

## Introducing the **Spine and Joint Institute:** A Unique Collaboration with Local Orthopedic Surgeons

Patients Are Personally Guided and Coached to Get Back on Their Feet Quickly



REDLANDS COMMUNITY HOSPITAL



**As** the population in our community and throughout the country gets older, medical problems with the back, knees and hips are becoming a modern-day epidemic. Today, more than 20 million Americans suffer from osteoarthritis that can cause chronic pain and severe limitations in mobility. In 10 years, this number is expected to double.

These startling statistics are just some of the reasons that Redlands Community Hospital partnered with highly trained, board certified orthopedic surgeons to open the Spine & Joint Institute (SJI) in January, 2012. The Institute team includes specialists in spine, hip and knee surgery, as well as rehabilitation therapists. This unique collaboration has created a multi-specialty center where physicians, nurses, case managers, physical therapists and other hospital staff work closely together to put the focus on patients, using clinical pathways and best practices for improved outcomes, less pain, faster discharge and recovery, and even at-home rehabilitation.

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*“We’ve spent more than two years developing this unique Institute,” said James Holmes, CEO, Redlands Community Hospital. “This is a transformational program to ensure the highest quality of care and outcomes, as well as outstanding satisfaction for patients, staff and physicians. Plus, it is a setting like no other.”*

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In fact, this wellness model and the hotel-like recovery suites allow patients to focus on their health, while family and friends can stay by their bedside and help them recover.

The Spine & Joint Institute creates a truly seamless continuum of orthopedic care for patients—from the surgeon’s office all the way through their returning home. One of the distinctive features is that the hospital provides a Patient Navigator who is a personal guide throughout the entire process. The Patient Navigator starts working with patients and family members several weeks before the procedure at an orientation, to explain what to expect and even provide suggestions on how to prepare the home environment to be safer after surgery, such as removing throw rugs that could cause a fall.

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*James R. Holmes*

James R. Holmes  
President/CEO

## A Message from the President:

# Moving Forward at a Fast Pace in Today's Healthcare

Today's healthcare delivery system is faced with requirements to make changes at a breakneck pace, yet in an environment of uncertainty. The nation's Patient Protection and Affordable Care Act, or Healthcare Reform, was signed into law in 2010 and several of its initiatives are well underway. Regulations still need to be published, and one political party vows to repeal if given the chance.

Regardless of how the specifics of healthcare reform play out in the future, Redlands Community Hospital continues to be proactive in anticipating needed improvements, which will contain costs and accommodate a large influx of newly insured patients. Terms like collaboration, accountability and outcomes are the new buzzwords for today's healthcare environment, yet at Redlands Community Hospital we are already putting these concepts into action. That is why we are teaming with our physicians and staff, as well as with different agencies, on many quality initiatives with the goal of fostering better patient care.

Our new Spine & Joint Institute is one example of this change. While we have always collaborated with our medical staff, the Spine & Joint Institute represents a new era in how doctors, nurses, health plans and hospitals are working hand-in-hand to ensure the highest quality of care in a streamlined, more efficient manner to improve the overall patient care experience. The goal? To get our patients home faster with better outcomes.

These challenges would be significant even if the number of patients remained the same. However, newly insured patients, as directed by the Accountable Care Act, will underscore the need for even more access to basic medical care. That is why a new concept has been launched called "Population Health Management." Our role is to provide the highest quality of care for our entire community. Redlands Community Hospital has invested resources into expanding our community clinics even more deeply into our neighboring cities. This includes a renewed focus on disease prevention and improved management for diseases like diabetes, breast cancer, heart disease and other conditions.

As we forge into this new platform of change, we have to maximize our resources while maintaining our commitment to putting our patients first. This is a vision that is already well underway at the highest levels of our hospital leadership, from the Board of Directors to our Medical Staff.

The nation's healthcare system will continue to go through a variety of changes. Yet as always, our hospital will remain our community's beacon of patient care and quality, a covenant that we have held onto for more than 100 years.

## 2012 Redlands Community Hospital Board of Directors:

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## Volunteering Opportunities Available

*Volunteers are always needed. You can serve in a wide variety of areas:*

- Transitional Care Unit
- Information Desk
- Pastoral Care
- Escorts
- Gift Shop
- Hospice
- Clerical Support
- Care Representatives
- Shuttle Drivers
- ... and much more.



If you are interested in making a difference in our community and would enjoy becoming a RCH Volunteer, please call (909) 335-5526.

## RCH Well Aware Spring 2012



Kathi Sankey-Robinson  
Vice President, Business  
Development and Marketing

Nikyah Thomas-Pfeiffer  
Marketing & P.R. Manager

Public Relations  
(909) 335-5566

# Breast Cancer Awareness Year-Round

## Monthly Self-Examinations and Yearly Mammograms Important in Early Detection of Breast Cancer

**October** is National Breast Cancer Awareness Month and Redlands Community Hospital is partnering with local organizations to increase awareness among women of the importance of early detection of breast cancer through regular self-examinations and mammograms. However, awareness of breast cancer and early detection of this disease should be a year-round process that can add years to your life, say Redlands Community Hospital experts.

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*“Breast cancer is a malignant tumor that has developed within cells of the breast. There are several different kinds, but some of the most common breast cancers are considered non-invasive, meaning they haven’t spread to other tissue or parts of the body, and may be treated successfully if found early,” says Tara Cauthron, manager of the Redlands Community Hospital Women’s Imaging Center. “Regardless of the type, early detection and treatment allows for the greatest chance of recovery.”*

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Mammography is a specific type of imaging that uses a low-dose x-ray system to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women.

An x-ray (radiograph) is a noninvasive medical test that helps physicians diagnose and treat medical conditions. Imaging with x-rays involves exposing a part of the body to a small dose of ionizing radiation to produce pictures of the inside of the body.



Mammography plays a central part in early detection of breast cancers because it can show changes in the breast up to two years before a patient or physician can feel them. Current guidelines from the U.S. Department of Health and Human Services (HHS), the American Cancer Society (ACS), the American Medical Association (AMA) and the American College of Radiology (ACR) recommend screening mammography every year for women, beginning at age 40. Research has shown that annual mammograms lead to early detection of breast cancers, when they are most curable and breast-conservation therapies are available.

The National Cancer Institute (NCI) adds that women who have had breast cancer and those who are at increased risk due to a genetic history of breast cancer should seek expert medical advice about whether they should begin screening before age 40 and about the frequency of screening.

For more information, call the Women’s Health Imaging Center at (909) 793-4399 to schedule your appointment for a mammogram, bone density test, ultrasound exam or breast MRI.

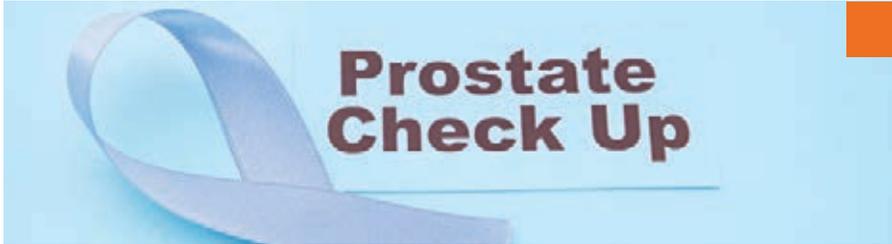


*Before scheduling a mammogram, the American Cancer Society (ACS) and other specialty organizations recommend that you discuss any new findings or problems in your breasts with your doctor. In addition, inform your doctor of any prior surgeries, hormone use, and family or personal history of breast cancer.*

The Redlands Community Hospital staff and the ACS also reminds patients:

- Do not wear deodorant, talcum powder or lotion under your arms or on your breasts on the day of the exam. These can appear on the mammogram as calcium spots.
- Describe any breast symptoms or problems to the technologist performing the exam.
- If possible, obtain prior mammograms and make them available to the radiologist at the time of the current exam.
- Ask when your results will be available; do not assume the results are normal if you do not hear from your doctor or the mammography facility.

# Know Your Stats on Prostate Cancer



**NFL** players and especially Hall of Famer, Mike Haynes, know all too well the importance of beating the odds to stay in the game. Diagnosed in 2008 with prostate cancer, Haynes realized the life-saving benefit of early detection. Since then he has joined numerous NFL champions, coaches and their families to promote the American Urological Association's (AUA) "Know Your Stats on Prostate Cancer" campaign.

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*"I was shocked to learn that one in six American men will be diagnosed with prostate cancer, and that African-American men are at a higher risk for developing the disease," said Hayes. "I urge men to get off the sidelines, take charge of their health and stay in the game for life."*

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The NFL, AUA and Redlands Community Hospital say awareness isn't enough. You need to take action. The first line of defense against prostate cancer is to talk with your doctor about risk factors such as family history, ethnicity and other health issues.

By age 40, the AUA recommends a baseline PSA test along with a physical exam known as DRE. PSA, prostate-specific antigen, is a substance produced in the prostate gland which, when compared with future PSA levels, is a vital marker for many prostate diseases.

Not all men are candidates for PSA screenings. That's why screenings, as well as treatments, must be thoroughly discussed with your physician for an individualized plan of action. Even if cancer is found, some prostate cancers are not life-threatening or may be better surveyed without treatment when slow-growing or inactive.

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*"I can't stress enough how important it is to be pro-active," notes Dr. Robert Torrey, urologist at Redlands Community Hospital. "Our goal is to get ahead of the game, to catch the cancer early when it's most treatable and there's a greater chance of survival."*

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**So 'man up,' men. Talk to your doctor. It could save your life.**

## Turkey and Vegetable Soup

Serves 6

*This hearty soup is perfect for a chilly day!*

- 1 cup onions, chopped
- 10 3/4 ozs condensed tomato soup
- 1 cup red and green bell peppers, chopped
- 8 oz taco sauce
- 2 cup turkey light meat, skinless, cooked and cubed
- 2 tsps chili powder
- 1 3/4 cup no-salt-added canned corn, drained
- 1 clove garlic, minced
- 14 1/2 oz chicken broth

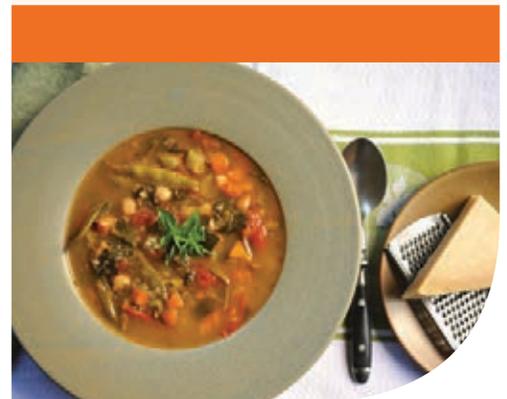
### Directions:

In a skillet over medium-high heat, cook onions and bell peppers until tender. Add turkey, corn, chicken broth, tomato soup, taco sauce, chili powder, and garlic. Bring to a boil. Reduce heat. Simmer until heated through.

### Nutritional Analysis:

*Per serving:*

- Calories 185 kcal
- Protein 16 g
- Fat 2 g
- Carbohydrate 23 g
- Sodium 811 mg
- Cholesterol 32 mg



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**The RCH Foundation**

# How Will 2012 and 2013 Tax Law Changes **Affect You?**

**I**f your estate plans were updated for 2011, you're in luck—this year promises to be much of the same. The estate, gift and income taxes stayed relatively the same. However, change is not far off. Come 2013, if Congress doesn't intervene, the estate, gift and generation-skipping tax—the shift of property by gift or at death to a person who is two or more generations below that of the person granting the gift—exemptions will change dramatically. So if you haven't put together your estate plans yet, now is the time.



**Zachary D. Tucker**  
*President,*  
*RCH Foundation*

*In discussing this topic with our partners at The Stelter Company, here are some other federal tax laws affecting estate planning in 2012 and 2013.*

***Estate taxes:***

The basic exclusion amount—the amount you can own before your estate is subject to estate taxes—for 2012 is \$5.12 million. Most married couples who both die in 2012 can pass a combined estate worth about \$10 million free of federal estate taxes through a portability provision—if one spouse dies without using up his or her federal estate tax exemption, the unused portion may be transferred to the surviving spouse. In 2013, the basic exclusion amount will drop to \$1 million and portability between spouses ends, unless Congress makes changes. In addition, the estate tax rate increases from 35 percent to 55 percent. That means, for every dollar you own more than the \$1 million exemption, up to 55 percent will be subject to federal estate taxes upon your death.

***Gift taxes:***

The top gift tax rate is 35 percent with a \$5.12 million exclusion amount unified with the estate tax exemption. The annual gift tax exclusion—the amount you can give to anyone gift tax-free each year—remains at \$13,000 (\$26,000 for married couples). In 2013, the exclusion amount will drop to \$1 million. The gift tax rate is scheduled to rise from 35 percent to 55 percent.

**Income and capital gains taxes:** Rates remain the same for individual taxpayers in 2012. In 2013, however, capital gain taxes are scheduled to increase to 20 percent. The top income tax rate has been raised from 35 percent in 2012 to 39.6 percent in 2013 unless Congress intervenes.

If you have any questions about this information or to discuss a planned gift to the Redlands Community Hospital Foundation, please do not hesitate to contact Zack Tucker in the Foundation office at (909) 335-5540.



For more information regarding Redlands Community Hospital Foundation, please visit us at: [www.redlandshospital.org/foundation](http://www.redlandshospital.org/foundation)



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## Spine and Joint Institute

Another unique aspect of the Spine & Joint Institute is that patients are encouraged to designate a family member or friend as their “coach” who will receive special training. The coach accompanies the patient at orientation, is the point person throughout the procedure and rehabilitation, and helps with home care. The term “coach” was chosen for a special reason. The Spine & Joint Institute creates an environment that is somewhat like a fitness center. Patients are even outfitted in SJI shorts and T-shirts, not hospital gowns. After all, the distinctive philosophy at the Institute is that patients are healthy people who have a spine or joint issue. They are not treated as sick people who should just lie in bed for hours. Post-operative patients are expected to get up, be active and participate in physical therapy, usually the same day as surgery. Group exercise classes make recovery more fun. To add even more encouragement, the aroma of freshly baked cookies and popcorn motivates patients to walk to the SJI lounge. The whole point is to help patients literally get back on their feet quickly.

The Spine & Joint Institute is part of the Redlands Community Hospital ongoing commitment to orthopedic excellence. The hospital has been ranked among the top 5 percent of U.S. hospitals in overall orthopedic, spine and joint replacement services by HealthGrades, the nation’s leading source of hospital quality data. Patients who receive treatment at the Spine & Joint Institute are selected by their surgeons based upon their medical stability.

For more information on Redlands Community Hospital’s Spine & Joint Institute, please call (909) 335-5642, or for a physician referral, please call (909) 335-5566.

## Stop the Swelling – Start the Healing...



**Redlands** Community Hospital has a little known secret: medical spa-like therapy for people who experience swelling after surgery, radiation treatment, a traumatic wound or skin condition.

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*“It’s one of our most loving treatments,” says Karen Zirkle, physical medicine supervisor at RCH. “Patients often can’t grasp the severity of what they’ve been through much less that swelling is a concerning side effect.”*

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A far cry from traditional massage therapists, the lymphedema physical therapists at Redlands Community Hospital are uniquely trained and certified in the specialized Vodder Method of controlling edema conditions through gentle massage routing techniques and compression wrapping.

When a person experiences an abnormal build-up of fluid in the body tissue (lymphedema or other edemas), it results in swelling, discomfort, even cosmetic deformity and decreased immunity. This is a chronic and progressive disease that must be controlled.

The lymph system filters and cleans fluid from the connective tissue then puts it back into the blood stream. Damaged or clogged lymph flow impedes healing.

To learn more about the spine and joint disease, please attend one of the Spine & Joint Institute informational seminars:

**Monday, October 29, 2012**

11:00 a.m.  
Stan and Ellen Weisser  
Education Pavilion;  
Conference Room D

**Friday, November 2**

1:00 p.m.  
Hampton Inn and Suites, Hemet  
3700 W. Florida, Hemet, CA 92545

**Thursday, November 8**

6:00 p.m.  
Courtyard by Marriott Riverside  
1510 University Avenue, Riverside

For more information or to RSVP,  
please call (909) 335-5566.

## Childbirth Education Classes

**Mother-Baby Units Orientation Tour**

Cost: No Charge Mom plus 1 guest  
**Sundays:** 1:30, 3:30 - Nov. 25 & Dec. 16  
**Fridays:** 3:30 - Nov. 2, 9, 16, 23, 30  
Dec. 7, 14, 21, 28

Includes pre-registration for your hospital stay.  
Please bring your insurance card with you to the tour

**Childbirth Preparation Class –  
Series of four 3 hour classes**

Includes Mother-Baby Units Orientation Tour  
Cost: \$100.00

Hours: 6:00 - 9:00pm

**4-Mondays:** Nov. 12, 19, 26 and Dec. 3

**4-Fridays:** Nov. 16, 23, 30 and Dec. 7  
Dec. 14, 21, 28 and Jan 4

**Childbirth Preparation (Weekend Class)**

Cost: \$100.00

Hours: 10:00am - 5:30pm for two (2) days

**Sundays:** Oct. 7 and 14, Nov. 4 and 11  
Dec. 2 and 9

Mother-Baby Units Orientation Tour included

**Breastfeeding Basics (prior to delivery)**

Cost: \$25.00

Hours: 6:00- 9:00pm

**Sundays:** Nov. 25, Dec. 16

**Childbirth Refresher**

Cost: \$35.00 /Hours: 6:00- 10:00pm  
Attend second class from Childbirth Preparation.

## 3 Steps to Fighting the Flu

As recommended by the  
Centers for Disease Control



1. Take time to get a flu vaccine
2. Take everyday preventive actions
3. Take flu antiviral drugs if your doctor prescribes them



### Daily Preventive Actions...

- **Clean your hands.** Washing your hands often or using alcohol-based hand cleaner will help protect you from germs.
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick.
- **Cover your mouth and nose.** Use a tissue, your arm or upper sleeve when coughing or sneezing, not your hands.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

## With lymphedema services

*“I love what we do here,” says Zirkle. “This specialized medical therapy offers a nurturing, human touch that helps patients relax in a pain-free environment, speeds their healing and improves their quality of life.”*

The earlier this condition is treated, the greater the chance for better results. Zirkle shares how some patients carefully treated in the Vodder Method are finally able to sleep comfortably, while others are able to use their arms and legs again.

*“Nobody should ever be told that swelling is just a side effect that they will have to live with the rest of their lives,” adds Zirkle. “Covered by most insurances, lymphedema therapy is one of the few treatments Medicare has approved for daily care.”*

Take charge of your health – search, call, talk. For more information, search the Lymphology Association of North America website (LANA.org), talk to your doctor, and call our therapists at the RCH Lymphedema Clinic 909-335-5617.

**Redlands Community Hospital**

350 Terracina Boulevard  
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# Leave a Legacy in Your Community through the Buy-a-Bed Campaign



**Right** now, you have the opportunity to play a vital role in helping us purchase brand new state-of-the-art hospital beds for the Spine and Joint Institute discussed in this issue. We are raising funds to purchase 34 innovative Stryker S3 medical/surgical beds—the beds preferred by more hospitals than any other. This Stryker S3 bed improves safety for patients because it alerts nurses and staff when a patient moves out of position without assistance. The result? The risk of patients falling is greatly reduced. This sophisticated bed is simpler for both patients and nurses to use, and more secure because it can be remotely monitored from multiple locations such as nursing stations.

When you buy a bed for the Spine and Joint Institute, it is another way that you invest in and protect Redlands Community Hospital's ability

to serve you and the community. The community is truly our foundation. That's because Redlands Community Hospital is a not-for-profit hospital which is a stand-alone healthcare organization. Our independent status means we can focus on healthcare services, facilities and equipment that are most important to the specific needs of patients and families in the area.

When you donate \$5,000, RCH Foundation—which supports Redlands Community Hospital with funds generated by donors like you—will match each contribution to pay the remaining amount of each bed. Not only will you feel proud knowing you're helping patients receive the best care, but we will thank you by acknowledging your contribution on a centralized wall plaque, as well as, on a named bed.

Please call the Foundation at (909) 335-5540 for more information.

Please detach and mail with your donation

Your support of the Redlands Community Hospital Foundation helps make it possible for the hospital to save lives.

**Yes, I would like to help with a donation in this amount:**

- \$50                       \$25                       \$1,000
- \$100                       \$500                       Other \$ \_\_\_\_\_

**Please charge my gift to:**

- Visa                       Mastercard                       Discover                       AmExpress

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I would like more information regarding year-end giving, IRA donations, estate planning or other planned giving.

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City: \_\_\_\_\_

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In Honor Of: \_\_\_\_\_

*Your contribution will be greatly appreciated by the many lives it touches, both today and for years to come.*

Please make check payable to and return to:

**Redlands Community Hospital Foundation**  
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Redlands, CA 92373

**Ph: (909) 335-5540**  
**Fax: (909) 335-6497**