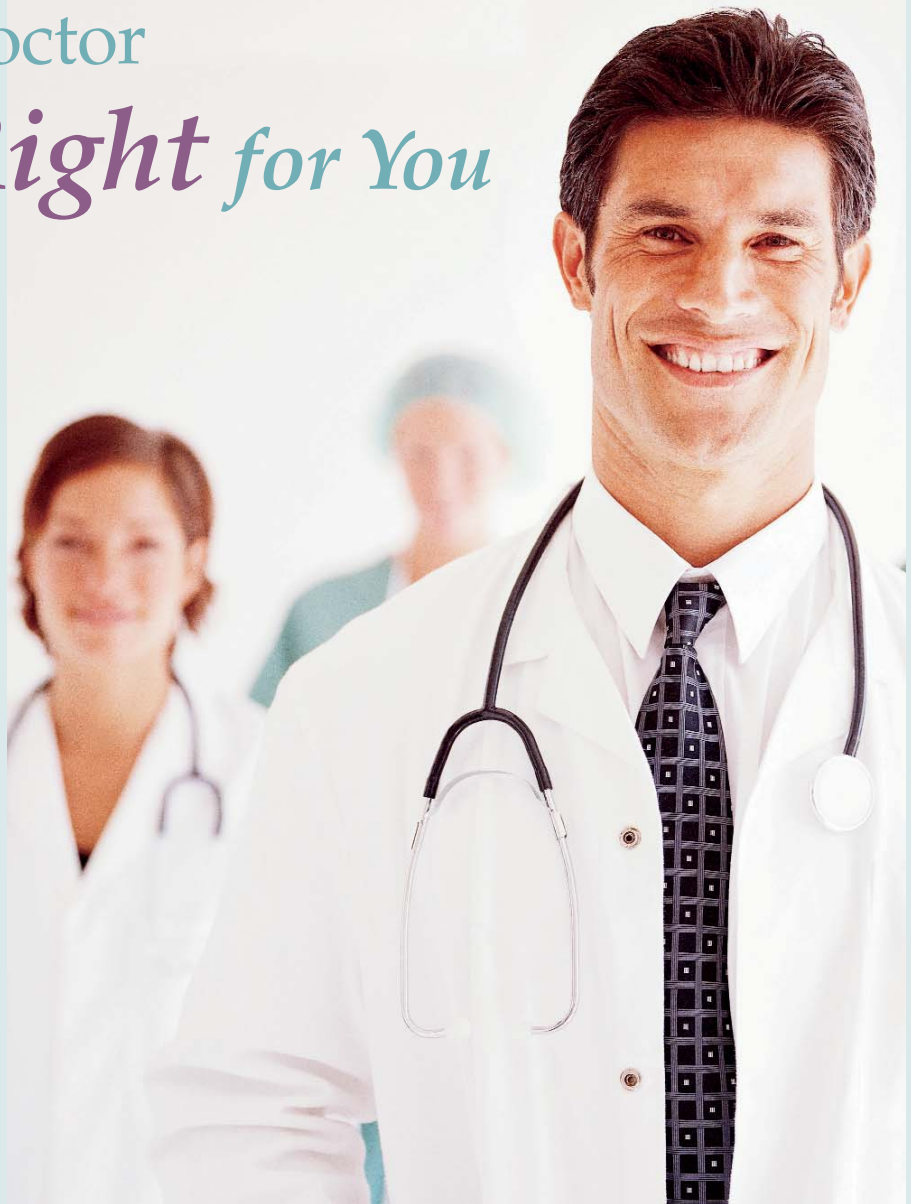
# Choosing a Doctor

## *Who's Right for You*

**Finding a doctor with whom you feel comfortable** can make a big difference in the quality of your health care. Doctors, like everyone else, vary widely in their communication skills and the value they place on the personal aspects of your relationship. It's important to establish a relationship with a doctor who matches your needs and values.

At Sutter Lakeside Hospital, we're dedicated to helping our patients build long-lasting relationships with their doctors. We believe that by establishing an ongoing relationship with your doctor, you increase your chances of getting the best possible health care. Today, we're constantly improving the way that we treat people by implementing one of the most rigorous patient safety and quality programs in the nation.

As a member of the Sutter Health family, we also have access to the resources and support we need to enhance the quality of care for patients and their families. Among other things, our doctors work with colleagues across the Sutter Health network to improve early detection and treatment of breast cancer; enhance the quality of life for those suffering from congestive heart failure; improve care for first-time mothers and their babies; and raise awareness of heart disease in women by promoting steps for prevention, early detection and improved treatment.



### **It's Easy to Find a Doctor – On the Web**

One way to choose a doctor for you and your family is to visit our Web site. There you can view the profiles of our physicians, including office location and background. The search feature also lets you search by these categories:

- Specialty
- Gender
- Languages spoken
- Accepting new patients
- Delivering babies

# The *Lowdown* on *Back Pain*

**If you suffer from low back pain,** then you have something in common with most of your fellow Americans. Experts say that four out of five adults suffer from back pain at some time in their life. And it's the most frequent cause of lost workdays for Americans younger than age 45.

The causes of low back pain can include muscle and ligament strain, pinched nerves, degenerating spinal disks, and herniated or "slipped" disks. Arthritis, bone infections or cancer may lead to pain. Even stress and bad posture can play a significant part in chronic low back pain.

Few cases of back pain require surgery or even a lengthy course of treatment. The pain often goes away on its own after a brief period of eased activity. About 90 percent of people with low back pain recover fully within three months. However, in some cases, low back pain recurs, returning with increasing frequency and with greater pain intensity over time.

Most treatments are directed at pain relief for only the current episode. Any episodic relief can cause the patient to depend on that therapy and subsequently he or she may be tempted to seek a quick answer for what is essentially a life-long problem. So, in addition to whatever treatment is necessary for the present episode of pain, the patient should be taught strategies and techniques to help him or her become self-reliant in managing bouts of pain.

"Since recurrences of back pain are very common, our patients are taught specific [preventive] techniques

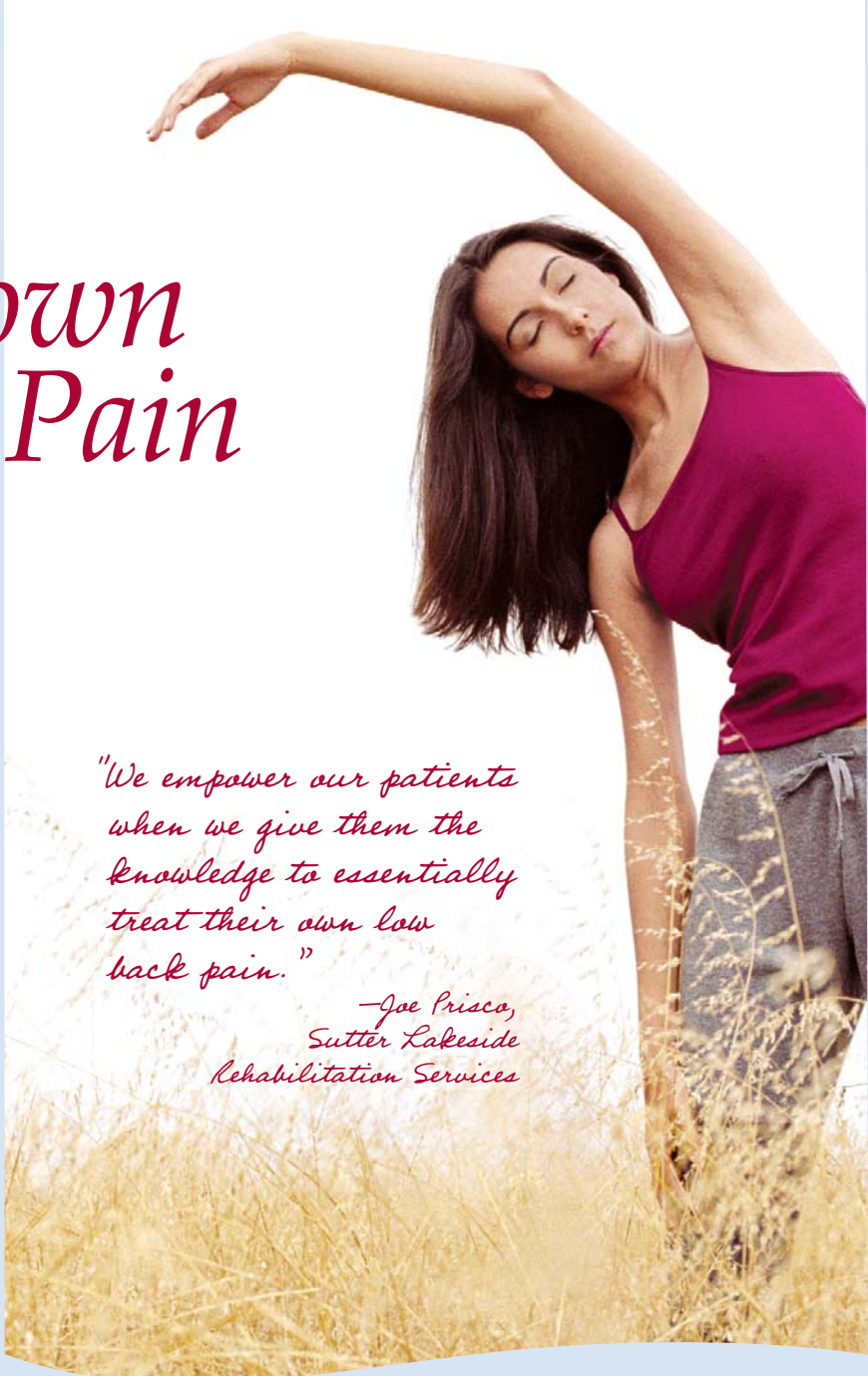
designed to minimize recurrences and allow them to quickly manage any acute episodes of pain themselves," says Joe Prisco, P.T., Cert. MDT, manager of Sutter Lakeside Hospital's Rehabilitation Services. "We empower our patients when we give them the knowledge to essentially treat their own low back pain."

Complete bed rest is rarely recommended for back pain. Most people can find relief by taking over-the-counter anti-inflammatory medications and

doing gentle, therapeutic exercises such as stretching and walking.

To prevent flare-ups, talk with your health care professional about exercises that can strengthen your back and postures that can minimize back strain.

To learn more about the Sutter Lakeside Physical Therapy Department and our team of professionals that includes the county's only certified McKenzie Method Specialists, call 707-262-5090 or go to [www.sutterlakeside.org](http://www.sutterlakeside.org).



*"We empower our patients when we give them the knowledge to essentially treat their own low back pain."*

*—Joe Prisco,  
Sutter Lakeside  
Rehabilitation Services*

# Protect Your Children From Illness



Wouldn't it be great if you had a to-do list that could help keep your children healthy? That's basically what an immunization schedule is. Making sure your children get their vaccines on time will help protect them from serious diseases.

"Without vaccines, your child is at higher risk for potentially dangerous illnesses," says Ryan Tracy, M.D., chief of pediatrics for Sutter Delta Medical Center. "And schools and day care centers require up-to-date vaccinations before children can enroll."

Not only do vaccines protect people from certain diseases, but they also help avoid the spread of infection and help protect the health of those in the community who can't get immunized. Below you'll find immunizations that should be given between birth and age 18, based on recommendations from Sutter Health. Different vaccine schedules are required depending on the vaccine product and type, so talk with your pediatrician or family physician for the best schedule for your child. For more information, go to [www.kids.sutterhealth.org](http://www.kids.sutterhealth.org).

AGE	Hep B	Hib	Polio	DTaP	Td	MMR	VZV	Hep A	Pneu	Flu	Men
Birth	•										
1 mos.	•										
2 mos.	•	•	•	•					•		
4 mos.	•	•	•	•					•		
6 mos.	•	○	•	•					•	•	
9 mos.	•										
12 mos.	•	•	•	•		•	•		•	•	
18 mos.	•		•	•						•	
2 yrs.								•			
4 to 5 yrs.			•	•		•	•				
11 yrs.					•						•
13 yrs.							•				

**Hep A:** Hepatitis A (Second dose should be given at least six months after first dose.)

**Hep B:** Hepatitis B (Children and adolescents should receive vaccine between birth and age 2 months, then at one- and four-month intervals.)

**Hib:** *Haemophilus influenzae* type B

**MMR:** Measles, mumps and rubella

**DTaP:** Diphtheria, tetanus and acellular pertussis

**Td:** Tetanus and diphtheria

**VZV:** Varicella-zoster virus (chickenpox) (Susceptible adolescents age 13 years or older should receive two doses at least one month apart.)

**Pneu:** Pneumococcal vaccination

**Flu:** Influenza (Recommend annual vaccination for children ages 6 to 23 months. Initial vaccination, up to age 9 years, during the months of October and November. Requires two immunizations, given four weeks apart.)

**Men:** Meningococcal vaccine

•—•: Vaccine should be administered sometime during specified interval.

○: The need for Hib dose at age 6 months varies depending on product.

## Exams and Checkups

A regularly scheduled exam by a physician is recommended at each of the following ages:

- 1, 2, 4, 6, 9, 12 and 18 months
- 2, 3, 5, 7, 9, 11, 13, 15 and 17 years

## Other Tests

A PPD skin test is required at age 5 years, and is optional at 12 months and 15 years, in areas of average risk for tuberculosis.

For sexually active females, a chlamydia screening is recommended annually and a Pap test every one to three years.



# Sutter Lakeside Wellness Center

*Whether you are seeking to heal from illness or grow toward greater health or you 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.
- ▶ **Lighten Up** — This 10-week program teaches participants how to manage their weight with nutrition education, physical activity and behavior therapy.
- ▶ **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 with either Yoga, Tai Chi or Pilates. Massage and individual coaching are optional.

## Fitness Memberships

Joining our Wellness Gym can improve your physical, mental and emotional health. Gym membership includes all fitness classes (listed at right). NETA-certified personal trainers are available to help individuals attain the best results in the shortest amount of time.

- ▶ **The Family Resource Playgroup** is now available on Mondays, from 3:45 to 7 p.m. Your child can play or get help with homework while you work out!

Membership fees\*:

Annual — \$250; monthly — \$30

**\*Senior discounts are available.**

## Fitness Classes

- ▶ Cardio jazz
- ▶ Cardio kick
- ▶ Kids' Pilates
- ▶ Line dancing
- ▶ Pilates
- ▶ Tai Chi
- ▶ Total body awareness
- ▶ Yoga

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

## Healing Waters Spa Services

Our expert massage therapists restore your sense of well-being with customized massage. We offer a variety of massage techniques and spa services:

- ▶ Aromatherapy signature massage
- ▶ European and rose facials
- ▶ Healing Touch clinic
- ▶ Healing Waters Day Spa massage
- ▶ Hot stone treatment
- ▶ Hypnotherapy
- ▶ Mango and cranberry enzyme peel
- ▶ Pregnancy massage
- ▶ Raindrop massage
- ▶ Reflexology
- ▶ Reiki

The Healing Waters Day Spa is open Monday through Friday, 10 a.m. to 7 p.m., and by appointment only. For more information, call 707-263-9123.

## Upcoming Events

Camp Watta Watta, Aug. 15 through 18

## 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.



### Yoga may strike you as just another exercise

**fad.** After all, millions of Americans have impulsively hopped on the Yoga mat. But Yoga is hardly a fad. In fact, the practice has existed for about 5,000 years. And for many devotees, it's more than just exercise — it's a way of life.

Yoga combines breath, movement and meditation, or focusing the mind. There are various forms of Yoga, ranging from gentle meditative styles to vigorous methods that are more physically and mentally challenging. Hatha Yoga, the most popular in the United States, is the technique offered by instructor Mary Oom at Sutter Lakeside's Wellness Center.

A typical Yoga class includes performing postures (called *asana*) and breathing in a focused, controlled manner (called *pranayama*) to help the body stretch and strengthen as you move. Yoga improves balance and coordination while working the body's muscles with a safe approach.

### Something for Everyone

Yoga is a noncompetitive practice that appeals to men and women, young and old. Mary Oom has 11 years of teaching experience and has taught students ages 3 to 91. She demonstrates how postures can be easily modified to fit individual

needs, abilities and limitations — for example, a chair may be used for an elderly person to lean or sit on, while those who are recovering from a wrist injury may choose to support themselves with their forearms rather than their wrists during certain postures. Every pose may be altered to be easier for the beginner or more challenging for the advanced yogi.

### Many Health Benefits

The stretching, strengthening, balancing and deep breathing of Yoga benefit the whole body. Yoga is excellent for relaxation and stress relief, muscle strength and tone, and improved flexibility. There has been a great deal of medical research into its health effects. Yoga may be beneficial for several health conditions, including fibromyalgia, cardiovascular disease, hypertension, asthma, carpal tunnel syndrome, osteoarthritis, sciatica, back pain and memory problems.

In Sutter Lakeside's Wellness Center classes, Oom's guided meditation at the end of each class gives the students a sense of relaxation and inner calm to take home with them. Many find that their focus and mood improve and that the benefits extend into their everyday life.

# Yoga's Power

## Understanding the Mass Appeal



# Boys & Girls!

Where is the one place you can learn the 5 keys to wellness in a high adventure setting this summer?

## CAMP WATTA WATTA!



At Saratoga Springs in Upper Lake, of course!!!

August 15th through August 18th, 9:00 am to 4:30 pm.

For children ages 7 to 10 years.



Make friends, go on fun outings to Lake County water sites and attractions. Enjoy time in nature and learn 5 keys to wellness, self love, breathing, positive choices, balance and trust.

Learn and experience swimming, fitness, crafts, creative arts, relaxation techniques, lake adventures, team building, hiking and exploring.

Summer Camp Fun!

it's all at Camp Watta Watta!

### Get Wet



Climb to the top of the rock wall, have fun at the carnival and explore creative arts and team building games.

tubing and water skiing on the lake, swimming, squirt guns and a day at

### Outrageous Waters!

friends

fruit smoothies

Tai Chi

EXPLORE THE COMMUNITY AND EXPERIENCE NEW ADVENTURES!



Sutter Lakeside  
Hospital

For more information, please call 707-262-5091

Community based, not for profit.

 Girl Scouts.

