

For Your HEALTH

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

FALL 2019



The Skinny on Intermittent Fasting



MARSHALL
MEDICAL CENTER

It's about you

- ▶▶ When You Gotta Go... Too Often
- ▶▶ Once Bitten: Dos and Don'ts of Rattlesnake Bites
- ▶▶ Sex and Cancer

SPECIAL AD SECTION

Welcome Siri Nelson, Marshall's New CEO

Marshall Medical Center welcomes Siri Nelson, MHA, FACHE,

CPA, as its new Chief Executive Officer. Siri joined the organization in July and will spend six months transitioning responsibilities from the outgoing CEO James Whipple. Upon James' retirement in January, Siri will officially step into the role.

Siri is a native Californian whose most recent position was as CEO at Renown Health's South Meadows Medical Center in Reno, Nevada. "Siri is a seasoned healthcare executive, one the board found to be a great fit, given her 28 years of experience in rural health," says Gabrielle Marchini, chair of the Marshall Hospital Board of Directors.

Siri began her career in accounting and finance, doing audits of various health care organizations. "I just fell in love with the complexity of the organizations," she says. That's how she got into health care

administration and began working at several community hospitals in the Sierra Foothills and the Central Valley. She served as Chief Financial Officer and Interim CEO at Sutter Amador Hospital in Jackson, Chief Administrative Officer at Sutter Lakeside in Lakeport and since 2017, as Chief Executive Officer at South Meadows Medical Center in Reno. She now also chairs the American Hospital Association's section for Small & Rural Hospitals.

"I can already tell Marshall is a really good organization," says Siri. "The people care about this community, they care about each other and they care about their patients. People are very committed. One of the things that drew me here was that connection to purpose and patient-centered focus. That is a great foundation. What I'm hoping to do is to take Marshall to the next level, a focus on world class care, patient engagement and employee engagement. Marshall is already on that path, we just need to leverage that momentum to keep things moving in the right direction."



Ask Siri

Q: What do you do for fun?

I love to read and I like to garden. I take walks and I'm trying to get back into running. I've done three half marathons. I love to hang out with my friends and shop, lunch, and hike. I also took up horseback riding recently.

Q: What are three books we would find on your shelf?

- *The Art of Dying Well* by Katy Butler
- *Little Fires Everywhere* by Celeste Ng
- *The Year of Yes* by Shonda Rhimes

Q: What's your favorite vacation spot?

I love vacationing near the ocean and spending time at the beach. I enjoy hiking in the mountains and the desert.

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 1,600 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

For Your HEALTH

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To reach the editor of For Your Health, contact Brittany Garcia at 530-626-2816 or bgarcia@marshallmedical.org

When You Gotta Go... Too Often

Urinary incontinence is as inconvenient as it is embarrassing. Quite common in both men and women, the severity can range. While coughing, laughing and sneezing may cause some to leak urine, others may get a strong and sudden urge that cause a total loss of control.

There are several ways to address this issue, including fluid management, physical therapy, and medication. But if none of these methods provide relief, the use of Botox® on the bladder is another solution. “Botox works by blocking the signals from the nerves to the muscles, calming the overactive bladder,” says John V. Monterello, MD, of Marshall Urology. “A calm bladder is a happier bladder, helping you enjoy everyday activities without constantly

wondering where the nearest restrooms are.”

It takes about 30 minutes to administer injections throughout the bladder using a small lighted tube called a cystoscope inserted through the urethra. Results can last anywhere from four to 10 months and can be repeated when the effects start to wane. Men with prostate problems are not considered good candidates for this treatment.

The procedure is covered by most insurance, including Medicare.

Talk to your doctor to see if bladder Botox could be right for you.



For more information, call Marshall Urology at 530-676-6131

Once Bitten: Dos and Don'ts of Rattlesnake Bites

Summer and fall are rattlesnake season in Northern California. Though their bites are rarely fatal, rattlesnakes are dangerous and their attack can cause a serious medical emergency. If you get bitten, call 911 and seek treatment immediately.

The most obvious symptom of a rattlesnake bite is the puncture marks made by their large fangs, where you may experience pain, tingling or burning. Other symptoms include:

- numbness in the face or limbs
- lightheadedness
- weakness
- nausea or vomiting
- sweating
- salivating
- blurred vision
- difficulty breathing

Once bitten, the first thing to do is get away from the snake as quickly as possible to avoid a second bite. Don't try to catch the snake but make a note of its size and color. This will help medical professionals identify which species it is.

Seek medical assistance as soon as possible; calling an ambulance is a good idea. While you wait, stay calm, don't raise the bitten area above the level of your heart, stay as still as possible and remove any tight clothing or jewelry as you may start to swell. Don't wash the wound, but place a clean bandage on it. Don't ice nor apply a tourniquet -- letting the wound bleed will expel some of the venom. You may have seen this on TV, but don't suck the venom with your mouth as you are not only exposing the venom to your mouth but also



introducing bacteria to the wound.

Once you've been treated in the emergency room, you'll likely be prescribed pain medication, Benadryl and an antibiotic. Be sure to make a follow up appointment with your primary care provider to ensure the wound is healing properly.

Northern California has beautiful terrain. Don't let rattlesnakes stop you from venturing outdoors. With proper gear like boots and other protective gear, awareness of your surroundings and some knowledge about these reptiles, you can continue to enjoy nature.



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

The Skinny on

Intermittent Fasting

Intermittent fasting: you've probably heard about it. You likely know someone trying it out for weight loss. It's gained much popularity recently, although fasting has been used by different cultures for centuries.

What is it?

Intermittent fasting is cycling periods of eating and not eating. Studies show that by doing this, people eat fewer calories than on other calorie restrictive diets. "During the fasting state, your blood sugar and insulin levels are lower, allowing your body to burn more fat," explains Tarandeep Kaur, MD, of Marshall Family Medicine in El Dorado Hills. In her practice, Dr. Kaur has a special interest in medical weight management.

The basics of intermittent fasting involve eating for a certain amount of time, followed by a period of fasting. While we're fasting, our bodies go through a process called autophagy

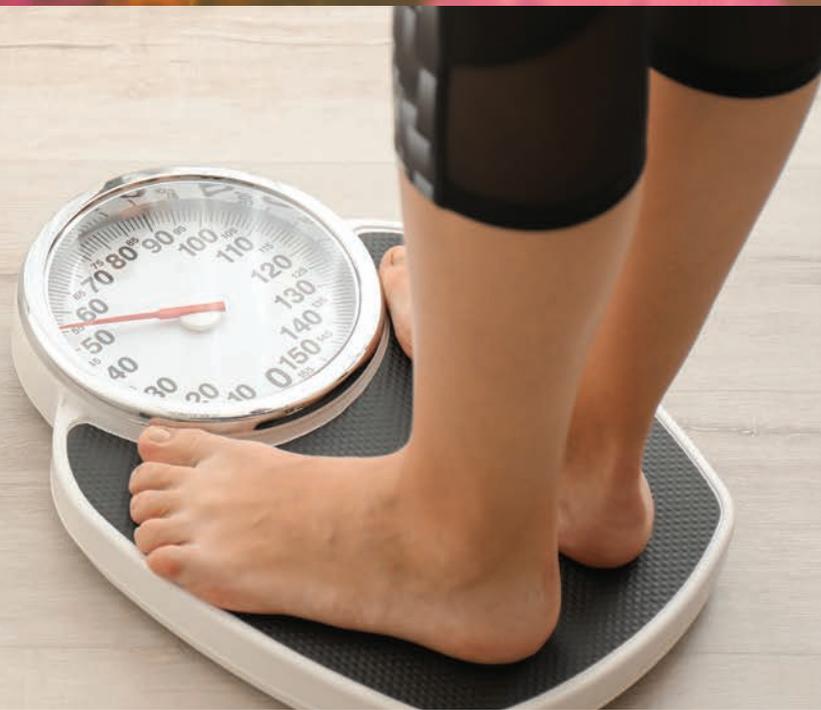
in which our system clean house by discarding old cells and building new ones. Feeding yourself more often throughout the day inhibits this process and slows weight loss.

The two most popular schedules are:

- Eating normally for five days a week and eating only 500 calories for the other two days
- Eating normally for eight hours and abstaining from food or drinks that contain calories for 16 hours. A more extreme version of this is eating for four hours and fasting for 20.

The most important thing to note for either of these schedules is to maintain healthy eating habits during your eating period—whole grains, moderate protein, fruits, vegetables and healthy fats. Dr. Kaur recommends eating 25-30% of your daily protein for your first meal, along with plenty of fiber. She also suggests eating a lighter dinner to help speed weight loss.

“ Intermittent fasting is cycling periods of eating and not eating. ”



Preparing for Intermittent Fasting

“Before starting an intermittent fasting program,” says Dr. Kaur, “change your eating habits to include three meals a day without snacking.” This will help your body prepare for long periods without caloric intake. Talk to your doctor before starting this program if you have any of the following risk factors:

- If you're younger than 18 years old
- If you're pregnant, nursing or trying to become pregnant
- If you have a history of disordered eating
- If you have diabetes or hypertension.

If you have been prescribed medications that should be taken with food, be sure to adjust your medication schedule to fit your fasting schedule. As for your exercise routine, “intermittent fasting shouldn't have an impact on your

exercise schedule,” says Kari Holmstedt, RD, a registered dietician at Marshall Diabetes and Nutrition Education, “although if you find your workouts to be more effective before or after eating, take that into account when you determine what hours or days you eat and fast.”

What are the benefits?

Intermittent fasting is shown to have just as positive results, if not more so, than other calorie restrictive diet programs. Following this program will not slow down your metabolism so resulting weight loss is very sustainable in the long term. It also helps you lose more fat than muscle and even lowers inflammation.

Studies also show benefits for people with diabetes. Just a five to 10 percent weight loss has been shown to improve diabetes symptoms by 58% and lowers A1C results. “Some studies indicate fasting helps with mental alertness and may prevent Alzheimer's and dementia,” says Kari. Another benefit to this method is that it's easier to follow than counting calories, carbs, or points.

Intermittent fasting also increases growth hormone levels during the fasting state, so this program is beneficial for people trying to gain muscle.

Best of all, unlike other popular weight loss programs that require the purchase of special, branded foods and workout videos, there is no added cost associated with intermittent fasting.

To make an appointment with Dr. Kaur, call 530-344-5400.
To consult with a registered Marshall Diabetes & Nutrition Education dietician, call 530-672-7021.

Grant Funds Screenings for Children

The Marshall Foundation for Community Health recently granted the El Dorado County Office of Education – Child Development Programs \$14,300. The grant will provide preventive screenings to between 300 - 500 El Dorado County children to detect early signs of hearing and vision loss. With grant funds, a new Vision Screener and a new Hearing Screener were purchased to replace the outdated machines.

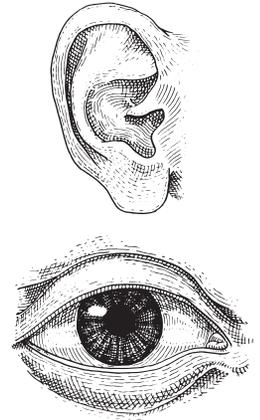
Approximately 15-20% of students screened will be referred to a physician or specialist for follow up based on results of the screenings. The

opportunity to detect student health inconsistencies provides families health care resources they need during student's early development. Early detection also gives low income families that live in rural areas resources provided at school; eliminating transportation and logistics during the school day.

Both vision and hearing screening are required within the first 45 days of Head Start enrollment. The grant also purchases a Pulse CO-Oximeter that screens for hemoglobin, which can eliminate multiple trips to a physician. Finally, the grant helps with an Audiometric educational course for the School Audiometrist that provides up-to-date education on student hearing.

The Foundation's grant provides a proactive and evidence-based opportunity to serve our community's children and families. The preventive screenings improve our children's education, educators' ability to teach, and families' financial burdens and long term health care costs.

The Marshall Foundation for Community Health is proud to support and partner with EDCOE to improve our community healthcare.



Swing for Health

The 36th Annual Bob West Drive for Marshall Golf Tournament

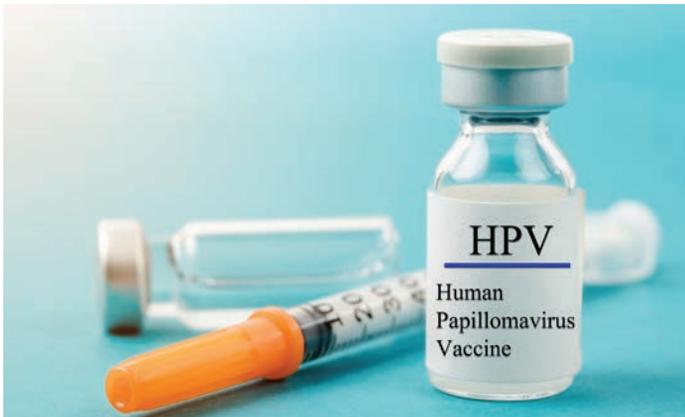
was held on June 21 under a sunny, but cool sky at Placerville's Cold Spring Country Club. The tournament netted the largest amount in 36 years of over \$67,000 with 128 golfers participating. Monies from the golf tournament go toward improving healthcare through Marshall Medical Center and our community.

Winners in Gross Flight were Kevin Earl, Chris Bailey, Tom Hazlett and Jeff Rusert; Callaway Flight, Mike Murphy, Dave Ramirez, John Gardner, Rob Dinunzio.

Thank you to all our participants, sponsors, volunteers and the golf committee. Special thanks to Union Bank and the Winn Foundation who were our Executive and Masters Sponsors.



For more information about Marshall Foundation for Community Health, its programs and giving opportunities, visit marshallfound.org.



Sex and Cancer

“Sex” and “cancer” are two provocative words. Now throw in “vaccination” and “teens.” These are not random words mentioned just to get your attention. The correlation is the HPV vaccine that prevents most cervical and genital cancers transmitted by sex. The window for the vaccine is before sexual activity begins—in the pre-teen years—as early as 9 years old.

“As a parent, it’s hard to fathom making the decision to vaccinate your child against a sexually transmitted virus. We want to avoid the subject, banish the thought, bury our heads in the sand,” says Marshall Pediatrician Brett Christiansen, MD. “But the facts of life are undeniable. The fact that there is a way to safely and effectively vaccinate boys and girls against cancers caused by the human papillomavirus, or HPV, shouldn’t be ignored.”

HPV is a very common virus passed through skin-to-skin contact during sexual activity. It’s so common that most sexually active people will get HPV during their lifetime. HPV causes over 18,000 head and neck cancers and nearly 12,000 cervical cancers each year in the US.

The HPV vaccine reduces the risk of developing HPV type cancers by 90%. It’s important to get children immunized before they become sexually active. The ideal window is to immunize girls and boys around age 11 or 12 with a series of doses. The vaccine can still be effective for young adults through age 26 though it is most effective when given at younger ages. The HPV vaccine is covered by most insurance. Speak with your doctor or make an appointment with Marshall Pediatrics at 530-626-1144.

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IN MOTION

Back on track



Back on the job



Back to activities
you love



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Know the Risks of Head and Neck Cancer

If you smoke, drink alcohol or are sexually active, you may be at risk for cancer. A free, 10-minute screening could save your life.

This year, there will be 65,000 new cases and 14,000 deaths from oral, head and neck cancer or cancers that arise in the oral cavity (mouth), larynx (voicebox), pharynx (throat), sinuses, nasal cavity or salivary glands.

Alcohol and tobacco use (including smokeless tobacco) are the two most important risk factors for head and neck cancers, especially for cancers of the oral cavity and throat. Alcohol and tobacco use accounts for at least 75 percent of these cancers and the risk increases for

those who use both. Infection with human papillomavirus (HPV) contracted through sexual contact is also a risk factor for some types of head and neck cancers. Other risk factors include:

- Consumption of certain preserved or salted foods during childhood
- Poor oral hygiene and missing teeth
- Occupational exposure to wood dust, asbestos and synthetic fibers
- Radiation exposure
- Epstein-Barr virus infection
- Asian, particularly Chinese, ancestry

Symptoms of head and neck cancers may include a lump or a sore that won't heal, a persistent sore throat, difficulty swallowing, and a change or hoarseness

in the voice. Since these are symptoms that are also associated with other conditions, a specific head and neck cancer screening is very important.

Community Health Library

Marshall Medical Center's Community Health Library in Cameron Park is home to over 5,000 resources including books, DVDs, CDs and medical journals free to borrow. The staff of librarians also conducts medical research at no charge.

Topics include:

- Prevention and wellness
- Nutrition, diets, cookbooks, fitness
- Pregnancy and childbirth
- Mental health, substance abuse, stress management
- Women, men and children's health
- Healthy aging and care giving
- Complementary therapies
- Diseases and procedures
- Children's books, DVDs and CDs

Open Monday through Thursday, from 9 a.m. to 4 p.m., the library is located at 3581 Palmer Drive, Suite 101, Cameron Park. Come visit for a quiet place to study or conduct your own research.

FREE HEAD AND NECK CANCER SCREENING

Join Marshall Cancer Center for a free, 10-minute screening for adults:

Wednesday, October 16

9 a.m. to 1 p.m.

Cold Springs Dental
2900 Cold Springs Road
Placerville, CA

For more information call 530-672-7050 or visit marshallmedical.org/cancerscreening.