

For Your HEALTH

Committed to the Health & Well-Being of El Dorado County

FALL 2021



Vaccines 101: Who, What, and When



MARSHALL
MEDICAL CENTER

It's about you

- ▶ A Better Mammogram
- ▶ Choosing a Health Care Provider During Open Enrollment
- ▶ Be Your Own Health Advocate

SPECIAL AD SECTION

A Better Mammogram

Breast cancer is sneaky. And it's scary. It's silent and has almost no symptoms in its early stages. Experts encourage regular self-exams, but even if you do them, it can be difficult to know when you feel something abnormal. Mammograms have been around for decades and are touted as a basic diagnostic tool. But is there something better?

Consider the 3D mammogram. It's a new type of digital x-ray that creates 2D and 3D-like models of the breasts. "The image is made up of thin image slices, allowing a radiologist to flip through the images much like going through the pages of a book. The detail is incredible," says Dan Weaver, Director of Diagnostic Imaging at Marshall Medical Center.

3D visibility is especially useful in women with dense breasts, which account for about half of all women. According to the CDC, women with dense breasts are also at higher risk for breast cancer. What's more, dense breast tissue can mask tumors. Fibrous and glandular tissue can look similar to tumors. It can be difficult to discern. 3D mammography allows doctors to "see through" breast tissue, vastly improving visualization and more accurate readings.

3D mammograms are approved for all women who would need to undergo a regular mammogram. To schedule your 3D mammogram, call your doctor for a referral or make an appointment with Marshall Diagnostic Imaging at 530-626-2861.



Your Bowels: A Taboo Topic?

Many of us are taught at an early age that it's not polite to discuss bodily functions, particularly those coming from our bowels—the rectum and colon. But in reality, keeping quiet on the topic with your doctor could have serious consequences, including colorectal cancer.

Signs and symptoms of colorectal cancer can be easy to dismiss, since bowel habits can change from day-to-day based on what we eat, our physical activity and even our mood. Be on the lookout for a change in your bowels that lasts more than a few days, including:

- a feeling you need to have a bowel movement that's not relieved by having one
- rectal bleeding or blood in your stool
- cramping or belly pain
- weakness or fatigue
- unintended weight loss

If you experience any of these symptoms, make an appointment with your doctor. These early warning signs could be an indication of polyps, which can be removed before they develop into cancer.

Cases of colorectal cancer are steadily rising among younger men and women. As such, Marshall Medical Center is following the recommendations of the United States Preventive Services Task Force to lower the recommended age to begin colorectal cancer screening from 50 to 45. The good news is that there are screening tests available that are less invasive than a colonoscopy. Ask your doctor if it's time for you to begin your annual screenings. To find a doctor, visit marshallmedical.org/find-a-doctor.

ABOUT MARSHALL MEDICAL CENTER

Marshall Medical Center is an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 111 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has nearly 300 physicians and a team of over 1,600 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

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It is intended to provide information about health in general as well as healthcare services and resources available in El Dorado County. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

To reach the editor of For Your Health, contact Brittany Garcia at 530-626-2816 or bgarcia@marshallmedical.org

Be Your Own Health Advocate

Doctors' offices, hospitals, emergency rooms and urgent care clinics can be confusing and overwhelming places, especially if you don't have someone with you to help you feel at ease and navigate your surroundings. You may be there because something is wrong and you may be feeling anxious. Between figuring out where you're supposed to go and answering repetitive questions, it's easy to lose track of your own needs until you return home. Suddenly, all the questions you meant to ask and all the things you meant to say come flooding back. It's important to advocate for yourself throughout your entire healthcare journey. It can make a positive difference for your health. But how do you do that and where do you start?

Have your history handy. It can be easy to forget important aspects of your health history that may be relevant to what currently ails you. Take some time when you're feeling healthy to draft a list that includes the following:

- Family history of disease, focusing on immediate relatives
- Diagnoses you've received and procedures you've had, including dates and outcomes
- Names and dosages of any medications and dietary supplements you take. Be thorough on this step. Something as small as taking a shot of apple cider vinegar each morning could be important for the doctor to know. Some supplements, even natural ones, could interact with other medications
- Allergies to food or medications
- Use of alcohol, tobacco, or recreational drugs

Bring this document to every medical appointment. Add a careful account of any current issues you're having, what symptoms



you're experiencing and for how long. Include a list of questions you have so you won't forget in the course of the appointment.

Share your questions and concerns. While you may feel completely comfortable asking questions about a diagnosis or

post-appointment directions, many patients stop before expressing specific concerns. You are allowed to let your doctor know if you're uneasy about anything they've shared with you. Remember, a doctor's job isn't just to diagnose and write prescriptions, it's also to help you understand your own health. If this is uncomfortable for you, try pairing your concern with an open-ended question, one that can't be answered with a simple yes or no. For example: "I worry that your advice to lose weight doesn't fully address the pain I've been experiencing in my joints. What are some additional factors that may be at work here?"

Ask for more time. If all of your concerns haven't been addressed, ask for an additional five minutes so you can fully understand and ask all of your questions. Taking a few moments can save you from having to email your care team later or even come back for an unnecessary follow-up appointment.

Document the visit. It's ok to take notes during your appointment so you can reference your doctor's explanations and instructions later. The after visit summary may not include every item you might find important to reference later.

Finally, listen to your gut. If something doesn't feel right, say something. By speaking up, you'll be able to ease your mind — and who knows — you could offer a small detail that could change the direction of your care. Megan Vu, FNP, of Marshall Medical Center's Divide Wellness Center reminds you, "you are an equal partner with your provider in healthcare decision making. At the core of this process is shared decision-making with patients."



For more information about Marshall Medical Center, visit www.marshallmedical.org or follow us on Facebook/[marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), twitter.com/MarshallMedical, on YouTube, LinkedIn and on Instagram

Vaccines 101: Who, What, and When



There are currently 16 immunizations that are standard practice to administer to children between birth and age 18. They protect against well-known conditions such as measles, mumps, polio and hepatitis, as well as some lesser known diseases.

But immunizations are not just for children. Not only might you need boosters for vaccines you received as a child, but you might also be at risk for preventable diseases due to your age, job,

lifestyle or health conditions. In addition, ensuring your vaccinations are up-to-date helps keep your community safe. In one landmark instance, vaccine technology has eradicated a debilitating and deadly illness: polio. The United States has been polio free since 1979 and cases worldwide have reduced from 350,000 in 1988 to a mere 33 in 2018.

Between the ages 19 and 26, it is recommended by the Centers for Disease Control and Prevention that you get a Tdap vaccine to prevent tetanus, diphtheria and pertussis. Tetanus and diphtheria are both infections caused by strains of bacteria that create toxins or



poisons within the body leading to painful muscle contractions, difficulty breathing, paralysis and even death. The CDC also recommends the human papillomavirus (HPV) vaccine for both men and women in this age range to help prevent cervical, anal and other cancers, in addition to genital warts.

For adults over the age of 50, the CDC suggests getting the shingles vaccine. Almost one out of every three Americans will develop shingles during their lifetime and the risk increases as you get older. Shingles, which is caused by the same virus as chickenpox, is a viral infection that causes a painful rash, usually appearing as a single stripe of blisters that wraps around one side of the body. While the rash may disappear as you recover, some people report the pain lasting much longer, in some cases for years.

There are also two pneumococcal vaccines, PPSV23 and PCV13, which prevent serious diseases including meningitis, bloodstream infections and pneumonia. Meningitis is caused by bacteria or viruses that cause swelling in the brain and spinal cord, leading to headache, fever and a stiff neck and can be fatal unless treated urgently with antibiotics. Pneumonia is an infection in the lungs that causes the air sacs to fill with fluid or pus instead of air, causing a phlegmy cough, fever, chills and difficulty

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breathing. It can also be fatal in vulnerable populations.

For all adults and children, the CDC recommends getting an annual vaccine for the seasonal flu (influenza). Adults at particular risk for complications from the flu are those with serious health conditions including diabetes, heart disease, history of stroke, HIV infection, diseases of the liver and lungs (including asthma), renal disease and other conditions that weaken the immune system. A new flu

vaccine is developed every year and is formulated to protect against the strains of influenza that will likely be most common that season, based on CDC research.

Experts also believe that getting a COVID-19 vaccine is one of the most significant ways to control the coronavirus pandemic. Even with new variants appearing in recent months, individuals who have been vaccinated are experiencing less severe symptoms and aren't requiring hospitalization or death at the same rate as unvaccinated individuals.

If you plan to travel outside of the United States, check the CDC's website and discuss the vaccines needed with your healthcare provider. To ensure you're up-to-date on your routine vaccines, many of which were discussed above, as well as required vaccines for the country to which you're traveling. In most cases, you'll be required to get a vaccine for yellow fever, which can lead to organ failure and death in about 15% of people. You'll also find a list of recommended vaccines to boost your immunity against illnesses that are usually travel-related and not usually found in the U.S.

To make an appointment to discuss and receive your recommended vaccines, call Marshall Family Medicine at 530-626-1441

Would you give, if you could?

Sometimes it's difficult to give to charity when your budget is tight and the future is uncertain — after all, your family and immediate needs come first. But there is a way to make a significant gift that takes into account tax-saving strategies without impacting your current, day-to-day budget. These types of gifts are called planned gifts.

While your first instinct for donating is to help the charitable cause of your choice, a secondary purpose may allow you to enjoy the personal financial tax benefits that certain plans can provide you.

Planned gifts can be made now, to immediately support your needs, or

they can be donated upon the end of life, as a final way to leave your legacy. This is called a deferred gift. Deferred gifts can take the form of:

- **A Bequest** - Name your charitable organization as a beneficiary of your will or trust.
- **Retirement Plan** - Name your charitable organization as a primary or percentage beneficiary of your retirement plan after you pass on.
- **Life Estate Agreement** - Deed your residence to a charitable organization now, but retain the right to live there for as long as you live.

Through deferred gifts, charities such as the Marshall Foundation for Community Health receive the assets at some time in the future. Of course, you can change your mind at any point during your lifetime, so these gifts do not offer current income tax benefits. Before making any type of planned gift, discuss your considerations with your personal financial or tax advisor.

If you have any questions or would like to know more about the Marshall Foundation for Community Health, contact (530) 642-9984 email mfund@marshallmedical.org or visit marshallfoundation.planmylegacy.org.



Marshall Foundation
for Community Health

Prepping for Power Outages



It's still wildfire season and a byproduct is the potential for power shut downs. It's important to prepare for power outages, possibly for days at a time. In addition to stocking up on ice for your cooler, batteries for your flashlights or gas for your generator, make sure your medical supplies are also stocked and ready.

Medications

Make sure you have several days' worth of your medications on hand. If they need to be refrigerated, have a cooler and plenty of ice at the ready, or a generator powerful enough to run your refrigerator.

Oxygen

If you are on oxygen, it's important that you have several batteries on hand, or a sufficient generator to power your tank.

Positive Airway Pressure Machines

For BiPAP and CPAP machines, charge the batteries to a full charge prior to the Public Safety Power Shutoff and have a portable charger on-hand to recharge it, should the battery not last the full length of the outage.

Choosing a Health Care Provider During Open Enrollment Season



It's the time of year where many employers allow you to make changes to your health coverage and choose a new doctor. If you're looking for a change, how do you choose among the sea of names and faces listed on websites and brochures?

There are many factors that go into choosing the right healthcare provider. First, consider the attributes of the hospital or health system you'd like to receive care. Are they conveniently located near work or home? Do you value one that touts a higher level of emergency or acute care? Do they specialize in your health condition? Are you looking for a facility with a birth center? Don't hesitate to visit or schedule a tour to make sure you choose one that you're most comfortable with.

Once you've chosen the organization with which you'd like your primary care provider to be affiliated, the next step is to visit your healthcare insurance provider's website for a list of medical providers who accept your type of healthcare coverage and who also have privileges at your chosen health system.

When looking at the list, decide whether you would prefer to see a doctor (an MD or DO), a nurse practitioner (NP) or a physician's assistant (PA). There are differences with each option, so read about each type of providers' capabilities.

Next, read the biographies of each provider. There are many websites that will list the credentials of providers in your area, but the most comprehensive bios will likely be found right on their own clinic or hospital website. You can find bios for every Marshall Medical Center provider on marshallmedical.org or marshalldoctors.org. Pay attention to items that are important to you. While primarily board-certified in internal or family medicine, many practitioners have areas of interest or subspecialty. For example, if you struggle with your weight or have diabetes, there are primary care providers who can give you extra care in that area.

Marshall Medical Center comes highly recommended, with awards for patient quality and safety from Leapfrog, the Lown Institute, Cal Hospital Compare and more. Our providers are board-certified or board-eligible, with high caliber primary and specialty medicine providers, conveniently located in El Dorado Hills, Cameron Park, Georgetown and Placerville.

Marshall also boasts medical technology you might not expect to find at a community hospital, including robotic-assisted surgery, all-digital imaging, 64-slice CT, MRI and 3D mammography. Our Level 3 Trauma Center has specially-trained staff, immediate availability of surgeons, hospitalists, pharmacists and anesthesiologists 24-hours a day. Visit marshallmedical.org to learn more.



Introducing New Providers

Jennifer Boni, MD, FACOG
Marshall OB/GYN
Cameron Park
530-672-7060

Dr. Boni attended the University of Minnesota – Twin Cities, where she earned her Doctor of Medicine degree after earning her Bachelor of Arts in Biology and Psychology from Gustavus Adolphus College in St. Peter, Minnesota. She is also trained to perform minimally invasive gynecologic surgeries.

Dayna Cerruti-Barbero, FNP-C
Sierra Primary Medicine
Placerville
530-621-3600

After receiving her Bachelor of Science in Nursing from San Jose State University, Dayna went on to earn her Master of Science in Nursing from Samuel Merritt University in Oakland.

Satpreet Johal, MS, APRN, FNP-BC
Marshall Family Medicine
Placerville
530-626-2920

Satpreet earned his Bachelor of Science in Nursing from California State University, Sacramento and a Master of Science in Nursing from the University of California, Davis.

Majd Michael, MD
Gastroenterology
530-672-7040

Dr. Michael joins Marshall from Texas Tech University Health Science Center in El Paso, where he completed an extensive fellowship in gastroenterology. He received his medical degree from Damascus University in Damascus, Syria. He conducts diagnostic and therapeutic endoscopic and other procedures.

Jay Miser, PA-C
Marshall Family Medicine
Placerville
530-626-2920

Jay has spent most of his medical career in El Dorado County after earning his Master of Science in Physician Assistant Studies from A. T. Still University of Health Sciences in Kirksville, Missouri, an osteopathic medical school. He has worked at several different family medical groups in the area and has also worked as a paramedic and firefighter.

Kristin Nurre, NP-C, MSN, PHN
Marshall Family Medicine
Placerville
530-626-2920

Nurse Practitioner Kristin earned her Bachelor of Science in Nursing from Loma Linda University and her Master of Science in Nursing from Western University of Health Sciences in Pomona, California.

David Santellan, FNP
Sierra Primary Medicine
Placerville
530-621-3600

David earned both his Bachelor of Science and Master of Science in Nursing from Samuel Merritt University in Oakland. An area of interest is in developing strategies to improve safety in patient care.

Megan Vu, FNP-C
Divide Wellness Center
Georgetown
530-333-2548

Megan is a board-certified family nurse practitioner who treats patients of all ages. She received a Bachelor of Science degree in human biology from UC Santa Cruz, a Master of Science in Nursing and a nurse practitioner certification from the University of California, San Francisco. During her family practice education, Megan subspecialized in diabetes management.