

For Your HEALTH

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

SPRING 2019



A Lasting Impression



MARSHALL
MEDICAL CENTER

It's about you

- ▶ A New Approach to Care in the ICU
- ▶ Marshall Celebrates 60 Years
- ▶ Colonoscopy: Don't Stress About It

SPECIAL AD SECTION

A new approach to care in the ICU

The Intensive Care Unit (or ICU) is the area of the hospital where the most serious patients receive care. It's specially built, with more equipment and staff than other areas of the hospital. Traditionally, hospitals rely on consulting physicians to round on ICU patients. At Marshall Medical Center, ICU patients benefit from a new model where the patients receive 24/7 specialized care delivered by four new intensivist physicians. These doctors have additional training in critical care and are able to place breathing tubes, start central and arterial lines, place dialysis catheters and

perform other procedures. Under this model, patients won't have to wait for specialists from other areas of the hospital to become available and travel to the ICU. Full time intensivist coverage improves patient care and outcomes for ICU patients. Since the program started late last year, patients have experienced decreased time on ventilators and the average length of stay in the ICU has decreased by two full days.

The addition of this intensivist program helps Marshall maintain best practices for ICU standards of care, which means better care for you.

Help your body heal itself with orthobiologics



Are you suffering from pain or injury but are not quite ready for surgery? Take a cue from professional athletes who've discovered the benefits of regenerative medicine to help heal injuries and treat pain in a natural way.

If you follow sports, you may have heard of injured athletes who seemingly heal and return to the game—and fast. Professional athletes not only have trainers and specialists, but have access to little-known special procedures such as orthobiologics, is the use of natural, biological substances like blood and plasma to quickly heal injuries such as:

- Tendonitis
- Rotator cuff tears
- Osteoarthritis
- Arthritic joints
- Overuse injuries
- Inflammation from herniated disc

Platelet rich plasma injection, or PRP, is one example of orthobiologics. It's a process that takes the plasma from your own blood, which is packaged full of growth factors. Those healthy growth factors are then concentrated by spinning the blood in a centrifuge and isolating those platelets and injecting them into your injury. This lets your body repair the injured tissue, allowing natural anti-inflammatory properties repair tissue and speed up your recovery.

One of the great things about orthobiologics is it uses your body's own healing abilities, increasing their potency and then puts them back into an area of interest. Since these cells are harvested from your own tissue, there's no need to use tissue from a donor. It works simply by using biology to heal your tissues in a natural way.

If you're interested in orthobiologics and PRP injections, contact Marshall Orthopedics & Sports Medicine in El Dorado Hills. Visit marshallmedical.org/ortho to learn more or call 916-805-2320 to make an appointment.

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.

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Marshall Celebrates 60 Years

A look back at how a community built a hospital

The setting was 1956, in the sleepy foothill city of Placerville, where determined citizens led the charge to build a modern hospital. Ed Shortes, MD, a young doctor who joined a local medical practice, sought to replace the outdated and inefficient Placerville Sanatorium, which had served as the local hospital since 1904.

The “San,” as it was called, was a two-story building ill-fitted for a hospital; patients had to be carried upstairs on a stretcher for surgery and to deliver babies and then carried back down again. The building was small and no longer fit the need for the county’s population, which had doubled in the previous 10 years.

What happened next had the makings of a movie plot. Citizens pulled together, sought support and built momentum in the community. The timing was perfect. Congress had passed the Hill-Burton Act, a law that gave funds to build hospitals. The Hill-Burton Act provided for two-thirds of the costs of the hospital construction. The catch was that the community had to raise the other third in cash and pledges. The total cost to build the proposed 52-bed hospital was \$1,085,000, meaning the community buy-in stood at \$411,692. Confident in their resolve, the first Marshall Hospital Board of Directors was established and incorporated by the spring of 1957. The application for funding was submitted and approved by August of that year. The race was on. Placerville had just four short months to come up with their third of the funds.

To put things in perspective, the average income in 1956 was \$4,454 a year; a house cost \$9,550; milk was 97 cents a gallon and a loaf of bread was 18 cents. How could this rural county of 29,000 residents even think to try and raise nearly half a million dollars in such short order? The answer: sheer tenacity.

Michigan-Cal Lumber, the largest employer in El Dorado County at the time, donated the first \$100,000 and land on which the new hospital would be built. Churches and service clubs like Rotary and the 20/30 Club held fundraisers, businesses gave, citizens pledged and several doctors pledged half a year’s pay to the fund.



It was a Herculean effort, but 10 days before the December 7, 1957 deadline, the fund was still \$27,000 short. With no possibility for an extension, the community knew it was now or never as an 11th hour plea went out. The suggested minimum pledge was \$5 per month for 18 months, or \$90.

Four days before the deadline, the Mountain Democrat newspaper carried a simple headline: “SUCCESS” Donors Boost Funds Past Goal. In the end, the fundraising campaign surpassed its goal by \$51,514. One can imagine it was a scene straight out of *It’s a Wonderful Life*, with townspeople emptying their coffers to save a cause they believed in, to invest in the community and its health. The Mountain Democrat wrote, “It was the most worthwhile project ever undertaken... and truly shows that El Dorado County can and does band together for the betterment of the community.” Marshall Hospital was built and opened in July, 1959.

Today, Marshall Hospital celebrates 60 years and stands as one of the few remaining independent hospitals in the nation. Marshall attributes its success to local governance by a volunteer community board of directors and local hospital authority, which allows for quick and nimble management and reinvestment of profits back into improving the non-profit community hospital. For more information, visit www.marshallmedical.org/aboutus.

Then and Now	1959	2019
Hospital Beds	49	125
Physicians on Staff	12	200
Employees		1800
El Dorado County Population	29,000	180,000



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



A lasting impression

“ So much good was done for me at Marshall, I wanted to do some good there too. ”

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As a teenager, Nat Sherrill's first job was night-shift maintenance work at a hospital. "I got to see behind the scenes," he says, reflecting on the hard work he observed by both caregivers and grounds maintenance staff alike. That experience stuck with him in the more than six decades since.

Hard work was not lost on Nat and his wife, Jan, both in their 80s now and retired in the Central California Coast. Professionally, Nat worked as an engineer for the US Geological Survey and Jan as an administrator at Stanford University. But what ultimately defined them was their passion for wine, and eventually, wine making. Nat and Jan began making wine in 1971 as a hobby, "before it was a fashionable thing to do," in a small cellar next to their garage.

Jan felt it silly to spend money on a hobby and suggested they make it a business. They opened Sherrill Cellars in 1973 in the basement of the post office in Woodside and expanded over time, acquiring 25 acres in Palo Alto where they built a winery surrounded by vineyards and a community of local vintners that became their family.



By 1981 the winery became Jan's full-time venture. Sherrill Cellars was a modest success, annually producing up to 2,000 cases of Chardonnay, Zinfandel, Chenin Blanc, Petite Syrah, Cabernet and Barbera sold to local stores on the peninsula.

In 1995, Nat and Jan retired, sold the winery and moved to a ranch on the Central Coast. Ever the gentleman farmers, the Sherrills decided then to raise alpacas. Each day, they experience the soothing peace of watching alpacas graze on their pasture.

Though the Sherrills have never lived in El Dorado County, about ten years

ago, Nat and Jan experienced a life-altering experience while visiting friends in the area. "It was 2009," said Nat. "I wasn't feeling well. I saw a doctor and was treated for internal bleeding." After eventually getting a clean bill of health, they decided to travel to El Dorado County for a visit. Unfortunately, this was the time they discovered Nat's internal bleeding hadn't been resolved after all. After passing out from severe blood loss, Nat was rushed to Marshall Hospital's Emergency Room. "I was in poor shape when I arrived at Marshall," he recalled. "One of the things I do remember was a nurse saying, 'my god, look at his color!'" Nat was given 10 units of blood and spent six days in Marshall's Intensive Care Unit.

This was not the vacation they had envisioned, but the Sherrills were grateful for the care. "I was stunned at the contrast between my local hospital and Marshall and I still am, to this day," shares Nat. He spoke wistfully at the expertise and bedside manner of all who cared for him. "It was above and beyond what I'd ever experienced at a hospital. It's difficult to explain to people what staying there was like. It was more like a resort than a hospital. The care was top notch and the food was sensational. It was tasty and well-prepared."

And so it came full circle – from the experience of his youth working in a hospital – to becoming the recipient of the dedicated care and compassion that saved his life. Nat and Jan did not have children, so when it came to deciding where to leave his half of their estate, Nat decided to leave a substantial amount to Marshall Medical Center. "So much good was done for me at Marshall, I wanted to do some good there too," he says. "As a consumer of quite a bit of medical care, I know how important continuous training and education are to medical professionals." He has allotted a portion of his gift to the continuing medical education of nurses to return what was generously given to him. Referring back to his memories of working maintenance at the hospital, Nat adds, "Even at 16 I could appreciate that the kitchen, buildings and grounds people



seem to get the short end of the stick. So I've made sure some money will go to them, as well as the ER, which always needs money."

"You never know how your everyday work will impact others," says Jamie Johnson, Executive Director of the Marshall Foundation for Community Health. "It is heartwarming to hear this story and we are honored to receive this legacy gift recognizing the excellent care and lasting impression Marshall has left on the Sherrill family."

Leave a Legacy

You too can leave a legacy for others. If you would like to support Marshall Medical Center through giving to the Marshall Foundation for Community Health, there are several gift arrangements from which to choose.

Whether you would like to put your donation to work today or benefit the hospital after your lifetime, you can find a charitable plan that meets your needs now and into the future.

Want to learn more about including a gift to Marshall Foundation for Community Health in your future plans? Contact Executive Director Jamie Johnson at jjohnson1@marshallmedical.org or 530-642-9984. No matter the size, your gift makes a difference.

Surgery in a New Age

The art of surgery has come quite far in the past decade. Procedures that used to involve large incisions and lengthy, painful recoveries can now be performed with only a few small incisions. With the help of modern tools such as the da Vinci surgical robot, surgeons can manipulate instruments more acutely. With just one instrument, surgeons are able to grasp, cut and coagulate, almost negating the need to use stitches and reducing the amount of blood lost during surgery. Surgeons are further assisted with a more refined 3-D camera. This allows surgeons to conduct a wider variety of surgeries laparoscopically. Patients will have less pain, leave the hospital more quickly and get back to normal activities sooner.

Marshall Medical Center is now home to a new, upgraded da Vinci surgical robot, the Xi model, for minimally invasive surgery. Robert Carter, gynecologist at Marshall OB/GYN,



has performed hundreds of robotic surgeries. “The new robot provides better optics, more flexibility and smaller instruments,” he adds.

Utilizing the da Vinci robot, Marshall has set a superb standard of care with better outcomes. For example, patients who’ve undergone an outpatient hysterectomy at other hospitals would spend up to 24 hours at the surgery center, while Marshall patients typically go home after only four hours. Some

patients even return to work in as little as one week following surgery.

Minimally invasive robotic-assisted surgery may be used for conditions such as:

- Hysterectomy
- Inguinal, hiatal and ventral hernia repairs
- Diverticulitis, sessile polyp
- Colon cancer, pre- or malignant polyp
- Foregut surgery – anti-reflux

Talk to your physician about the availability and appropriateness of da Vinci surgery for your condition. The medical experts at Marshall Medical Center are ready to help.

Marshall General Surgery
530-626-3682

Marshall OB/GYN
530-344-5470

The Importance of Immunizations

Some parents may be nervous about immunizing their children, but doctors want you to know vaccinations are important both for the health of your child and for the health of others. When a population is immunized, the diseases become less prevalent and therefore reduce the number of deaths associated with them.

Rest assured, if your child has a negative reaction to any immunization, your pediatrician or family medicine practitioner will adjust the immunization appropriately. Most commonly, an unusual reaction will occur for immunizations given in groups, such as measles, mumps and rubella. In this case, the doctor may choose to space these out over a few months to reduce the likelihood of a negative reaction.

Marshall Pediatrics
4341 Golden Center Drive
Placerville
530-626-1144





Your teen's first GYN visit

It's a delicate topic for young women and their parents alike, but the conversation about a girl's changing body during puberty should not be delayed. Young women are maturing more quickly these days and the cause is a source of debate, but this merely means that keeping communication open and honest is more important than ever. A key question to answer is, when is the right time for that all-important first appointment with an OB/GYN physician?

Pediatricians and family practice physicians provide important, comprehensive care for the first years of life, but depending on the provider, not all may feel comfortable extending that care to specifically female needs. That's where a trained specialist in women's health comes in. One like

Michele Cherry, DO, an obstetrics and gynecology physician at Marshall OB/GYN in Placerville. She's careful to point out there are different types of appointments that are appropriate depending on a young woman's age and specific female health needs.

"Barring health concerns, pregnancy, difficult menstruation or infections, I recommend that young women have their first internal pelvic exam, pap test and breast exam at 21 years of age," Dr. Cherry explains. "However, it's a good idea for girls to have an initial consultation and visit with an OB/GYN doctor in their early teen years, somewhere between 13 and 15."

The difference between the two types of appointments is that for younger girls -- again barring early sexual activity -- the visit with their new OB/GYN is focused on patient education. Dr. Cherry says, "It's a chance for us to establish the

relationship with our new patient and to discuss important subjects such as safer sex, contraception, sexually transmitted diseases, menstruation, personal hygiene and any concerns a young woman may have about her body and how it's changing." She adds that the early teen years can be rife with concerns about body image, weight, and many emotionally difficult things a girl may be growing through. "We try to make that first visit as comfortable and open as possible, where the patient feels free to be honest about their concerns with an impartial person who cares about their health."

If a teen girl is sexually active, a complete examination including pelvic and pap test is crucial, to ensure no infections are present and to educate the patient about making smart choices and protecting herself and her growing and changing body. For the teen girl who is not sexually active, this first appointment with an OB/GYN provider is equally important, though lacking the exam component for good reason. ACOG reports there is no clinical support for a pelvic exam or screening prior to 21 years of age in a non-sexually active patient without female health concerns.

As Dr. Cherry explains, "an initial appointment in early teen years is an ideal way to establish a trusting relationship between patient and physician and to introduce young women to important topics during a non-threatening, pleasant visit that doesn't include the pelvic or breast exam component, which can be intimidating to younger girls."

Marshall OB/GYN providers are currently accepting new patients. For appointments in Placerville, call 530-344-5470 and for appointments in Cameron Park, call 530-672-7060.

GOLD COUNTRY HALF HALF MARATHON +5K

PRESENTED BY



SUNDAY, MAY 19, 2019 7 A.M. START TIME

El Dorado Hills Town Center | 4370 Town Center Blvd. | El Dorado Hills

Kids' K Run (.6 miles) for children aged 2-12 years old.

FEATURING:

- Half Marathon and 5K Finisher Medals
- Ribbons for Kids' K Run Finishers
- Race Tee
- Finish Festival Featuring Food, Beer and Music

**Awards for Male/Female Age Group
Winners for the 5K and Half Marathon**

Marshall Health Expo

- Foam Roller Stretching
- Flexibility Screening
- Core Strength Assessment
- Ask a Doc
- Information on:
 - Sports Medicine*
 - Podiatry*
 - Physical Therapy*
 - Heart Health*
 - Diabetes Health*
 - Women's Health*

FOR MORE INFORMATION AND TO REGISTER, VISIT RUNGOLDCOUNTRY.ORG

