

For Your HEALTH

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

FALL 2020

What Your Weight Gain May Be Telling You



MARSHALL
MEDICAL CENTER

It's about you

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SPECIAL AD SECTION

Marshall Receives National Recognition for Value, Care and Leadership

In July, Marshall Medical Center received national recognition for patient outcomes, value of care and civic leadership, ranking second among 3,282 hospitals. The Lown Institute, a nonpartisan think tank advocating bold ideas for a just and caring system for health, looked at how hospitals contribute to their communities with metrics like charity care and pay equity. Using these metrics, many of the more well-known hospitals actually fell short while smaller hospitals rose to the top.

“Marshall has a long tradition of collaborating with our community and with our employees and providers,” says Siri Nelson, CEO of Marshall Medical Center. “Creating a culture of partnership and shared vision is core to our mission to provide care for our entire community. We are gratified by the recognition received from the Lown Institute.”

Marshall’s high ranking means that it not only provides exceptional patient care, but also is making strides toward helping its own community of El Dorado County. This includes offering charity care, paying workers in a way that benefits the community’s economy, and serving patients in numbers that reflect the race, education level and income of people living around its locations in Placerville, Cameron Park, Georgetown and El Dorado Hills.

Half of the Lown Institute’s ranking was based on traditional things like



Emergency Department nurses Tyler Study, RN; Chelsea Shanks, RN; and Michelle Domingo, RN

mortality and readmissions, but according to Lown’s president Vikas Saini, MD, combining those criteria with civic leadership reveals how “to go from being really good hospitals to being great.” This index is the first hospital ranking to measure inclusivity or the degree to which a hospital is caring for patients of color and of lower income or education. It is also the first to measure the ratio

of executive compensation to that of employees without advanced degrees.

Just a few of Marshall’s programs that benefit El Dorado County have been highlighted recently in the Mountain Democrat and other local media, including work with Project Roomkey, a collaborative government effort to prevent the spread of COVID-19 among those living on the streets.

#2 IN THE NATION 2020-21  **LOWN INSTITUTE HOSPITALS INDEX**

ABOUT THE LOWN INSTITUTE

Founded in 1973 by Nobel Peace Prize winner Bernard Lown, MD, developer of the defibrillator and cardioverter, the Lown Institute focuses on health care issues such as medical overuse and underuse, health equity, and cost of care. The Institute believes a radically better system of health is possible and advances bold ideas to achieve this.

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

Life-Saving Medication for Drug Overdose



The opioid crisis is prevalent across the nation and El Dorado County is no exception. Healthcare providers are more and more vigilant about which medications and how much they prescribe for pain relief. Yet, there were approximately 47,000 deaths associated with opioid overdoses in 2017. An estimated 40% of opioid overdoses are from prescription medications.

If you have a loved one taking a prescribed opioid for pain relief or taking an opioid they've purchased illegally, it's important to know the signs of an overdose. They include:

- Cold and clammy skin
- Body is limp
- Pupils are very small
- Breathing is slow, erratic or has stopped
- Deep snoring or gurgling sounds
- Inability to wake the person
- Fingernails or lips are blue or purple

A medication called naloxone, also known as Narcan, can reverse the effects of the opioid and can save lives if given correctly and in a timely manner. If your loved one is experiencing overdose symptoms, assist them with rescue breathing, give them naloxone if you have it and stay with them until help arrives.

Marshall has a naloxone distribution program funded through a grant from the Department of Health Care Services. "Anyone can request naloxone by coming to the Marshall Emergency Department," according to Eric Hill RADT-I, Substance Use Navigator at Marshall Medical Center. In addition, any doctor can prescribe naloxone and it can be picked up at any pharmacy. It is recommended that all patients taking a prescription opioid medication also be prescribed naloxone to have on hand as an emergency precaution.



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



What Your Weight Gain May Be Telling You

And How Your Doctor May Be Able to Help

S heltering in place has affected different aspects of our lives. Some have gained a few pounds while working from home, eating our feelings and missing workouts at the gym. But sometimes weight gain can be our bodies' way of telling us there is something more serious going on that needs a doctor's attention.

Thyroid disorder

The thyroid gland is located in the neck and secretes hormones that influence our metabolic rate and protein synthesis. When the thyroid gland under-produces these hormones, it is called hypothyroidism and weight gain can be a symptom, along with a poor ability to tolerate cold, a feeling of tiredness, constipation, slow heart rate and

depression. Sometimes people develop a goiter or swelling in the front part of the neck.

Hypothyroidism can be diagnosed with a simple blood test and is treated with hormone replacement using a synthetic long-acting form of thyroxine, the primary hormone secreted by the thyroid gland.

Polycystic Ovary Syndrome (PCOS)

PCOS is a set of symptoms resulting from an elevated level of androgens (male hormones) in females. Aside from weight gain, signs and symptoms of PCOS can be irregular or no menstrual periods, heavy periods, excess body and facial hair, acne, pelvic pain, difficulty getting pregnant and patches of thick, darker, velvety skin.

Associated conditions include type 2 diabetes, obesity, obstructive sleep apnea, heart disease, mood disorders, and endometrial cancer.

Your doctor will likely do a pelvic ultrasound to assist with diagnosis. If you suspect you might have PCOS, make an appointment with Marshall OB/GYN by calling 530-344-5470.

Food Addiction

Food addiction can be tricky to diagnose. There's a fine line between "foodie" and "food addict." At first, the food addiction comes in the form of cravings, but a person can be caught off guard when suddenly they cannot cope without the food they crave.

Food addiction is not merely a self-control problem; it goes deeper than that. There becomes a point where

the person has no say as to what goes into their bodies despite all the consequences that can come from overeating. People who engage in this type of eating may feel frenzied, and consume a large number of calories before stopping. Food binges may be followed by feelings of guilt and depression.

If you feel you might have a food addiction, make an appointment with Marshall Psychiatry at 530-626-2844.

Cortisol and Extended Stress

Cortisol is a hormone produced by the adrenal glands as nature's built-in alarm system; it's best known for helping fuel your body's "fight-or-flight" response in a crisis. However, it also manages how your body uses the food you eat, reduces inflammation, and increases blood sugar.

During an extended time of stress, for example a global pandemic, the body may produce too much cortisol over a prolonged period. This is called Cushing's Syndrome and often causes weight gain in the abdomen, neck, face and upper back while maintaining thin arms and legs. Other symptoms include fatigue, muscle weakness, irregular menstrual cycle in women, erectile dysfunction in males and bruising.

If you feel your weight gain is unusual, make an appointment with your doctor to explore possible causes. If you've gained a few pounds and need help getting back to healthy eating habits, make an appointment with a registered dietician at Marshall Medical Center's Diabetes and Nutrition Education at 530-672-7021.



I Give Because...

By Andrea Howard, Marshall Foundation for Community Health Board President

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hen I think about giving, I share Coretta Scott King's philosophy. She so eloquently stated, "the greatness of a community is most accurately measured by the compassionate actions of

its members." In the last ten years or so, I have taken these words to heart and have come to understand that calling El Dorado Hills and El Dorado County my home means far more than just an address on an envelope. It inspires me to dig deeper to understand and invest in my community's culture - what it cares about and its vision for the future. It goes beyond a feeling of empathy or concern. It requires compassion, the very essence of which means getting involved and taking action.

Choosing community health as an area of my focus is a logical choice because I believe in the power of living a healthy lifestyle. Growing up, my mom always made sure our family ate healthy and balanced meals. She encouraged me to find activities outside, despite my pleas to stay inside to watch TV or play video games. As an adult, I monitor what I eat, keep a close eye on my weight, and visit my doctor as recommended for preventive screenings. I feel my best when my body is in motion - working in the garden, hiking with friends and our four-legged fur children, or playing a round of golf with my husband. I am drawn to community health because I feel a personal responsibility to take care of my mind and body to alleviate chronic health conditions and do my part to lessen the economic strain on our healthcare system.

I choose to devote my time to the Marshall Foundation for Community Health because it works in collaboration with community partners and philanthropists to improve the wellness of our residents. Could I possibly have the power to be a philanthropist? Whole-heartedly, I believe the answer is YES! Each and every one of us can be a philanthropist if we show goodwill to those around us by making gifts of our time,



talent, or treasures. What I was surprised to discover is that philanthropy doesn't just help the recipients - it provides

tremendous fulfillment to the giver as well. It offers a sense of happiness and a meaningful connection to my community that would not be possible otherwise. Making a difference in someone's life today makes an extraordinary difference in mine.

To find out how you can make a difference in our local community's health, call (530) 642-9984 or visit marshallfound.org



**Marshall
Foundation**
for Community Health

Flu and COVID-19 This Fall Be Prepared for Both

The flu season typically manifests in the fall. At the same time, COVID-19 is still actively spreading in the community. Because the symptoms for both COVID-19 and the flu are similar, the first onset of fever and aches is naturally concerning.

There is a vaccine and treatment for the flu but not yet for COVID-19. There's no denying that the best offense is a good defense against any virus. To avoid either illness:

- maintain a physical distance
- cover a cough
- avoid touching your face
- wash your hands
- clean common surfaces
- wear a mask

Flu vaccines will not prevent COVID-19, but they will prevent certain strains of the flu, as well as reduce the burden of flu illnesses and hospitalizations on the health care system and conserve medical resources for the care of people with COVID-19. The CDC recommends a yearly flu vaccine as the flu and most important step in protecting against flu viruses. This year, getting a flu shot will be more important than ever.

If you believe you've been exposed to either of these viruses, self-quarantine to the best of your ability. Do not go to work or social gatherings, get your groceries or other food delivered and do not invite guests to your home.

You can get tested for the flu at your doctor's office. For a COVID-19 test, visit <https://www.edcgov.us/Government/hhsa/Pages/EDCCOVID-19-Get-A-Test.aspx> to find a testing location near you or you can get one at the Marshall Medical Center lab locations in Placerville and Cameron Park with a doctor's order.

If you start to feel symptoms get plenty of rest and fluids. If at any point you have trouble breathing or walking, call 911 or get a ride to the Emergency Room.

It's critical that you continue to quarantine at home until the virus has completely cleared your system. Be sure to contact your workplace's Occupational Health Department before going back to work.

For reference, here's a chart to help you navigate the flu and COVID-19:



	COVID-19	FLU
Symptoms	<ul style="list-style-type: none"> •Fever •Cough •Shortness of breath •Fatigue •Sore throat •Runny or stuffy nose •Muscle aches •Headache •New changes in taste of smell •Nausea and/or diarrhea 	<ul style="list-style-type: none"> •Fever •Cough •Shortness of breath •Fatigue •Sore throat •Runny or stuffy nose •Muscle aches •Headache
How soon do symptoms appear after exposure?	Typically two-to-fourteen days after exposure	Anywhere from one-to-four days after infection
How does it spread?	<ul style="list-style-type: none"> •Person-to person within six feet of one another •Spread by droplets made when people cough, sneeze or talk •By touching a surface or object that has the virus on it then touching mouth, nose or eyes 	<ul style="list-style-type: none"> •Person-to person within six feet of one another •Spread by droplets made when people cough, sneeze or talk •By touching a surface or object that has the virus on it then touching mouth, nose or eyes
For both COVID-19 and flu, it's possible to spread the virus before or without experiencing any symptoms		
Treatments	There is currently no cure for COVID-19, but its symptoms can be treated.	Prescription influenza antiviral medications are FDA-approved to treat the flu.
Vaccine	There is currently no vaccine for COVID-19.	Each year, there are multiple FDA-licensed influenza vaccines to treat the three or four most common strains of the flu.

What's So Great About Robotic Surgery?

Robotic surgery sounds scary, like something from a futuristic movie. But the future is here. Robotic surgery is simply a form of minimally invasive surgery in which a computer-controlled robot assists your surgeon during the procedure. Compared to traditional surgery, there are many benefits to robotic surgery, for both the patient and the surgeon.

PATIENT BENEFITS

- More precise surgery – Often, your surgeon needs to operate near healthy, sensitive parts of your body. The goal of surgery is to remove or repair the abnormality without affecting surrounding healthy structures. The small size and flexibility of the robotic instruments makes this easier to accomplish.
- Less risk of infection and blood loss – Your surgeon makes tiny incisions rather than large ones, lowering the risk of infection or blood loss.
- Significantly less pain – A less invasive procedure means a less painful recovery.
- Earlier discharge from the hospital – Generally, patients can go home earlier following a robotic surgery, sometimes even the same or next day.



Evegnia Polosina, MD; Ryan Lussenden, MD; Kathleen Hertzler, MD, PhD; Craig Thayer, MD, FACS; and Michele Cherry, DO all perform minimally invasive surgeries at Marshall using the da Vinci Robot.

- Less scarring and a shorter recovery – The smaller incisions also mean that your recovery period is shorter. Sometimes, recovery may last just a few days.

SURGEON BENEFITS

- An enhanced visual field – At the console, your surgeon has a better view of the operating area; the high-definition camera provides a magnified, detailed view, leading to a more precise surgery.
- Superior dexterity – “A human hand can only move so much” says Ryan Lussenden, MD, of Marshall General Surgery. “But the robotic instrument exceeds the dexterity and range of motion of the human hand,” he says, “rotating a full 360 degrees.”
- Access to hard-to-reach places – The enhanced flexibility and precision of the robot allows your surgeon to access hard-to-reach areas.

Robotic surgery using the da Vinci robot is available at Marshall Medical Center for a number of procedures such as hernia repair, hysterectomy, gall bladder removal, prostatectomy, and more. Call Marshall General Surgery to find out if robotic surgery is right for you at 530-626-1441.

Marshall Welcomes

Asish Ghoshal, MD
Marshall Neurology
Cameron Park
530-626-2844

Dr. Ghoshal received his medical degree from All India Institute of Medical Sciences in New Delhi, India. He completed his internship in psychiatry, followed by residency in neurology, at the University of Alabama Medical Center. Dr. Ghoshal has a particular interest in epilepsy and neuromuscular diseases.

Josh Wormley, MSN, APRN, FNP-C
Marshall Family Medicine
El Dorado Hills
530-344-5400

Josh earned a Bachelor of Science in Nursing and a Master of Science in Nursing as a Family Nurse Practitioner from Samuel Merritt University in Sacramento. Josh joins Marshall from Trinity Urgent Care in Lodi, where he worked as a clinician, assessing, managing and treating walk-in/same day medical concerns.

Katrina (Katy) Ogden, MSN, RN, FNP
Marshall Gastroenterology,
Cameron Park
530-672-7040

Katy earned her Bachelor of Science degree in Nursing from Anderson University and her Master of Science in Nursing as a Family Nurse Practitioner at Walden University. Katy is relocating to El Dorado County from Indiana, where she's been working as a GI nurse practitioner.