

# For Your HEALTH

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

FALL 2023

## How to Spot a Stroke



**MARSHALL**  
MEDICAL CENTER

It's about you

- ▶ Marshall Expands to Better Care for You
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# Marshall Expands to Better Care for You



Marshall Medical Center is under contract to purchase a building in El Dorado Hills, at 4201 Town Center Boulevard, the former Blue Shield building, located across Latrobe Boulevard from the El Dorado Hills Town Center.

“We are thrilled to announce Marshall’s expansion in El Dorado Hills, as we seek to meet the current and future needs of this vibrant and growing community,” says Siri Nelson, Marshall’s President. “This project will be something truly special, strategically growing our longstanding presence in the area and underscoring our commitment to the health and well-being of its residents.”

Since 2005, Marshall has leased clinic space in a nearby El Dorado Hills business park, but the new Town Center location is an opportunity to have an even greater presence in

the community. The 49,000 square-foot, two-story building is one of four on the campus and the one closest to the freeway, giving Marshall excellent visibility on the Highway 50 corridor and our county border. Its size and proximity to the heart of the community will allow for a robust, state-of-the-art clinic and increased convenience for patients.

Planning and design work are currently under way, with the intention of starting the construction process immediately after the close of escrow. The targeted opening of the building is Winter 2024-2025. Services currently housed in the existing El Dorado Hills clinic (including family medicine, orthopedics & sports medicine, physical therapy, and laboratory services) will move to the new location upon completion. The El Dorado Hills Healthcare Advisory

Committee, comprised of leaders from the area, is assisting hospital administration by providing input on the services to be offered and the delivery of care at the new location.

In May of this year, the Marshall Foundation for Community Health’s Board of Directors approved a \$1 million grant to support the expansion project with plans for a fundraising campaign to follow at a later date.

“Our foundation’s mission is to be a catalyst for a healthy community,” says Christa Campbell, Chair of Marshall Foundation for Community Health’s Board of Directors. “A project of this scale will advance that mission and facilitate the well-being of residents of El Dorado Hills and the surrounding communities. As a board, and as individuals, it was our privilege to step forward to help make this expansion a reality.”

## ABOUT MARSHALL MEDICAL CENTER

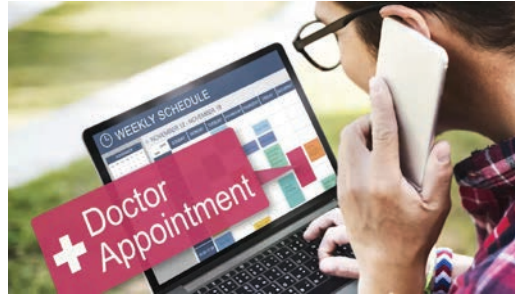
Marshall Medical Center is an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 111 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has nearly 220 licensed providers and a team of over 1,400 employees providing quality healthcare services to the 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 Fernando Diaz at 530-626-2675 or [fdiaz@marhsallmedical.org](mailto:fdiaz@marhsallmedical.org)

# Don't forget to schedule these appointments



Now is as good a time as any to get these appointments on your calendar.

As summer transitions into fall, many people find that they return to more regular routines. Kids are back in school, vacations are completed and life starts to settle down. That is until the busyness of the winter holidays kicks into high gear. This in-between time is the perfect time to catch up on important things you need to do, especially when it comes to your health.

If you haven't had time to make your health a priority lately, now is the time to do so. Not only is it a good opportunity to get back into a routine of eating healthy, exercising regularly and sleeping enough, but it's also the ideal time to catch up on any medical appointments you may have put off.

Here are some appointments to get on your calendar if you're overdo for a visit:

**Annual physical.** Even if you're feeling good, this yearly appointment is a good opportunity to keep track of vital information, such as weight, blood pressure and other important numbers. It's also a chance for you to talk with your doctor about anything that concerns you, ask any questions you may have and discuss when you should have recommended screenings and routine bloodwork. Your primary care physician can also keep you up to date on recommended vaccinations.

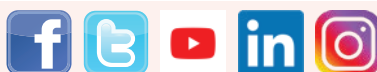
**Cancer screenings.** Depending on your age, gender, family history and health status, it may be time for you to have important cancer screenings done.

- It is recommended that colorectal cancer screenings begin at age 45 if you are at average risk.

- Women should talk to their doctor starting at age 40 to decide when to begin mammogram screenings and how often to get them.
- Women should also ask how often they need PAP/HPV screenings to protect against cervical cancer, depending on their age.
- Men should discuss the benefits and risks of screening for prostate cancer.
- Getting a full-body check by a dermatologist to check for skin cancer is recommended annually, especially if you are fair-skinned or have a family history of skin cancer.
- If you are a long-time current or former smoker, you should ask whether screening for lung cancer with a low-dose CT scan is recommended.

**Other exams.** Have you had your eyes checked recently? How about your hearing? Are you going for routine cleanings to keep your teeth and gums healthy? Should you check your bone density?

- Eye exams are recommended every 1 to 5 years, depending on your age and whether you have any vision problems or medical issues.
- It's recommended that you have your hearing checked every 3 to 5 years until age 40 and then more often after that or if you have any signs of hearing loss (this is often done during your annual physical so you may not need to make a separate appointment).
- It is suggested that you visit a dentist every six months to get a professional cleaning. This helps prevent cavities and can keep your gums healthier.
- If you are a woman aged 65 or older or are at an increased risk for osteoporosis, talk to your doctor about whether you should have a bone density scan.



For more information about Marshall Medical Center, visit [www.marshallmedical.org](http://www.marshallmedical.org) or follow us on Facebook/[marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), [instagram.com/marshall.medical.center](https://www.instagram.com/marshall.medical.center), on YouTube, LinkedIn and on Twitter.



# Cancer Care, Close to Home



*“The doctor didn’t have to say a thing. I knew as soon as she walked in the room after my ultrasound.”*

In a moment, Joanne knew she was facing cancer for a second time.

A great grandmother, Joanne was first diagnosed with early-stage breast cancer in 2013 while living in Santa Cruz, California. She opted for a double mastectomy and reconstructive surgery and endured a regular two-hour drive for treatment at Palo Alto’s Stanford Medical Center. In time, Joanne recovered and moved back to the foothills to be closer to family.

Then, in February of 2023, just two months after celebrating her 45th anniversary with Larry, her high school sweetheart, Joanne learned she had metastatic cancer in her liver. Larry, who owns three medical clinics and was by Joanne’s side every step of the way during her original cancer journey, quickly began his research. Having lived in the area again for the past eight years, the couple had been fortunate not to need significant care, but Larry quickly focused on the nearby Marshall Cancer Center, a UC Davis Health Affiliate.

Under the affiliation, Marshall’s oncologists work directly with the renowned UC Davis Comprehensive Cancer Center team to design leading-edge diagnostic and treatment plans. With this relationship, the latest cancer clinical trials – often only available through large academic research centers – are available to Marshall’s patients.

The couple met with Marshall’s Rashmi Ramasubbaiah, MD and on their second visit, learned of an important clinical trial. Because of her history, Joanne was eligible to participate in trial S1703 - *Randomized Non-Inferiority Trial Comparing Overall Survival of Patients Monitored with Serum Tumor Marker Directed Disease Monitoring versus Usual Care in Patients with Metastatic Hormone Receptor Positive HER-2 Negative Breast Cancer.*

S1703, the first of five clinical trials now available at Marshall, tests a new approach for monitoring breast cancer during treatment using blood tests called serum tumor marker (STM) tests. STM measures the amount of tumor markers released into the blood by cancer and other cells. This information can show doctors if the cancer is

responding to treatment. Researchers are comparing this monitoring approach to traditional monitoring using imaging scans which can be expensive and make many patients anxious. Using blood tests instead of scans might improve the quality of life for some patients and lower costs.

Joanne began treatment immediately. Following her third round of chemotherapy, when Dr. Ramasubbaiah was hoping to see a 10-12% reduction in Joanne’s cancer markers, she received the extraordinary news that they had dropped by more than 53%. Today, Joanne is receiving regular hormonal therapy and is on a positive path, grateful to receive world-class care so close to home.

“When I had my first journey with cancer, it would take two hours to drive to my appointments and two hours back,” Joanne says. “Now, we’re just ten minutes from Marshall’s Cancer Center. It is much less stressful not to spend the time on the freeway and it eliminates the hours in the car anticipating treatment, bloodwork and the mental stress of wondering ‘what’s next?’”

“The care has been excellent,” adds Larry. “The people, the facility, the work that they do ... they make you feel like a person, not a ‘cancer patient’. The more we learn through the trials, hopefully there will be fewer people that have to go through these journeys.”

Learn more about the Marshall Cancer Center, a UC Davis Health Affiliate. Call 530-676-6600 or visit [marshallmedical.org/services/cancer-center](http://marshallmedical.org/services/cancer-center)

# Report to the Community For Fiscal Year 2022

Marshall Medical Center is proud to share its Report to the Community for the fiscal year 2022. The report, now available in both print and online versions, provides an in-depth overview of the hospital's accomplishments, advancements, and dedication to delivering exceptional healthcare services to our foothills community.

The report showcases Marshall's continued commitment to patient care, innovation, and community engagement. It highlights the collaborative efforts of the hospital's healthcare professionals, support staff, and volunteers who work tirelessly to ensure the well-being and recovery of patients.

Highlights from the report include:

- 1. People:** In 2022, more than 2,395 volunteer hours were provided by 35 adult and junior Marshall Volunteer Services members while the Marshall Hospital Auxiliary contributed more than 7,380 hours and \$50,000 in support.
- 2. Quality:** One of the most important measures for hospitals is quality of care and Marshall is nationally recognized for excellence. In 2022, Marshall was distinguished with recognition from the American Heart Association/American Stroke Association, U.S. News & World Report, the Leapfrog Group, Lown Institute Hospitals Index, American College of Emergency Physicians' E-QUAL Honor Roll, the American Diabetes Association, and the Commission on Cancer Accreditation among others.
- 3. Community Health:** Marshall Medical Center and UC Davis Health established an affiliation for



cancer services that allows Marshall patients access to the renowned UC Davis Comprehensive Cancer Center through the UC Davis Health Cancer Care Network. Elsewhere, Marshall welcomed new providers in the fields of family medicine, general surgery, gastroenterology, pediatrics, and orthopedics.

- 4. Financial Stewardship:** In 2022, Marshall served 50,093 patients with 206,626 physician clinic visits, 28,018 emergency department visits, 4,080 inpatient and outpatient surgeries, and 381 births. Hospital and physician care was provided free or at discounted rates for 34,020 eligible low-income, uninsured or under-insured persons at a net benefit to the community of \$73,664,345.
- 5. Marshall Foundation for Community Health:** In 2022, the Marshall Foundation for Community Health received \$538,045 in support from 443 donors. Foundation funding was

granted for new jaundice meters in the pediatrics unit, RetinaVue retinal cameras in primary care as well as programs and equipment in the emergency department and patient transportation among numerous other programs.

This year's report further showcases Marshall's exciting expansion in El Dorado Hills, the upgraded Cancer Center Compounding Suite, the addition of a new CT scanner in the hospital's South Wing, and the completion of construction on the new \$13 million kitchen and cafeteria.

Marshall's Report to the Community serves as a comprehensive resource for patients, clinicians, and community partners, highlighting the hospital's dedication to the pursuit of excellence in healthcare delivery.

For more information or to access the full report, please visit [marshallmedical.org/newsroom/](https://marshallmedical.org/newsroom/)



# Marshall Trains the Next Generation of Providers

This summer, Marshall Medical Center began serving as a clinical rotation site for physician assistant students from Stockton's University of the Pacific. The skills and experience the students obtain through working with Marshall's medical staff will provide the foundation for a career of high-quality, compassionate service. Our clinical preceptors facilitate a hands-on experience in patient assessment and care with gradual assumption

of increasing responsibility by the students. Supervised students take an active role in obtaining medical histories, performing physical examinations, interpreting diagnostic tests, making diagnoses, developing treatment plans, and providing patient education.

As professionals engaged in lifelong learning, Marshall's medical staff enjoy teaching, and our preceptors are rewarded with both the

assistance of their students as well as the satisfaction of participating in an unbroken chain of education traditions that stem back millennia to the origins of medicine in ancient Egypt, China, India, and Greece. Because precepting is based on up-to-date, evidence-based medicine, Marshall's participation as a university clinical site helps sustain the high standards of care that are central to our mission and culture.

## FOUNDATION NEWS

# Tournament Supports Ambulance Portico Project

The 40th Annual Bob West Drive for Marshall Golf Tournament took place on June 23rd with golfers enjoying a day of play under sunny, but cool, skies at the Cold Springs Golf and Country Club. Chaired by West's son-in-law, Bob Gillett, the tournament raised approximately \$183,000 to benefit the Marshall Foundation for Community Health.

Proceeds from this year's sold-out tournament will support health programs at Marshall Medical Center,



health related community needs, and a portion of the proceeds will help underwrite the construction cost for an ambulance portico outside Marshall Medical Center's emergency department. The new portico will protect patients, first responders, and clinicians from the elements. "Patients arrive by ambulance in all kinds of weather, from rain and snow to extreme heat. The new portico will offer shelter from the elements, providing a better experience for patients and those who care for them," says Mindy Danovaro, Executive Director, Marshall Foundation for Community Health. Construction on the new portico is estimated to cost nearly \$1 million.

To learn how you can support the Marshall Foundation for Community Health visit [marshallfound.org](http://marshallfound.org).

# How to Spot a Stroke



If you notice these signs, here's what you need to do and why you need to act quickly.

When someone has a stroke, recovery can be greatly impacted by how quickly medical treatment is received. That's why it's important to know what the symptoms of stroke look like so you can better determine when someone needs help.

If a person's stroke is due to an obstruction in a vessel supplying blood to the brain (an ischemic stroke), a clot-busting drug (tPA) may improve the chances of recovery if administered quickly enough. Studies show when tPA is given within 1½ hours, up to 20% of patients show significant improvement 90 days later; if within 3 hours, about 10% show improvement.

Recent studies have also shown that after being evaluated at the hospital, some patients may benefit from being transferred to specialized stroke

centers for clot retrieval procedures that can increase the chances of symptom improvement. Time is also critical in performing these procedures as soon as possible.

Time is of the essence when it comes to treating a stroke. That's why it's best to remember the words BE FAST when trying to determine if someone is having a stroke. This acronym helps you identify stroke warning signs:

- **B = Balance:** Is the person suddenly having trouble with balance or coordination?
- **E = Eyes:** Is the person experiencing suddenly blurred or double vision or a sudden loss of vision in one or both eyes without pain?
- **F = Facial drooping:** Ask the person to smile. Is one side of the face drooping or hard to move?
- **A = Arm weakness:** Ask the person to raise both arms. Does one arm drift down?

- **S = Speech difficulties:** Ask the person to repeat a simple phrase. Do you notice slurred speech or trouble forming words?
- **T = Time:** Time lost is brain lost. If you notice any of the above symptoms, call 911 right away.

Other symptoms of stroke include a sudden severe headache with no known cause, sudden numbness on one side of the body, trouble walking, dizziness, and arm or leg weakness.

If something seems "off" with someone and you suspect it's due to a stroke, call 911 immediately. The sooner a person having a stroke gets to a hospital, the better the odds of recovery. The single most important factor in the successful treatment of stroke is getting treatment as quickly as possible.

If you suspect a stroke, always call 911. Remember, it's important to BE FAST.



# CHOOSE MARSHALL

Board Certified Physicians  
Primary & Specialty Care

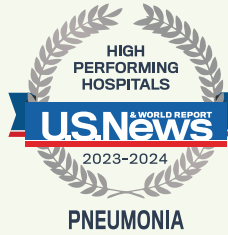


CAMERON PARK  
EL DORADO HILLS  
GEORGETOWN  
PLACERVILLE



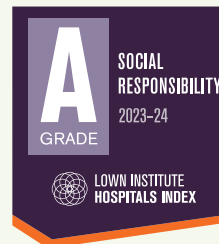
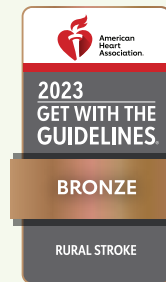
## Award Winning Quality Care

Marshall is honored to be recognized by leading national organizations for our commitment to quality, compassionate care. These awards reflect the dedicated work of our physicians and employees, the caliber of our programs, and the care given to each of our patients and their families every day.



High Performing Hospital by U.S. News and World Reports for 2023-2024.

American Heart Association's 2023 Get With The Guidelines®-Stroke Gold Plus with Target: Stroke Elite Honor Roll and Target: Type 2 Diabetes Honor Roll and the 2023 Get With The Guidelines®-Rural Stroke Bronze Awards.



"A" grade on the 2023-24 Low Institute Hospitals Index. Marshall achieved this honor through strong performance across metrics of health equity, patient outcomes, and value of care, ranking 12th out of 282 hospitals in California and 111th nationally on the Social Responsibility metric.

Top 100 Rural & Community Hospital by the Chartis Center for Rural Health. Top 100 designees represent the top 4% of rural and community hospitals in the United States and Marshall was one of only three hospitals in California to earn the designation.



[marshallmedical.org/physicians](https://marshallmedical.org/physicians)