

For Your HEALTH

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

WINTER 2021

Crossing the Finish Line to Good Health



MARSHALL
MEDICAL CENTER

It's about you

- ▶ Nervous or Weary? Your Doctor Can Help
- ▶ 39 Years Ago, Marshall Hospital Changed Our Lives
- ▶ Where's the Beef? What's Really in Your Meat Substitute Burgers?



Nervous or Weary?

Your Doctor Can Help

If you've been feeling down or nervous lately and if you're wondering if you should pursue therapy, your primary care provider can help. "Mild depression and anxiety are very common and can be easily treated with low doses of medications that your primary care provider can prescribe," explains David Santellan, NP, of Marshall Sierra Primary Medicine in Placerville. They can even help get you started on bipolar medications.

Anxiety

Feelings of anxiety don't have to be as extreme such as having a panic attack or post-traumatic stress disorder (PTSD) after serving in combat. If you experience any three of the following symptoms, your doctor can help you manage your anxiety with medication:

- Difficulty sleeping
- Restlessness
- Irritability
- Lack of focus
- Lack of energy
- Tension
- Numbness
- Nausea
- Intense fear of death
- Chills
- Sweating
- Shaking
- Heart palpitations

Depression

While thoughts of suicide are a pretty clear sign you're experiencing depression, other symptoms could be an indication you could benefit from an anti-depressant prescribed by your doctor:

- Hopelessness
- Difficulty sleeping
- Lack of interest
- Reduced appetite
- Lethargy
- Lack of motivation
- Aches and pains with no identifiable cause
- Self-loathing

"Your primary care provider has tools and the two of you can work together to identify if you might have depression or generalized anxiety disorder. They can prescribe medication to help get it under control," says David. Starting with the lowest and safest dosage, your provider will make adjustments over the course of four to six weeks until you're feeling better. If the dosage reaches a point where there may be adverse effects or interactions with other supplements or medications you take, they will refer you to a psychiatrist.

Make an appointment with your Marshall primary care provider today to get relief from your mild depression or anxiety.

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 220 licensed providers and a team of over 1,400 employees providing quality healthcare services to the 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

Marshall Earns Straight A's from the Lown Institute



Marshall Medical Center has made the grade for several key performance indicators from the Lown Institute, Hospital Index. Marshall received A grades for:

- National Social Responsibility
- National Patient Outcomes
- National Value of Care
- National Clinical Outcomes
- National Patient Safety
- National Cost Efficiency
- National Avoiding Overuse

Marshall has demonstrated continued dedication to quality and patient safety. Providers and staff are encouraged, and recently, incentivized to submit reports of potential safety risks in order for leadership to correct processes before errors and adverse events occur. In fact, one of Marshall's organizational goals is to increase reporting of risks by 10% each year. "Achieving these awards during a pandemic is something we're especially proud of," states Michelle Norris-Even, RN, Executive Director of Quality and Education for Marshall. "It's an indication that we've taken extra steps to provide the highest level of care we can to our patients in the face of additional challenges."

Marshall Recognized by American Heart Association



The American Heart Association recently recognized Marshall Medical Center for its continued success using the Get With the Guidelines® program, earning the Stroke Gold Plus with Honor Roll Elite.

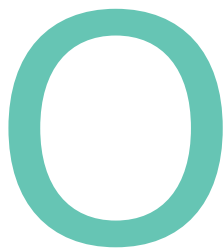
The stroke achievement marks 24 consecutive months that Marshall has met multiple measures for quality stroke treatment. Marshall Medical Center's Emergency Department is a Stroke Center, certified by The Joint Commission. The dedicated stroke team includes a physician, registered nurse, phlebotomist, and CT technician and stands at the ready to respond to all potential stroke patients. Following protocols and national standards, Marshall's Stroke Team upholds a high standard of care.

Seconds matter when it comes to stroke treatment. Depending on the type of stroke, healthcare professionals may administer clot-busting or hemorrhaging-reduction medication to reverse the stroke. Emergency surgery may also be necessary to stop bleeding into the brain. "Every minute counts," explains Scott Vasconcellos, MD, of Marshall Cardiology. "There is a short window of three hours from the first symptoms to combat permanent effects."



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](https://twitter.com/MarshallMedical), on YouTube, LinkedIn and on Instagram

Crossing the Finish Line to Good Health



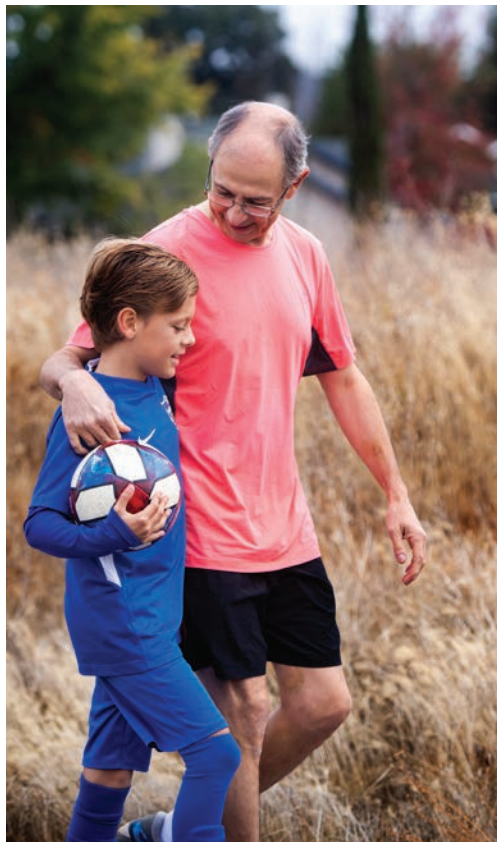
livier Dapremont, PhD, crossed the finish line at the Gold Country 5k presented by Marshall Medical Center with flying

colors. But his was no ordinary victory. It also marked his graduation from Marshall's cardiac rehabilitation program. And it was hard fought.

Olivier leads a high stress life. He is an executive director at a pharmaceutical company and also coaches his son's under 12 competitive soccer team. He has a family history of coronary artery disease—his father passed away at the early age of 60 from a heart attack - "I have always been very aware of my elevated risk," says Olivier. According to his labs and vital signs, Olivier was not yet at risk, but recently, with cholesterol numbers and blood pressure creeping up he was getting concerned, especially given the amount

of stress he had been feeling. He began taking blood pressure medication. He also requested a stress test, which came back normal. Recognizing that diabetes and heart disease are also closely linked, “I changed my diet towards more plant based food (with the occasional burger) and was able to lose about 40 pounds over the course of two years.” Regardless of the progress he made, he pushed his doctors to dig deeper and asked for a CT scan followed by an angiogram to assess further his health, knowing that the biggest risk factor for heart disease remains family history. As a result of the angiogram his doctors agreed he needed two stents placed to help return his body to normal functioning.

He started working with Marshall Cardiac Rehabilitation on May 4, doing three mph on the treadmill. The staff helped educate him on what he could and could not do safely as far as exercise and physical exertion. At first, his body was burning three times as many calories than at rest.



He then set a goal to run the Gold Country 5k on September 19. Olivier traveled from his home in Cameron Park to Placerville twice a week to work with Reggie Higashi, an exercise physiologist with Marshall Cardiac Rehabilitation. At Marshall he trained on the treadmill while keeping up with home workouts and running with his son’s soccer team. Under the watchful eye of Reggie and the Cardiac Rehab team, Olivier worked his way up to faster speeds and greater inclines.

The weather on the day of the race was perfect for late summer, allowing Olivier to complete the 5k in 26.5 minutes, beating his goal of 30 minutes.

Not only did Olivier reach his goal to finish the 5k, he is now burning ten times the calories than at rest. He’s been able to reduce his beta blockers and is off blood pressure medications. He lowered his body fat from 27% to 23%, and most importantly, “my mind is much more at ease knowing that I have a better chance to watch my son grow up.”

Cardiac Rehab in the Comfort of Your Home

Marshall Medical Center is a leader in the cardiac rehab field and now offers Pritikin Intensive Cardiac Rehab virtually so you can do it from home or even on vacation. Patients receive a tablet with Wi-Fi and cellular connectivity, scale, pulse oximeter, automated blood pressure cuff, and heart rate monitor. The patient enters the data into their personal, private dashboard on the tablet and the staff at Marshall Cardiac Rehab can monitor their statistics to ensure they are remaining in a safe range during their exercise session. Patients get all the benefits of Marshall’s expert care from the comfort of home. Still want an in person experience? You can visit the new Placerville location, which is upgraded and expanded, and will open in the spring of 2022.

Affair of the Heart

Join us for Affair of the Heart and hear Marshall cardiologists speak about heart health. Enjoy healthy bites and wine tasting.

WHEN:

February 23, 2022
3 p.m.

WHERE:

Cameron Park
Community Center
2502 Country Club Drive
Cameron Park, CA

COST:

The event is free. RSVP at
affairoftheheart2022.eventbrite.com

39 Years Ago, Marshall Hospital Changed Our Lives

Recently, my now adult son, Kurtis asked, “I’ve been wondering, why would you adopt someone like me, with all my problems and disabilities? I’ve been so much work for you.”

Why, indeed, would someone adopt a severely abused child? As a toddler, Kurtis had been abandoned by his birth parents and adopted by his biological aunt and uncle, from whom he suffered horrible abuse. Kurtis was less than two years old when he moved into my heart in 1978.

There are so many answers to Kurtis’ question; naiveté, arrogance, desperation, fear, compassion, love, but Kurtis wanted facts. I explained the process of adoptions in the 70s and how we trusted God to give us the child He had planned.

In spite of my nursing background, Kurtis’ needs were overwhelming. He needed home teachers, physical, speech and occupational therapy,

almost daily doctor appointments, and surgeries, which threatened to pull my usually organized self down in an undertow of activity.

But the day we walked into the late Dr. Gregory Dixon’s office at Marshall Medical Center, so tired that I began to cry, I knew I had found the help we needed. Dr. Dixon saw us right away — a weeping mother and her physically and developmentally disabled child.

The compassion continued with the care we received at Marshall Hospital during Kurtis’ many stays there. We were consistently treated with empathy and understanding. No one ever treated us like we were



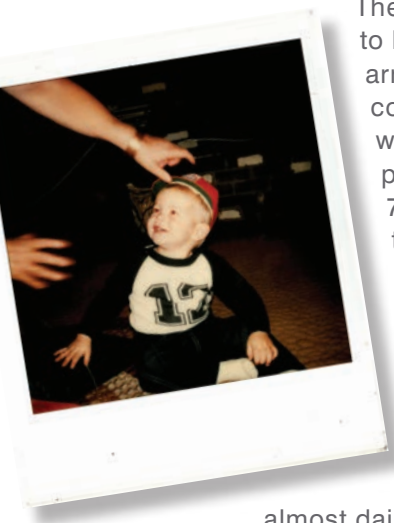
lesser for having MediCal. There was never any hassle over charges, copays, deductibles, or fees. Some friends suggested I take Kurtis to a big name hospital in the valley for his surgery. They could not possibly know the trust and faith we had in Marshall. Marshall knew Kurtis, his story, and they loved him. It showed.

I am now in a position to give back. Kurtis and I have discussed what should be done with my estate after it provides for us until the end of his life. We decided to give one million dollars to Marshall Foundation for Community Health, and hope that it will allow Marshall Hospital to continue their tradition of compassion and hope.

—Mason K. Brown

Your Support Matters

No matter the size, your gift makes a meaningful difference at Marshall Foundation For Community Health. Please contact us at 530-642-9984, or visit marshallfound.org to learn more about leaving your own legacy.



Where's the Beef?

What's Really in Your Meat Substitute Burgers



You've seen the commercials. You've noticed them on grocery store shelves. Your next door neighbor brought them to your last cookout. Meatless burger patties are suddenly everywhere. Natalie Patterson, a registered dietitian with Marshall Medical Center's Diabetes and Nutrition Education Department, explains more about these mystery "meat" products.

What's in it?

Depending on the brand, meat substitutes can be soy-based, gluten-based, or made from pea protein. They are made to have the look, taste, and texture of meat

and have hit the markets to help meet the growing demand for sustainable foods to minimize the effect of animal products on the environment.

Are they good for you?

"It all depends on your goal," explains Natalie. "If your goal is to be vegan or to simply lower your cholesterol, these alternatives are viable options." However, if you're looking to avoid genetically modified foods (GMOs), you may want to steer clear. Meat substitutes are commonly made with corn and soy, which are high on the GMO foods list.

Natalie also warns that unlike meat,

"these products can be fairly high in carbohydrates" and if you're using them to replace a burger, the bun adds even more carbs. Not only that, she adds, "this is a highly processed food product, which means it can contain a lot of sodium," so people looking to maintain a heart healthy diet should look for other alternatives.

What's the recommendation?

Natalie reiterates that it all depends on your goal, whether it's to be vegan, heart healthy, or just eating better food. She recommends replacing your 80/20 ground beef with a 93/7 blend to reduce the fat, or better yet, try using lean ground turkey. If you really want that "beef" flavor, try using half lean ground beef and half lean ground poultry meat. If you want to avoid animal products completely, try looking for a homemade veggie patty recipe online using beans and whole grains so you can control the amount of salt you're consuming. Not looking to do all that work? Simply grill or broil a portobello mushroom. They're meaty, juicy, and have very few carbs.

To learn more about developing healthy eating habits, make an appointment with a registered dietitian at Marshall Medical Center's Diabetes and Nutrition Education located in Cameron Park by calling 530-672-7021.

Introducing New Providers



Cambria Mason, MMS, PA-C
Marshall Family Medicine
Placerville

530-626-2920

Cambria Mason, MMS, PA-C earned her bachelor's degree in biology from St. Mary's College of California and went on to receive a master's degree in physician assistant studies from Lincoln Memorial

University in Harrogate, Tennessee. She is skilled in suturing and surgical techniques, as well as EKG and imaging interpretation, pap smears, and pelvic exams.

Andrea Mendelssohn, MD
Obstetrics and Gynecology
Placerville

530-344-5470

Andrea Richardson Mendelssohn, MD, earned her bachelor's degree in international relations from Brown University in Providence, Rhode Island and her medical degree from Dartmouth Medical School in Hanover, New Hampshire. She then relocated to Dallas, Texas, where she completed her residency at Baylor University Medical Center.



Lacey Neufeld, DNP, FNP-BC
Marshall Family Medicine
Placerville

530-626-2920

Dr. Lacy Neufeld, FNP-BC, RN, BSN, CCRN received her bachelor's degree in biology and chemistry, with a concentration in genetics, and a second bachelor's degree in nursing, graduating

magna cum laude in both from CSU Stanislaus. She went on to earn her doctorate in nursing practice and family nurse practitioner degrees from Bradley University in Peoria, Illinois. Her focus is on palliative care, end-of-life planning, and care of adults in critical care settings.



Anne Marie Woodward, MD
Obstetrics and Gynecology
Placerville

530-344-5470

Anne Marie Woodward, MD, earned a bachelor's degree with a triple major in biology, biochemistry, and chemistry from the University of Colorado, Boulder. She went on to earn her medical degree from

the University of Colorado Health Sciences Center. She is also a political advocate for women's healthcare at both the state and federal level.

Make S.M.A.R.T. Resolutions for Your Health



Resolutions. You make them every year and you're lucky if you're still keeping them by the time February rolls around. What can you do differently this year to be successful? Think SMART.

You may have heard of SMART (specific, measurable, achievable, relevant, time-bound) goals for business, but the same acronym and philosophy can be applied to your New Year's Resolutions.

Specific – Instead of setting a vague goal to lose weight or eat more vegetables, get granular. How many pounds would you like to lose? Which vegetables and how many servings per day will you eat?

Measurable – Make sure your goal has a numeric value that you can either increase or decrease.

Achievable – Be realistic when you make your resolution. If veggies currently make an appearance on your plate once a month, a goal to eat five servings a day once January 1 hits may be a bit ambitious.

Relevant – Make sure you're setting a goal to make a change that you really care about, that's personal to you. If you don't care whether you lose weight, don't make that your resolution. Focus on something you care about, like being able to chase your kids around at the park by increasing your daily physical activity.

Time-bound – Give yourself a deadline, but make sure that's realistic too. Your chances of losing 20 pounds in one month are slim, but losing a pound a week is a reasonable benchmark to work toward.

Whatever you resolve to change in 2022, make sure you build in some healthy rewards along the way. If your goal is to run a marathon in December, give yourself a treat once you're able to run five miles, then ten, and so on. Get a massage, buy a new snazzy pair of running shoes, or order that new cookbook you've had your eye on. Can't think of rewards that don't involve food? You're not alone. A simple search online will provide you with hundreds of ideas you never would have thought of.