



St. Luke's Hospital

A Sutter Health Affiliate

With You. For Life.

Martin Brotman, MD Named Interim CEO of St. Luke's

The Board of Directors of St. Luke's Hospital has selected Martin Brotman, MD, President and CEO of California Pacific Medical Center (CPMC), to help lead the turnaround of St. Luke's. "Brotman was selected because of his successful turnaround of the once-failing California Pacific Medical Center almost a decade ago," states St. Luke's Board Chair Connie Mardikian. "He brings both a strong business and medical background to the position at a very critical time."

Brotman will serve as interim CEO at St. Luke's while remaining CEO at CPMC during the public process leading to a final affiliation between the two organizations. "St. Luke's is a critical part of San Francisco's health care system that our community can't afford to lose," Brotman says. "I am looking forward to the opportunities for success in revitalizing St. Luke's Hospital, and I'm optimistic that we can maintain St. Luke's as a beacon of hope for those who need it most."

Brotman will head a Turnaround Committee of board members, medical staff and administrators from both CPMC and St. Luke's,



accountable to the St. Luke's Board of Directors. The committee will oversee the affiliation process.

CPMC and St. Luke's, both Sutter Health affiliates, announced an affiliation agreement in September between the two facilities in an effort to stem continued multi-million dollar losses at St. Luke's. Since joining Sutter Health in 2001, and under the leadership of John Williams, St. Luke's has made significant progress in many crucial areas, including investments in facilities, technology, nursing quality and new programs such as the new cardiovascular

and orthopedics centers. Despite these improvements, a closer integration with CPMC and better access to CPMC resources are essential to revitalizing St. Luke's.

"Though we still have enormous obstacles to overcome with St. Luke's, I'm optimistic that the tide is turning," Mardikian says. "We will do everything in our power to keep St. Luke's healthy for many years to come."

Integrated Approach Takes Patient Care To New Level

No pain, no gain?

The physicians in the Orthopedics Department at the St. Luke's Health Care Center would disagree. They don't believe people should suffer needlessly from arthritis, spinal problems, joint pain, muscle strains or sports injuries. That's why they have taken an integrated approach to providing optimal medical care for musculoskeletal ailments, combining the expertise of orthopedic and spine surgeons with specialists in pain management and physiatry. Because the team works together under one roof, you don't have to travel to see multiple specialists for your back, knee or shoulder pain.

"Our services go beyond basic orthopedics," says physiatrist Moshe Lewis, MD. Physiatrists are specialists trained in physical medicine and rehabilitation and the non-surgical management of musculoskeletal conditions. "With physiatry, we offer a model of non-surgical treatment and pain management for a wide range of problems that affect the musculoskeletal system of muscles and bones."

Lewis's fellow physiatrist, Lee Wolfer, MD, says, "We tailor the treatment to meet the injury, whether acute or chronic. Each patient receives an individualized therapeutic exercise prescription. We want all patients to leave physical therapy with the tools they need to successfully manage their pain."

"In addition to traditional treatment modalities, we work closely with community practitioners in Tai Chi, acupuncture, Pilates, yoga, chiropractic and osteopathic medicine," Lewis adds. "Our challenge is to be aware of the many treatment options that exist, but we also rely on very thorough diagnostic screenings using advanced tools such as CT scans and MRIs."

"Part of our job as physiatrists is to educate our patients about how to recover from their condition and customize a treatment program," Lewis explains. "The biggest challenge is to get patients into an exercise regimen that works for them. We provide 'pre-habilitation' treatments for patients who are not candidates for surgery, and 'post-habilitation' to treat patients after surgery."

The Orthopedics Department also relies on the skill of an interventional pain management physician, Claudio Palma, MD. "In medical school, I found I liked the field of anesthesiology and had a knack for it, but I missed the interaction with patients," Palma says.

"The field of pain management offered me an opportunity to combine my technical skills with hands-on patient care. At St. Luke's, I can collaborate with the orthopedic surgeons and physiatrists in coordinating the entire spectrum of care for orthopedic patients."

The orthopedic surgeons to whom Palma refers are Dave Atkin, MD, Teodoro Nissen, MD and Fred Naraghi, MD. All three surgeons are skilled in the latest state-of-the-art surgical techniques, including minimally invasive surgeries without large incisions, so that recovery is faster and less painful. In addition to general orthopedic surgery and arthroscopic repair of joints, Atkin also performs many joint replacement surgeries, primarily for hips and knees. An avid athlete himself, Nissen has a special interest in treating athletic injuries. Naraghi, who specializes in spine surgery, performs disc replacement, kyphoplasty and minimally invasive procedures such as microdiscectomy.

"This is a terrific model for patient care, in which we share our knowledge and expertise," Palma adds. "We can treat all the patients' needs in one place without having to send them elsewhere for certain aspects of their treatment. Our personalities all complement each other, too, and we all share the common goal of serving our community."

For more information, please call (415) 642-0707.



Dr. Lewis works with a patient.

Spine Surgery Patient Gains His Life Back

Arvin Chow suffered back pain since he was in his early 20s. While practicing martial arts, he fell on his lower back. At the time, it wasn't too painful. Some time later, however, he bent over to pick up a ping-pong ball and experienced excruciating pain. And the pain kept coming back, again and again.

"I spent years trying to cope with back pain," says Chow, who is now 51. "I saw a neurosurgeon, who diagnosed spondylolysis and recommended conservative treatments." Spondylolysis refers to a defect in a vertebra in the lower back, usually the last vertebra of the lumbar spine. The condition often first shows up in childhood and may be the result of a stress fracture that never completely healed.

"I went to chiropractors, took pain medication, had spinal injections and did physical therapy, but nothing really worked long-term," Chow notes. "Then about five years ago, my leg went numb while I was driving. That scared me enough to seek other options." Chow returned to the neurosurgeon, who this time diagnosed spondylolesthesis and performed a laminectomy. "For a time, the surgery provided relief, but the pain returned," Chow recalls. "The neurosurgeon wanted to continue conservative treatments, but I just couldn't stand the pain."

Chow's family physician referred him to Fred Naraghi, MD at St. Luke's Hospital. A board-certified orthopedic surgeon who specializes in spine surgery, Naraghi concurred with the diagnosis of spondylolesthesis. "Spondylolesthesis is essentially when one vertebra slips down over the other," Naraghi explains. "The condition often can be treated conservatively with medication and therapy. When it's as severe as this case, though – and particularly after a previous surgery – a spinal fusion was indicated."

Using a new minimally invasive surgery technique that requires only two very small incisions in the patient's front and back, Naraghi inserted a miniature camera into the spine to guide the surgery. "This type of procedure allows us to perform large-scale surgery through very small incisions," Naraghi says. "The benefits to the patient include less scarring and a faster recovery. After six months, he is well on his way to resuming all his normal activities."

Chow is looking forward to a more active lifestyle. "I used to be a 'weekend warrior,' and I definitely want to be active again," he says. "I also look forward to celebrating my 25th wedding anniversary. I have no regrets about having surgery, and I absolutely recommend Dr. Naraghi and St. Luke's."



Education Will Do Your Heart Good

February, the month of heart-shaped Valentines, is also national Heart Health Month – the perfect time to get your own heart in shape!

Heart Health Fair – Saturday, February 4 from 9 a.m. to noon, Cathedral Hill Hotel 1101 Van Ness Avenue, San Francisco.

The health fair will offer free screenings for cholesterol and glucose levels, blood pressure and body mass index (BMI). In addition, there will be a variety of learning opportunities presented every 30 minutes, beginning at 9:15:

- **Cardiac Rehabilitation** – Learn more about how exercise helps to keep your heart healthy. Receive a free pedometer (while supplies last) and a walking log to track your daily steps.
- **Cardiovascular Risk Reduction & Diabetes** – learn more about how to reduce your risk for developing cardiovascular disease and the role diabetes plays in the health of your heart.
- **Women's Heart Disease** – Learn how women differ from men concerning the signs and symptoms of heart disease.

Participants at the Heart Health Fair will be eligible to enter a drawing for prizes, receive free heart-health information and enjoy heart-healthy refreshments. Free parking is provided in the hotel garage with validation

St. Luke's Hospital Heart Health Lectures

Join St. Luke's for the Wednesday noon "Keeping the Beat" heart health lectures. All lectures are in the Griffin Room and offered in English from 12:00–12:30 p.m. and in Spanish from 12:30 – 1:00 p.m. Call 415-641-6870 to reserve a seat.

- **February 8: Nutrition and Heart Disease** – Joan Woerner, RD
- **February 15: Diabetes and Heart Disease** – Christian Tuan, MD and Sylvia Recinos, RN



Ask Your Doctor

Here's your opportunity to get basic medical questions answered by a St. Luke's physician. Information in this column is not intended as a substitute for advice from your own doctor. To find a personal physician, please call our Physician Referral Service at (415) 821-DOCS

(821-3627), or visit www.stlukes-sf.sutterhealth.org and click on the link for "Find a Physician."

Do you have a question to "Ask Your Doctor?" If so, please e-mail it to: SLHmarketing@sutterhealth.org or mail it to: "Ask Your Doctor" c/o Marketing Department, St. Luke's Hospital, 3555 Cesar Chavez Street, San Francisco, CA 94110.

Q: If I have droopy eyelids, would plastic surgery be considered medically necessary? What does the surgery entail?
Deborah

A: In order for eyelid surgery to be declared medically necessary, the patient would need to see an ophthalmologist or optometrist for a visual field test to determine if vision is impaired. The surgery is performed under intravenous (IV) sedation and local anesthetic. It takes about an hour to perform the surgery. The sutures can come out in about four days, and you would need to be careful while washing your face for about a week.

Clyde Ikeda, MD
Plastic Surgery
1199 Bush Street, #640
(415) 775-1199



Q: My 19-year-old son recently had a collapsed lung without suffering any injuries or illness prior to the lung collapse. Can you tell me what might cause a young man's lung to collapse and what he can do to prevent a recurrence?
Melanie

A: Your son had primary spontaneous pneumothorax -- a collection of air in the chest cavity outside of the lung that causes the lung to collapse in the absence of a traumatic injury to the chest or lung or without any known underlying lung disease. But in most cases of spontaneous pneumothorax, bullae or blebs (blisters) were found at the surface of the lungs. Spontaneous pneumothorax is more likely to occur in males than females. Tall, thin males appear to be especially susceptible. Other risk factors include smoking and family history. The recurrence rate is 25-50 percent during the first year. Smoking, airway inflammation, bronchiolitis and asthma can increase chance of recurrence, as can activities such as scuba diving, flying and mountain climbing where the atmospheric pressure is increased or decreased.

Gordana Bjekic, MD
Pulmonology
1580 Valencia St., #606
(415) 923-3421



Community Calendar

St. Luke's offers a variety of classes and activities intended to supplement the care and education that takes place in your physician's office. Spouses, partners, relatives or other support people are welcome to attend classes with expectant mothers.

- **Childbirth Preparation Classes** – To help expectant parents prepare for childbirth. Class topics include physical changes during pregnancy and labor, relaxation techniques, breathing techniques based on the Lamaze method, Cesarean birth, anesthesia during childbirth, and general decisions.
- **Breastfeeding Education Classes** – To introduce expectant mothers to breastfeeding basics, with instruction in topics such as the benefits of breastfeeding, how the breasts make milk, and how to handle and position a newborn baby while breastfeeding.
- **Maternity Tour** – A tour of the hospital's maternity floor, conducted by a certified midwife from the Women's Center, to familiarize patients with the maternity and newborn facilities and services available.
- **Yoga Sessions** – Prenatal exercise sessions for expectant moms and postnatal sessions for new moms (and their babies) to help patients get in shape both before and after delivery. Yoga also can help make delivery easier for both mother and child.

Please meet in the hospital lobby for all classes. For more information, call Lizette Wardell at 415-626-BABY.

JANUARY

Wednesdays, January 4, 11, 18:
Three-part Childbirth Class (Spanish)
6:30 – 9 p.m.

Saturdays, January 7, 14, 21, 28:
Pre-Natal Yoga, 10 – 11 a.m.
Post-Natal Yoga (Baby Welcome)
11 a.m. – 12 p.m.

Saturday, January 7:
Childbirth Class (English)
9 a.m. – 2 p.m.

Wednesday, January 18:
Maternity Tour (Spanish)
5 – 6:00 p.m.

Tuesday, January 17:
Maternity Tour (English)
5 – 6:00 p.m.

FEBRUARY

Wednesdays, February 1, 8, 15:
Three-part Childbirth Class (Spanish)
6:30 – 9 p.m.

Saturdays, February 4, 11, 18, 25:
Pre-Natal Yoga, 10 a.m. – 11 a.m.
Post-Natal Yoga (Baby Welcome)
11 a.m. – 12 p.m.

Saturday, February 4:
Childbirth Class (Spanish)
9 a.m. – 2 p.m.

Saturday, February 11:
Breastfeeding Class (Spanish)
10 a.m. – 12 p.m.

Wednesday, February 15:
Maternity Tour (Spanish)
5 – 6:00 p.m.

Tuesday, February 21:
Maternity Tour (English)
5 – 6:00 p.m.

MARCH

Wednesdays, March 1, 8, 15:
Three-part Childbirth Class (Spanish)
6:30 – 9 p.m.

Saturdays, February 4, 11, 18, 25:
Pre-Natal Yoga, 10 a.m. – 11 a.m.
Post-Natal Yoga (Baby Welcome)
11 a.m. – 12 p.m.

Saturday, March 4:
Childbirth Class (English)
9 a.m. – 2 p.m.

Wednesday, March 15:
Maternity Tour (Spanish)
5 – 6:00 p.m.

Tuesday, March 21:
Maternity Tour (English)
5 – 6:00 p.m.

APRIL

Wednesdays, April 5, 12, 19:
Three-part Childbirth Class (Spanish)
6:30 – 9 p.m.

Saturdays, April 1, 8, 15, 22, 29:
Pre-Natal Yoga, 10 a.m. – 11 a.m.
Post-Natal Yoga (Baby Welcome)
11 a.m. – 12 p.m.

Saturday, April 8:
Childbirth Class (Spanish)
9 a.m. – 2 p.m.

Saturday, April 8:
Breastfeeding Class (Spanish)
10 a.m. – 12 p.m.

Tuesday, April 18:
Maternity Tour (English)
5 – 6:00 p.m.

Wednesday, April 19:
Maternity Tour (Spanish)
5 – 6:00 p.m.

Cardiovascular Center Offers Advanced Care



EKGs are among typical tests performed at the Cardiovascular Center.

As part of St. Luke's ongoing commitment to provide high-quality medical care, the hospital recently added a new Cardiovascular Center. The center offers advanced diagnostic tools and treatment options for heart disease, including vascular surgery, cardiac catheterization and electrophysiology in state-of-the-art laboratories. The center also offers an innovative Cardiovascular Risk Reduction Program and comprehensive outpatient diagnostic cardiac services.

Heart Disease Diagnostic Services

Patients have easy access to a broad range of diagnostic services, including:

- **Electrocardiogram (ECG / EKG)** – a test that measures the heart's electrical activity.
- **Echocardiogram** – an ultrasound test to examine the heart, including the chambers, valves and major blood vessels.
- **Exercise and pharmacological stress testing** – these tests help indicate how well your heart handles work and can show if the blood supply is reduced in the arteries that supply the heart.
- **Tilt table testing** – a test used to determine a cause of fainting or loss of consciousness that might be the result of heart disease.
- **Vascular testing** – tests for diagnosing suspected vascular disorders, such as blockages in the veins or arteries.
- **Cardiac CT scanning** – computerized scans that provide detailed images of the heart and coronary arteries.
- **CVProfilor test[®]** of arterial elasticity – a non-invasive test that measures the elasticity to detect hardening of the arteries.

Cardiac Catheterization Services

- **Left- and right-heart catheterization and angiography** – procedures that measure pressure and flow in the heart by injecting a dye through a thin flexible tube (catheter) into the heart, followed by x-rays.
- **Coronary and peripheral vascular angiography and intervention** – diagnostic tests using a catheter to inject dye into arteries to precisely detect blockage and plan treatment.

“CARDIOVASCULAR CENTER,” CONTINUED BACK PAGE



Blood pressure is monitored during a stress test on a treadmill.

Electrophysiology Services

- Diagnostic arrhythmia evaluations -- detailed recordings of the heart’s electrical activity to detect irregular heartbeats. Anti-arrhythmic drug therapy and advanced radiofrequency ablation are often used to treat abnormal heartbeats.
- Pacemaker and defibrillator implantation – insertion of devices to treat heart rhythm abnormalities.

Vascular Surgery Services

- Peripheral vascular surgery and angioplasty – surgical rerouting of blood flow around or through an obstructed artery that supplies blood to extremities or organs.
- Treatment of varicose veins – surgical treatment of veins which are large, twisted and ropelike, and can cause pain.

Risk Reduction Program

The Cardiovascular Risk Reduction Program provides comprehensive risk assessment and treatment for individuals who have a high risk of developing cardiovascular disease or to prevent a recurrence among those who already have cardiovascular disease. Intensive treatment of heart disease risk factors can substantially lower a person’s risk of developing cardiovascular complications. For more information about the Cardiovascular Risk Reduction Program, please call (415) 695-7968.

Why Choose St. Luke’s Cardiovascular Center?

As strategic partners in the Sutter Pacific Heart Centers, St. Luke’s Hospital and California Pacific Medical Center each provides its own array of cardiac services. St. Luke’s advanced heart disease diagnostic tools and treatment options are supplemented by the medical and surgical services for complex heart conditions and heart failure available at California Pacific Medical Center. For more information, please call (415) 641-6640.

New Breast Health Center To Open in February

Women will be able to indulge in a new form of “one-stop shopping” when the new Breast Health Center at St. Luke’s Hospital opens in February. The center will offer a complete range of breast imaging services – mammograms as well as ultrasound studies are provided right in the facility, and MRIs are available just across the hall. Most patients will be able to make same-day appointments.

The new facility, located in Room 237, will initially be open Monday through Friday from 8 a.m. to 5:30 p.m., with plans for evening and Saturday appointments in the near future.

“We also will perform ultrasound-guided biopsies and aspiration of cyst fluid,” says Lead Mammography Technologist Mary Catanzaro. “Our skilled technologists – who are all women – have many years of experience in mammography. We also have a new radiologist, Dulcy Wolverton, MD, who has specialized in mammography for 14 years. The addition of Dr. Wolverton enhances our services, since studies show that radiologists who work exclusively with breast studies are better able to detect minor problems before they spread.”

For more information, please call (415) 641-6545.



Starting at age 40, all women should have yearly mammograms.



St. Luke’s Hospital

A Sutter Health Affiliate

With You. For Life.

3555 Cesar Chavez Street
San Francisco, CA 94110
www.Stlukes-sf.org

Nonprofit Organization

U.S. Postage

PAID

San Francisco, CA

Permit No. 8570