

For Your HEALTH

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

FALL 2018

Birth Center Delivers a Joyous Ending

A Marshall
Birth Story



MARSHALL
MEDICAL CENTER

It's about you

- ▶ Hernia 101
- ▶ What's to Urgent for Urgent Care?
- ▶ Healing Garden Coming Soon

SPECIAL AD SECTION

What's Too Urgent for Urgent Care?



- A stiff neck associated with fever or headache
- Accidents involving pedestrians or bicycles and cars
- A red/purple rash that doesn't disappear when brief fingertip pressure is applied to the skin
- A bulging or sunken fontanel (soft spot) in infants
- Sudden severe pain anywhere in the body
- Falls from any significant height
- Mental health concerns

It's happened to us all -- and inevitably in the evening or middle of the night. Your child is sick. Do you know what to do? Should you wait it out until morning when you can call the pediatrician or do you rush them to the closest Emergency Room? Here are some guidelines from emergency physician Michael Mirhadi, MD, of Marshall Medical Center.

Emergency Room

It's hard to know what an emergency is and what can wait. Here are a few indications that a trip to the ER is necessary:

- Fainting, loss of consciousness, seizure
- Fever in a newborn
- Rapid or difficulty breathing
- Sudden dizziness, weakness or change in vision
- Change in behavior, such as confusion or difficulty walking
- Severe or persistent vomiting or vomiting blood
- Severe or persistent diarrhea or blood in stools
- Vomiting and/or diarrhea with dry lips or mouth and/or decreased urination
- Profuse bleeding or bleeding that won't stop with direct pressure after 15 minutes
- A gaping wound with edges that don't come together
- Problems with movement or sensation after an injury

Urgent Care

Urgent care is a great alternative to the ER if your pediatrician is unavailable. If you can't make an appointment within a day or two for the following symptoms, head to a nearby urgent care center:

- Fever accompanied by cold symptoms and you suspect it may be the flu.
- Possible ear infection; symptoms include drainage from the ear, ear ache and pulling on the ears.
- Sore throat with or without white patches on the tonsils, a possible sign of strep infection.
- Possible pink eye, (red, inflamed eyes with or without discharge).
- A few episodes of vomiting or diarrhea (without blood in the stool) but has no belly pain or signs of dehydration.

"Generally speaking," says Mirhadi, "if your child is able to walk, talk, interact and play, chances are whatever she or he has is not an emergency and you should make an appointment with your pediatrician." But trust your gut, if you feel something can't wait until the next available appointment, visit urgent care or the emergency room.

To find a doctor or nurse practitioner today, visit marshallmedical.org.

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

Hernia 101



Hernias -- Chances are you know someone who's had one. But what are they? How do you know when you have one? And how are they treated? Marshall General Surgeon Ryan Lussenden, MD, has the answers.

What is a hernia?

The simple answer: a hernia occurs when an organ pushes through a weak spot in the muscle or tissue that holds it in place. The most common type is called an inguinal hernia, where the intestine or

bladder pushes through the lower abdominal wall into the groin. There are a few other kinds, including ventral hernias (in the abdomen) and umbilical, more common in newborns.

How do you prevent a hernia?

There are a few things you can do to prevent a hernia: strengthen your abdominal muscles, warm up and rest properly before and after exercise, quit smoking, eat more fiber and maintain a healthy weight.

How do you know you have a hernia?

The most obvious symptom of a hernia is a bulge or lump in the affected area. If it's an inguinal hernia, you may notice a lump on either side of the pubic bone where the groin and thigh meet. Hernias are most easily felt when you're standing, bending down or coughing.

You may also experience:

- pain or discomfort, particularly when bending over, coughing or lifting heavy items
- weakness, pressure or a feeling of heaviness in the abdomen
- burning, gurgling or aching near the bulge

How do you treat a hernia?

While some hernias can be treated with lifestyle changes and/or medication, if it's causing pain or growing larger, you'll likely need surgery. Make an appointment with your doctor for an evaluation and referral. Dr. Lussenden at Marshall Medical Center offers minimally invasive, robotic hernia repair. Contact his office to make an appointment at 530-626-3682.

Exceeding Patients' Expectations

Let's face it. No one wants to be a patient in a hospital. While grateful for the care they receive, most people would rather recuperate in the quiet of their own home, in their own comfortable bed and eating familiar food. During a hospital stay, patients are awoken in regular intervals by nurses and doctors who examine them and take their vital statistics. They eat healthy food and have limited TV selection -- all while not feeling well.

But when asked, Marshall patients overwhelmingly say they had an outstanding experience at Marshall

Hospital. How do we know? Every patient is sent a standardized patient care survey administered by the Centers for Medicare and Medicaid Services (CMS). The results show that Marshall's patients highly rate their care experience at Marshall.

The questions range from caregiver communication to pain management, cleanliness and more. Based on survey results, and in comparison with other hospitals in the nation, Medical Center is the recipient of the Healthgrades 2018 Outstanding Patient Experience Award™. Marshall Medical Center ranked among the top 10 percent of hospitals nationwide for patient experience. This success is based on the patients' perception of the care they receive, and that's why Marshall is very proud of this honor. Find out more at www.healthgrades.com.



For more information about Marshall, visit www.marshallmedical.org or follow us on [Facebook.com/marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), twitter.com/MarshallMedical or [Google+ Marshall Medical Center](https://plus.google.com/+MarshallMedicalCenter).

A Marshall Birth Story:

Birth Center Delivers a Joyous Ending



Brooke and Justin enjoy making their daughter, Blair, laugh.

Two weeks before Brooke Simmons and her husband, Justin, had their beautiful baby girl Blair, they were living in Oklahoma, carefully preparing a detailed birth plan. But the perfect job opportunity opened up here in California, so they packed up and moved back to Brooke's home town of Placerville. "While I was excited to move back to California, I knew I had to move quickly to switch obstetricians and find a new hospital and pediatrician."

Marshall Medical Center was able to provide everything Brooke needed for the delivery and care of her baby. Obstetrician Ken Nelson, MD, who delivered Brooke many years ago, was a caring and reassuring presence, giving Brooke respect, warmth and expert advice while reviewing her birth plan.



Brooke and Blair with Birth Center staff members: Mary Ann Gulutz, RN, Director; Katie Olivier, RN and Kenneth Nelson, MD



Brooke, Justin, and Blair are joined by Brooke's sister, Brie Mattson and their mom, Wendy Thomas.

During Brooke's second appointment with Dr. Nelson, she was sent directly to Marshall Hospital with what was thought to be preeclampsia. As it turned out, Brooke had gone into labor. "I was warmly welcomed at the Birth Center and received amazing care. Each nurse played a unique and critical role in my birth experience and was very respectful of my birth plan."

Weeks after her delivery, Brooke was still able to recall her nurses' contributions.

"Katie helped me feel comfortable, bringing humor to lighten the mood. Danielle's extensive background provided helpful insights into questions and concerns, while advocating for my needs throughout my time at Marshall. Deanna's kind and gentle nature was a welcomed presence in the night routine, and Lindsey's creativity and intuition helped turn the tide in the middle of a difficult birth by offering suggestions and techniques that made a vaginal birth possible, something that I desired. Lindsey's knowledgeable

“Everyone at the Birth Center was committed to my birth plan”

assistance with breast feeding also made that process successful and unintimidating.”

“Everyone at the Birth Center was committed to my birth plan and, while we had to make some compromises, they all helped make it a reality. My goal was to have a natural birth and that's exactly what happened.”

Unfortunately, Brooke's experience didn't end there. Her labor was difficult and prolonged. After 32 hours in labor and roughly four and half hours of active

pushing, their beautiful daughter was born.

But then the situation took a turn for the worse. Brooke began to hemorrhage, and Michele Cherry, MD, quickly and skillfully reacted to the critical condition. Brooke was rushed to the operating room and all hands were on deck.

The team that assembled included Craig Thayer, MD, Chief of Surgery, as

well as doctors and nurses from various specialties throughout the hospital.

Marshall has an operating room located right in the birth center, so Brooke was able to get into surgery quickly. During her surgery, the nursing staff was able to give Justin regular updates on her progress and assure him that he was doing everything caring for their brand new baby.

“I'm convinced that had it been another time or in another hospital, the results may very well have been quite different,” said Brooke. “However, due to the expert care from Dr. Cherry and from all the departments of Marshall Medical Center that day, I got the care I needed and today we have our healthy, beautiful daughter.”

To watch Brooke and Justin speak more about their birth story, visit marshallmedical.org/reviews

Marshall OB/GYN

With offices located in Cameron Park and Placerville, Marshall is conveniently situated to provide quality care to women throughout El Dorado County.

Placerville

530-344-5470

Robert Carter, MD
Michele Cherry, DO
Timna Hughes, MD
Kenneth Nelson, MD
Kate Sullivan, FNP

Cameron Park

530-672-7060

Christine Cambridge, MD
Alicia Tobin-Williams, MD

Cancer Center Healing Garden

It will be a place to heal, to breathe, to lose all thought and to just be in the moment. The proposed new healing garden at the Marshall Cancer Center will provide patients, family, staff and community an opportunity to utilize nature's health giving and therapeutic power.

The proposed garden will provide a safe and comforting place with covered areas to sit in the shade and open areas to take in the sun and wide walking paths allow for easy navigation on a garden stroll.

The healing garden will be located in Cameron Park, adjacent to the Cancer Center and dedicated to the memory of Janet Nachtman, the wife of former Marshall Medical Center CEO, Frank Nachtman. Years ago, Janet fought valiantly against cancer. "It is because of her vision and passion to find a better pathway that the Cancer Center exists today," says Judie Stewart, Janet's close friend and chair of the healing garden campaign. Janet was an exceptional artist and brilliant gardener; she was compassionate and concerned about improving the journey of all cancer patients.

Research has shown that introducing nature into healthcare has a profound impact on those who experience it. Pain and stress decrease, and the overall emotional state improves. Healthcare is not confined to

the walls of a building. Healing also occurs outside in nature. "This serene environment will allow patients time and space to heal spiritually, mentally and physically in a way that cannot be quantified," adds Wendy Goossen, Director of the Cancer Resource Center.

Planned to open in 2019, fundraising for the Janet Nachtman Healing Garden is ongoing. For more information on how you may positively impact lives through the Cancer Healing Garden, please contact Mr. Jamie Johnson, Executive Director, Marshall Foundation for Community Health, at 530-642-9984 or jjohnson1@marshallmedical.org.



Last May, the Marshall Foundation for Community Health said goodbye to long-time CEO/ Executive Director Karen Good. We wish her well on her new retirement adventure and welcome her successor, **Jamie Johnson**. Jamie is relocating to California with his wife, six children, and three

German Shepherds from Eerie, Pennsylvania where he was the Executive Director of the Mercy Hilltop Center, an activity center for independent, active older adults.

Six Reasons to Choose a Marshall Medical Center Doctor



It's fall - time to think about your healthcare options. Select a health plan that allows you to choose providers affiliated with Marshall Medical Center. Here are just a few reasons why:

- 1 We're highly recommended** – Independent agencies like Healthgrades® and the Centers for Medicare and Medicaid Services (CMS) have rated our physicians and hospital among the best. Our focus on service and quality also ranks us highly among various other healthcare rating organizations.
- 2 Expert physicians** – Our physicians are all board-certified or board eligible, demonstrating expert skill. High-caliber primary and specialty medicine is our commitment to the community.
- 3 When you need care, we're right there** – You don't need to travel far for medical appointments with our primary care providers or specialists, lab work,

imaging services, physical and speech therapy and more. Marshall has convenient locations throughout El Dorado County.

- 4 Emergency care at a higher level** – Our Level 3 Trauma Center has specially-trained staff and advanced medical technology, providing immediate availability of surgeons, hospitalists, pharmacists, and anesthesiologists 24-hours a day.
- 5 Excellent maternity care** – We provide personalized prenatal care by physicians focused on a healthy pregnancy and safe delivery for mom and child. Our birth center features private suites, whirlpool tubs and the most modern amenities for families. We are designated as a Baby Friendly Hospital® by the World Health Organization and UNICEF for breastfeeding advocacy.
- 6 Advanced medical technology** – Marshall boasts modern technology you'd be surprised to

find at a community hospital, including all-digital imaging, 64-slice CT, MRI, digital mammography with CAD and PET/CT. Our electronic medical records system ensures accuracy with your privacy and safety in mind. Marshall also offers minimally invasive surgery using the da Vinci robotic system and has one of the few hyperbaric oxygen therapy treatment programs in Northern California.

How to Choose Marshall Medical Center

1. Visit marshallmedical.org and choose "Provider Directory" to choose a doctor by name, location or specialty.
2. Call the doctor's office to make your first appointment, while confirming if the doctor a) accepts new patients and b) belongs to the health plan you've chosen.

If you have any questions, please call **530-676-0777**. Customer Service hours are Monday – Friday, 8 a.m. to 4:30 p.m.

New Providers

Marshall Medical Center is happy to welcome several new providers this fall.

Kathleen Hertzner, MD, PhD
Marshall General Surgery, Placerville
530-626-3682

Dr. Hertzner joins Marshall General Surgery from Kaiser Permanente in Woodland Hills, CA. She has broad clinical interests including laparoscopic and robotic techniques, acute care, trauma surgery, colorectal, breast, foregut, and hernia repair.

Ryan Lussenden, MD
Marshall General Surgery, Placerville
530-626-3682

Dr. Lussenden also joins Marshall General Surgery, having completed his bariatrics fellowship at Lahey Clinic in Burlington, MA. Dr. Lussenden has several clinical interests including laparoscopic surgery, robotic surgery and bariatric surgery.

Evgenia Polosina, MD
Marshall OB/GYN, Placerville
530-344-5470

Dr. Polosina is joining Marshall OB/GYN from Central Michigan University College of Medicine. She has experience with minimally invasive surgical techniques, both robotic- and video- assisted, as well as in laparotomy for the management of malignant and benign gynecological conditions.

Bethany Krieger, NP
Whole Child Health, El Dorado Hills
530-344-5400

Bethany joins Marshall Whole Child Health from Northwest Pediatric Center in Centralia, WA. She promotes preventive and health maintenance care through performing well child exams, treating patients with acute conditions, illnesses, or minor trauma, and education patients and their parents.

Cindy Betzler, NP
Marshall Pediatrics, Placerville
530-626-1144

Cindy is joining Marshall's Pediatrics practice, bringing with her 20 years of experience in the field. She provides primary care to patients from birth to 21 years of age, with a special interest in caring for children with cancer.



“Thank you from the bottom of our hearts. The love and attention given to my wife and child at Marshall’s Birth Center was amazing! I have never experienced so many nice people under one roof.”
 – J.S.



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 of Hospitals in California
 Rated 5-stars for Overall Quality



Among the Top 10%
 of Hospitals in the Nation
 for Outstanding Patient Experience



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