

On-Line Health Resources

Do you have questions about a particular medical condition? Have you received a diagnosis and want to make more informed decisions about treatment options? California Pacific Medical Center provides

Web based health information through the Healthwise Knowledgebase, a user-friendly comprehensive database designed for people with a non-medical background. By clicking on Health Information from the home page of www.cpmc.org, you can investigate particular conditions in depth from both traditional and alternative medicine orientations. Browse by broad health topics, such as "cancer" or "heart and circulation," or search for specific diseases by key words, such as "sleep apnea" or "gout." Many conditions and procedures are further depicted through color illustrations. Some also have icons that direct you to "Decision Points" for guidance in making decisions about various courses of treatment. Facts about prevention, risk factors, symptoms, prognosis, diagnosis and treatment are readily available as well.

To help facilitate community learning through this excellent resource, we have developed a point of access for the public through a computer in the Joseph P. Friend Health Resource Library, located in the CHRC front lobby. You are welcome to visit our office and we will help you search over

8,000 different diseases and related symptoms. After learning how to access this invaluable on-line resource, you can search the Healthwise Knowledgebase from the comfort of home through your personal computer.



Stroke Education and Community Outreach

In April, Dana Turner, from Home Instead Senior Care, presented David Curtis, M.D., the CHRC Board of Directors President, a check on behalf of the Home Instead Senior Care Foundation for the community based Stroke Outreach Program.

The Stroke Outreach Program kicked off its first event at the San Francisco Mission Neighborhood YMCA in May. David Tong, M.D. and Medical Director of the California Pacific Comprehensive Stroke Program, presented powerful information to over forty attendees regarding stroke awareness and prevention. Ann Bedenk, R.N., BSN, and Stroke Coordinator of the Stroke Program, demonstrated the importance of the mnemonic device F.A.S.T (Face, Arm & Leg, Speech,

Time) in the early detection of stroke in her lecture at Kimochi Senior Center in June. The attendees learned concrete prevention techniques such as exercise, lowering blood pressure, not smoking, and eating a healthy diet. Additional senior communities throughout San

Francisco are scheduled to receive information related to stroke detection in the coming months.

Caregivers' Support Group

The Community Health Resource Center has hosted the Caregivers' Café for over three years. These twice monthly gatherings shed light on what many assume, but few actually pay attention to: caregivers' needs. The emotional and physical burden of caring for loved ones is enormous, yet there may be little, if any, time for caregivers to prioritize self-care. The group meeting carves out the space for caregivers to reflect on their situations and listen to others who might be experiencing similar feelings. Through quality facilitation and consistent participation, this group provides a safe and supportive atmosphere. The meeting is located at 2100 Webster Street, #119 in San Francisco from 2:30 - 3:30 p.m. the second and fourth Tuesday of each month.



California Pacific
Medical Center

A Sutter Health Affiliate
With You. For Life.

CHRC

Community Health Resource Center
CALIFORNIA PACIFIC MEDICAL CENTER

2100 Webster Street, Suite 100
San Francisco, CA 94115
415-923-3155
www.cpmc.org/chrc

Beyond Medicine.

Support the Community Health Resource Center

The Community Health Resource Center (CHRC) is a nonprofit organization, located at, but independent from, California Pacific Medical Center. Our generous donors make it possible for us to provide a comprehensive array of health and wellness programs to our community, particularly to those most in need.

Name: _____

Address: _____

City _____ State _____ Zip _____

Phone: _____

E-mail: _____

- Enclosed is my check payable to:
Community Health Resource Center (CHRC)
2100 Webster St., Suite 100
San Francisco, CA 94115
- Please charge my credit card: Visa MasterCard
Credit card number: _____
Expiration date: _____
Amount to be charged: _____

Please direct my gift to:

- Community Programs: _____
 Support Groups: _____
 Counseling Services: _____

Thank You for Making a Difference!



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CHRC

Community Health Resource Center
CALIFORNIA PACIFIC MEDICAL CENTER

Healthy Outlook

FALL 2008

What's on the Menu?

For over twenty years the Community Health Resource Center (CHRC) has served thousands of individuals through a wide range of health services that include counseling, lectures and health screenings. Our registered dietitians provide nutritional counseling to assist people in changing unhealthy eating and behavior patterns, while our social worker provides community referrals, assessment, and long- and short-term psychotherapy. The majority of CHRC health-related education focuses on prevention and early detection of serious health conditions. Through community education, CHRC helps individuals understand the importance of catching illness early in order to positively impact the treatment and recovery process. In addition to promoting nutritious diets through direct services, healthy eating is a key theme conveyed through lectures as well. Individuals are encouraged to sign up for these dynamic learning opportunities (see calendar of classes) held in our offices and at California Pacific Medical Center.

In a new approach to bring our outstanding educational programs into the community, we have developed a "Community Presentations



Menu" of health education training sessions. By identifying topics of interest that are relevant to current health trends, we meet our goal to provide high caliber education to our community. Community organizations, businesses and government agencies throughout San Francisco now have the opportunity to choose

training sessions from the Presentations Menu.

The sessions cost a nominal fee, but have an enormous return. Benefits to employers include supporting the health needs of employees, encouraging healthy habits in the work place, providing practical community resources, promoting dialogue about health, reducing stress, and potentially reducing health care costs.

For more information see the "Community Presentations Menu" below. To request a training session at your workplace, call 415-923-3155.

"Community Presentations Menu"

Cholesterol: *Heart Healthy Foods*

High Blood Pressure: *The Silent Disease*

Weight Loss: *What Does It Take?*

Feeling Full on Fewer Calories

Care for Givers

Advance Health Care Directives

What's the Buzz on Sugar?

Disordered Eating: *Recognizing and Opening Conversations*

Breathe Easy: *Asthma Education*

Pediatric and Adult Asthma Education

Baby Wait

Fall 2008 Classes and Support Groups at CHRC

Call us at 415-923-3155 to pre-register for all programs. Visit our Website www.cpmc.org/chrc or call for more detailed course descriptions. A \$10 donation is requested unless otherwise noted.

Disease Management and Prevention Cholesterol: Heart Healthy Foods

High cholesterol is one of the major risk factors for heart disease.

Discover how changing dietary habits and learning new approaches to eating can improve cardiovascular health.

Thursday, October 2

11:30 a.m.-1 p.m.

2100 Webster Street, Suite 106



Pediatric and Adult Asthma Education

Asthma attacks can come and go quickly, creating an illusion that the problem is under control. Even though accepting immediate relief seems attractive, asthma is still a chronic condition for both adults and children. Join a certified asthma educator to learn how to manage asthma effectively.

Wednesday, October 15

5:30-7:30 p.m.

2100 Webster Street, Suite 106

Update on the Causes and Treatment of Ulcerative Colitis and Crohn's Disease

Inflammatory bowel diseases such as ulcerative colitis and Crohn's disease can be debilitating and life changing. Join an expert gastroenterologist for an intimate evening of learning about causes, prognosis and therapies such as medications that affect inflammation and the immune system.

Refreshments provided.

Monday, November 10

6-7:30 p.m.

2333 Buchanan,

Level A Conference Room

Comprehensive Cancer Education

California Pacific physicians will offer the latest information about specific cancer topics. Gain knowledge regarding signs and symptoms, risk factors, prevention, and the most current treatments.

Patients, family, and healthcare professionals are welcome.

Refreshments provided.

Breast Cancer

Tuesday, October 28

6-8 p.m.

2333 Buchanan, Enright Room

Lung Cancer

Tuesday, November 18

6-8 p.m.

2333 Buchanan, Enright Room

Challenges of HIV Medication Adherence

When HIV medications require strict adherence, conflicts may arise between knowing the logical benefits of the drugs and the daily challenges of taking them. Led by a California Pacific physician, this interactive session will address side effects, emotional barriers, and how to comply with medication regimen, given the nature of busy lives.

Thursday, November 20

6-7:30 p.m.

2333 Buchanan, Enright Room

Inflammatory Arthritis

This lecture will focus on the most common types of arthritis, the signs and symptoms, and the most up-to-date information about emerging therapies that target inflammation. There will be plenty of time to "Ask the Expert" during the question and answer session.

Refreshments provided.

Thursday, December 4

1:30-3:30 p.m.

2333 Buchanan,

Level A Conference Room

Nutrition and Weight Management Feeling Full On Fewer Calories

Not all foods are created equal.

Some have greater volume, yet fewer calories. This talk given by a regis-

tered dietitian will cover a wide spectrum of foods that will contribute to losing weight over time while still bringing joy to eating.

Monday, December 8

5:30-7 p.m.

2100 Webster Street, Suite 106

Aging Well Medicare Part D: Education for Open Enrollment

Open enrollment for Medicare Part D begins on November 15 and ends on December 31. Medicare Part D has many potentially confusing drug plan options. Specialists from Health Insurance Counseling and Advocacy Program (HICAP) will help attendees understand the process of choosing a plan that best meets individual needs.

Thursday, October 23

5-6:30 p.m.

2333 Buchanan,

Level A Conference Room

Tools for Coping with Vision Loss

Vision loss is a common age related challenge. This lecture will provide practical tools for daily living



including adaptive devices for reading and mobility. Information about community services and resources will be presented.

Wednesday, November 5

4-5:30 p.m.

2333 Buchanan,

Enright Room

Special Programs

Long Term Care Insurance

Ensuring proper care for the aging process can be complicated and very expensive. By preparing early, health care can be made more accessible. This informative seminar will define long term care, outline options, and explore insurance as a potential solution.

Monday, October 6

4-5:30 p.m.

2100 Webster Street, Suite 106

Advance Health Care Directives

Advance health care directives are important for all individuals over the age of 18 to have in place so that your wishes will be followed if you become unable to make decisions. Take the time now to understand and determine end-of-life care choices.

Fee \$10

Class size limited to six persons

Monday, October 13

12-1:30 p.m.

Wednesday, December 17

12-1:30 p.m.

2100 Webster Street, Suite 100

The Landscape of Dementia

Dementia is a multi-stage disease not limited to Alzheimer's, and requires different approaches throughout its trajectory. This program will address practical and tactical issues related to understanding, providing care, and knowing available options when a loved one has a progressive cognitive deficit.

Friday, November 7

2-3:30 p.m.

2100 Webster Street, Suite 106

Health Screenings

Blood Pressure Screening

More than one in three adults has high blood pressure. High blood pressure may result in stroke, heart attack, heart failure, or arterial aneurysm. It is also a leading cause of kidney failure. Keep track of your blood pressure at these screenings.

Third Friday of the month

1-2 p.m.

2100 Webster Street, Suite 100

Bone Density Screening

Estimates are that one out of every two women over the age of 50 will be affected by osteoporosis; so will one out of every eight men. Learn your bone density at these monthly screenings.

Fee \$30

Last Wednesday of the month -

**September, October, November
10 a.m.-12 p.m.**

2100 Webster Street, Suite 100

Support Groups

Cancer Support Group

Individuals with cancer at any stage of treatment are invited to attend. Participants can learn information about various topics, as well as talk about issues with others sharing similar experiences.

Second and Fourth Thursdays

2:30-3:30 p.m.

2100 Webster Street

Suite 119 Board Room

Caregivers' Café

If you provide emotional, practical or spiritual care for a loved one, you may need support yourself. No matter what your specific situation, caregiving can be a lonely and demanding role. Meet with other caregivers in a group led by a clinical social worker.

Second and Fourth Tuesdays

2:30-3:30 p.m.

2100 Webster Street

Suite 119 Board Room

Repetitive Strain Injury Support Group

The San Francisco Repetitive Strain Injury (RSI) Support Group is a peer led group which presents a new speaker each month. Experts discuss specific therapies, ergonomic tools,



legal and benefits issues, etc.

For more information call
415-923-3166

Suggested donation \$5.

Mondays: September 8, October 6, November 3, December 1 7-9 p.m.

Davies Campus at Castro and Duboce Sts, North Tower, Rooms B-2 & 3

Hepatitis C Support Group First and Third Tuesdays 6:45-8 p.m.

2351 Clay Street, Stanford
Conference Room #309

For more information call
415-285-6893

Compulsive Hair Pullers Support Group

Get support and help for compulsive hair pulling (trichotillomania)
For information call 415-923-3155
Free

Adolescent Group:

Monday evenings

Locations vary

Adult Group:

Mondays, 6:30-8 p.m.

Davies Campus, B-1

Hepatitis C Medication Injection Tutorial

Learn and receive coaching for injection procedures, proper dosage, medication side-effects, and what to expect with treatment.

Free

Fridays: September 26, October 24, November 21, December 19 6-7 p.m.

2100 Webster Street, Suite 100

Fuzeon Injection Medication Support Group

Join others for discussions on HIV therapy and Fuzeon concerns for new and existing patients.

Dinner provided

Free

Wednesdays: September 24, October 22 6-7:30 p.m.

2100 Webster Street, Suite 106

To be removed from or added to our mailing list, please call 415-923-3155 or email cpmcchrc@sutterhealth.org. Let us know if you would like to be added to our email newsletter!