

For Your HEALTH

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

WINTER 2018



WHEN THE PAIN WON'T GO AWAY

Explore Treatment at
Marshall CARES



MARSHALL
MEDICAL CENTER

It's about you

- ▶ High Tech Hearing Devices
- ▶ Reversing Type 2 Diabetes
- ▶ New Shingles Vaccine

SPECIAL AD SECTION

Reversing Type 2 Diabetes

More than 50% of Americans have been diagnosed with diabetes or pre-diabetes. While many believe that type 2 diabetes is a chronic and progressive disease that patients will need to learn to live with and manage for the rest of their lives, it is, in fact, reversible. “Medications like insulin and metformin will help manage the symptoms of diabetes, but lifestyle and diet changes can actually reverse the disease,” says Connie Burgeson, MD, Medical Director of Marshall Diabetes and Nutrition Education.

The steps to reversal are simple, though they require discipline and willpower. Here are a few things you can do:

- Eliminate added sugar from your diet. Instead, use a natural sweetener like stevia in your morning coffee or tea.
- Avoid refined carbohydrates, including rice, pasta and bread. Try a lower carb alternative like brown rice and zucchini noodles.
- Be sure to include good quality, healthy fats in your daily routine. Snack on almonds or olives and add avocado to your salad.
- Exercise. It's recommended to get 30 minutes of exercise at least five days a week. This can be as simple as parking as far as possible from your office, taking the stairs instead of the



elevator, or doing squats while you wait for your dinner to cook.

- Take a probiotic. Studies suggest a link between the state of the bacteria in your gut with type 2 diabetes.
- Eat your veggies. Try to get five servings of different color vegetables each day.

A key to success in this process is to start small. Choose one of the above recommendations and slowly add more. Changing all of your habits at once can be difficult to maintain in the long term.

It's important to listen to your body as well. There is not one magic solution that will work for everyone, so make sure you find the right combination of lifestyle changes that are right for you.

For more information, contact Connie Burgeson, MD, Marshall Family and Internal Medicine in Cameron Park at 530-672-7000.

Device Offers Better Glucose Control and Monitoring

Marshall Medical Center now offers professional continuous glucose monitoring (Pro CGM) for patients with diabetes. Pro CGM provides continuous insight into glucose levels and patterns throughout the day and night for gaining better control.

The Pro CGM system is a small sensor placed on the back of your upper arm by your doctor. It records up to 14 days of continuous glucose data. Your doctor can then download the data to look at trends and patterns and then adjust your treatment plan to optimize the management of your diabetes.

The Pro CGM sensor doesn't replace regular self-testing of your blood glucose, so be sure to continue your usual routine and maintain a log of your readings, diet, exercise, and insulin injections.

For more information, contact Marshall Diabetes and Nutrition Education at 530-672-7021.

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 125 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 1,500 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

For Your HEALTH

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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



Say What?

High Tech Hearing Devices

These are not your grandfather's hearing aids. Today's hearing device technology is now more powerful than ever. Marshall ENT & Hearing Center shares the following features and accessories that provide a more efficient and hassle-free experience.

Rechargeability

Several new models of hearing devices allow the convenience of rechargeable technology, meaning you never have to change a battery again. And the best news? You don't have to purchase a brand-new device. All you need to do is bring your device to Marshall's Hearing Center for a simple switch of the battery door.

This easy and convenient rechargeable technology provides a full day's use with one overnight charge and allows you to hear without hassle. And if you happen to forget to charge your device one night, you can easily switch your rechargeable batteries out for disposables.

TV Streamers

TV streamers are a popular product for those with hearing loss and their families; they are used so everyone

can have an enjoyable TV watching experience. These devices stream sound (some from as far as 23 feet away) straight to your hearing aids while your family and friends listen at a comfortable volume.

Remote Microphones

Remote microphones help those with hearing loss hear their conversation partner in noisy backgrounds and from a distance. This device provides up to 62 percent more understanding in noise compared to those without hearing loss. The microphone settings automatically adjust to the noise levels around you as well as the speaker.

Landline Bluetooth Phone

There are even cordless phones that automatically stream calls to your hearing aids, resulting in improved speech understanding. These devices feature a direct dial button, hands-free mode and compatibility for those without hearing loss.

To schedule an appointment with a Marshall audiologist at either the Placerville or Cameron Park locations, call **530-344-2010** or visit marshallhearing.org.

“ Many people don't realize they have hearing loss until it becomes a problem ”

Hearing loss is the third most prevalent medical condition in the United States, falling just behind heart disease and arthritis. The good news is that most people can improve their hearing through treatment. In fact, except in cases where there is total hearing loss, almost everyone will have treatment options available.

You can trust the Marshall Hearing Center to provide the highest level of quality, professional service provided by certified audiologists. The team offers patients an approach that combines cutting-edge science with a personal touch.

“Many people don't realize they have hearing loss until it becomes a problem,” says Mark Payne, Au.D., CCC-A, Marshall Hearing Center.

Services include a complete hearing profile and assessment as well as a medical referral for hearing technology services if necessary. While hearing loss cannot be reversed, hearing aids and cochlear implants have allowed thousands to overcome their hearing issues.

Audiology services include:

- Diagnostic audiological evaluations for adults and children
- Counseling and second opinion evaluations
- Dispensing of digital, programmable and conventional hearing devices
- Service, repair, and readjustments for most brands of hearing devices
- Dispensing of Assistive Listening Devices
- Aural Rehabilitation
- Custom Ear Plugs & Swim Molds
- VNG Testing for vertigo.



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



When the Pain Won't Go Away

Gloria Evraiff knows pain. Born with pelvic deformities, she's undergone 20 major surgeries and suffers from chronic low back and pelvic pain. But that's not all. She also suffers from kidney stones, bowel obstructions and bone pain from recently diagnosed bone cancer. All of her life, the pain has been constant.

"Whenever I was hospitalized, they couldn't manage my pain. The doctors looked at my history and would glaze over. When they saw I was already taking up to 300 mg of oxycodone they knew it would be dangerous to give me any more." Oxycodone is a prescription drug used for the management of pain. It and others like it have a risk for abuse and addiction, which can lead to overdose and death.

Every day in the U.S., more than 90 Americans die after overdosing on opioids—deeming the issue a national public health emergency.

Chronic pain – one that persists over months or years – is an epidemic in this country. It is also difficult to address as people use different words to describe their pain. No one can truly know another's pain because it's subjective. "I was frustrated," said Gloria, "I was taking too many opiates and no one was giving me a solution. I was in terrible shape from excessive opiate use. I needed a plan but no pain management doctors would see me."

"I needed a new primary care doctor and that's how I found Dr. Jay at Marshall Medical Center. Going over my history, she was hesitant to treat my pain at first, saying she doesn't deal with my level of pain prescriptions. She told me she was

worried about me. She asked if I was open to trying a different type of pain management program. I believed she understood that I truly was in pain. I was confident we could work together and I wanted to try her plan.”

Those dependent on opioids for pain management have options including treatment at Marshall’s new Clinically Assisted Recovery and Education Services (CARES) clinic in Placerville. Headed by Loni Jay, MD, the clinic provides treatment with medications that not only address pain but helps lessen dependency and withdrawal symptoms. As part of the program, patients also receive counseling and a support system.

Marshall CARES accepts El Dorado County Medi-Cal and California Health and Wellness and most PPO insurance. For the uninsured or under-insured, grants are available to assist with cost, including gas cards to help with transportation.

Recovery from opioid addiction is a long and challenging process and it’s essential that patients commit fully to their recovery. Not only must they overcome withdrawal, but also address co-occurring conditions such as depression, anger and anxiety, as well as change their behavior and lifestyle to avoid relapse. While some people find themselves buying pills or heroin off the street to get “high” and are stuck in this cycle of addiction, other people have come to long-term opioid use from their experience of chronic pain. While its known physical dependence is not the same as addiction, some of the same medications can still improve the quality of these patients’ lives.



“After working with Dr. Jay for two years, I have gotten down to 10-20% of my previous prescription level. We got the total dosage down so that more painful flare ups can now be treated when I go into the hospital, which is important because of my ongoing conditions,” says Gloria.

Adds Dr. Jay, “A big issue we need to overcome is the stigma of the disease of addiction as well as the stigma of chronic pain. The cases we see of opioid addiction often start as a prescription for acute or chronic pain that grows into a larger prescription, then purchasing pills off the street, and before you know it, the patient is buying heroin because it’s cheaper.

As physicians, we have to be careful with our prescribing and be aware addiction is a medical disease process that deserves evidence-based treatment. For our patients with chronic pain, buprenorphine can often help them manage pain with much lower risk of overdose or the development of tolerance.

Gloria agrees. “Buprenorphine more effectively manages my chronic and acute pain. It really reduces my cycle of pain and withdrawal. That’s how I got down to the lower dosage. On the program, I can get medication for pain and I’m not high all day. I can function. I still have good days and bad days, but I can drive, I can help my husband with our business, I can take my dogs for a walk and I can do housework.”

“With chronic pain, it is so important to find a doctor that recognizes the implications and complications. I have literally seen hundreds of doctors and I’m really grateful I found Dr. Jay.”

Help for Addiction

If you are currently addicted to an opioid like Norco, OxyContin or heroin and want to break the cycle of use, you may be a candidate for medication assisted treatment at Marshall CARES. Utilizing safe alternative medicine that relieves the cravings and withdrawal symptoms, a personal plan is created for your recovery.

You can get help two ways:

- 1 In the event of an emergency such as agonizing withdrawal, come to the Marshall Hospital Emergency Department. Opioid addiction treatment is given at Marshall 24/7, through the ED Bridge Program. A single visit can provide 24 to 48 hours of withdrawal and cravings suppression. You’ll be referred to Marshall CARES (Clinically Assisted Recovery & Education Services) for follow up treatment.
- 2 Call Marshall CARES to make an appointment. You may be referred by your primary care provider or self-refer for treatment. Marshall CARES accepts El Dorado County Medi-Cal and California Health and Wellness and most PPO insurance. For those with no insurance, grants are available to assist with costs for opioid treatment.

Emergency Department

1100 Marshall Way
Placerville, CA 95667

Marshall CARES

1045 Marshall Way
Placerville, CA 95667
530-621-7965

Shingles: What You Need to Know

You've probably seen the commercials on TV. If you had the chicken pox as a child, you have the shingles virus in your nerve cells. This fact can be unnerving. Shingles is a painful skin rash, typically localized in one wide stripe on one side of the body, with tingling or pain where the rash is.

In most cases, the rash will heal within two-to-four weeks. However, for some, ongoing nerve pain can last months or even years.

Now, there's a new vaccine called Shingrix® that can fend off this unpleasant condition. The Centers for Disease Control and Prevention (CDC) recommend this vaccine for healthy adults over the age of 50. It's a two dose vaccine, and will prevent shingles and its complications. Even if you've had shingles in the past or received a different shingles vaccine, you can still receive Shingrix to prevent recurrence.

Contact your primary care physician to learn more about the vaccine today.



Balancing Screen Time with Play Time



Screen time these days looks quite different than it did when we were growing up, different even than it did ten years ago. It used to mean plopping your kid in front of Sesame Street or Teletubbies while we quickly scramble to do the breakfast dishes or throw a load of laundry in the washer.

No longer is "screen time" a passive activity. With the invention of tablets and thousands of apps, kids of all ages can play interactive games that help them build skills like reading, math and more. But there are still some concerns about too much screen time with kids.

Once such concern is screen addiction. Some children can become addicted to those tablets and end up playing games, educational or otherwise, instead of doing homework, sleeping, or interacting with friends and family. Another concern is blue light. This spectrum of light emitted by tablets, smart phones, and even televisions, can have a detrimental effect on sleep patterns and eye sight.

So while screen time isn't as "bad" as it used to be, it's still important to create boundaries for your kids. Limit the number of hours each day they're using tablets and limit any screen time for the hour before bedtime.

And don't forget about play time. "Physical activity reduces children's risk of obesity and diabetes along with improving muscle and bone strength. That's true for adults too!" says Bethany Krieger of Marshall Whole Child Health in El Dorado Hills. Organized sports can be a great way for kids to get that physical activity, as well as provide important interaction with other children. Learning team work and social skills are other important benefits of sports and play time for kids.

Honor Nurses



Marshall nurses were honored on September 21, 2018.

Doctors John Mathewson and Quentin Bonser had a dream of helping nurses further their education and upgrade their skills. On September 21, the annual Honor a Nurse celebration, sponsored by Union Bank and Marshall Foundation for Community Health, honored the service of 46 nurses and awarded scholarships to nine others.

In 1990, doctors Mathewson and Bonser established a scholarship fund with Marshall Foundation for Community Health. Since then, scholarship recipients have received more than \$290,000 in scholarships. Increased levels of nursing training

return to our community each year through the Mathewson-Bonser Nursing Scholarship fund. In 2018, a total of \$25,000 was awarded to the following scholarship recipients:

- Emily Cassel, Outpatient Surgery
- Sierra DeGallery, Telemetry and Stroke Unit and Medical Surgical Unit
- Morgan Gwisdala, Telemetry and Stroke Unit
- Bakytkul Mansurova, RN, Wound Care
- Janelle Mayhugh, Outpatient Infusion
- Amber Melloway-Bettencourt, Telemetry and Stroke Unit
- Ashlee Roman, RN, Medical Surgical Unit
- Lauren Segon, Medical Surgical Unit
- Kristi Sundberg, Transitional Care Center.

Canine Visits Available



Dogs provide more than unconditional love and companionship. They offer proven medical benefits.

For someone battling an illness, affection from a four-legged friend can make the difference between a good and bad day.

Marshall's animal assisted activity program provides our patients with the opportunity to interact with qualified pet visitors. These animals are part of a certified canine therapy organization and their handlers are Marshall volunteers. Animal activities provide social interaction, sensory stimulation, relaxation and stress reduction associated with hospitalization. This activity is NOT the same as a personal therapy animal or other animals outside of the approved organization.

Donating to the Dogs on Call fund will allow the program to expand with therapy dogs touching the lives of many more people.

You can give to Dogs on Call, and support canine therapy today:

CALL 530-642-9984

SEND your donation to Marshall Foundation-Dogs on Call Fund, PO Box 1996 Placerville, CA 95667

GIVE ONLINE

at www.marshallfound.org/TBD or [GoFundMe/TBD](https://www.gofundme.com/TBD)

The passionate spirit and vision of doctors Mathewson and Bonser positively impacts and serves our community healthcare. Their legacy also inspires others to support our dedicated health care employees.

To make a gift to the Nursing Scholarship Fund or any other Marshall Medical Center program or need, or to learn more about the many programs Marshall Foundation for Community Health provides to our community through your generous contributions, visit www.marshallfound.org

Breast Cancer: The Importance of Early Detection



According to the American Cancer Society, breast cancer is the most common cancer among American women, with the exception of skin cancers. The average risk of a woman in the United States developing breast cancer is approximately 12%, meaning there is a 1 in 8 chance that any given woman will develop it. It's also important to note that breast cancer is not specific to women. Instances of breast cancer in men are on the rise as well.

Two of the most important strategies for a good outcome from breast cancer are early detection and seeking the most advanced treatments available. When breast cancer is found early, it's usually small and has yet to spread to other parts of the body, thereby making it more easily treatable.

It is crucial for women to know how their breasts normally look and feel so they can easily detect changes which could be indications of breast cancer. The most common symptom is a new

lump or mass. Other symptoms include:

- swelling of all or part of the breast
- skin irritation, puckering or dimpling
- breast or nipple pain
- nipple retraction or change in position of the nipple
- redness, scaliness, or thickening of the nipple or breast skin
- nipple discharge
- swelling or lumps in the lymph nodes under the arm or around the collar bone
- any change in the size, shape or feel of your breast

If you notice any of these symptoms, call your doctor to schedule an appointment. Your doctor will do an exam of your breast and ask you about other symptoms you may be experiencing, or suggest you get a mammogram for further exploration.

Those who are under-insured can receive free mammogram assistance at Marshall Medical Center through the Cancer Resource Center in Cameron Park. Call **530-672-7050** for more information.

About Marshall Medical Center's Cancer Program

A life-altering illness deserves comprehensive care. Accredited by both the American College of Surgeons (ACOS) and the Commission on Cancer (CoC), Marshall Hematology/Oncology offers a broad range of cancer-fighting services – expert physicians, an infusion center, and a certified oncology pharmacy – all under one roof.

Since 2005, Marshall Medical Center's Cancer Program has been accredited with commendation by the American College of Surgeons, Commission on Cancer (CoC). This means our program has been rigorously evaluated and ensures that we meet or exceed the standards established by the CoC.

Marshall's Cancer Program is all-inclusive, meaning that all medical and support services needed for effective treatment of all cancers we treat is available close by.

Marshall's Cancer Program is El Dorado County's patient-centered cancer treatment hub, where doctors remain on-call 24 hours a day and provide referrals to specialists nationwide. The staff includes two board certified hematology/oncology physicians, in addition to two oncology certified nurses. Patients also benefit from patient navigators, registered dietitians and a social worker.