

HealthSpeak

FALL 2011

Surgical Excellence

Minimally
Invasive
Benefits



Northridge Hospital
Medical Center

A member of CHW

WE'VE TAKEN SURGICAL EXCELLENCE TO THE NEXT LEVEL

Always looking ahead! That's how Northridge Hospital Medical Center maintains our commitment to offer the latest medical advancements that result in improved patient outcomes. With more than 800 physicians in nearly 60 specialties, we are the only hospital in the San Fernando Valley equipped to treat a wide range of surgical needs with minimally invasive technology, as well as perform life-saving procedures in the **Richie Pediatric Trauma Center**.

Physician expertise and advanced medical technology are why people residing throughout the Golden State—from Bakersfield to Ventura to San Diego—count on Northridge Hospital for surgical excellence.

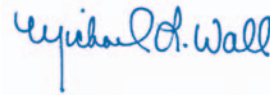
Our mission of trust is to provide compassionate patient and family-centered care with investments in the most innovative technology available. Case in point: we are one of the few hospitals in the area to offer minimally invasive **Single Incision Laparoscopic Surgery**. We perform gall bladder removal and weight loss surgeries through one small incision in the belly button.

We are also the first and only facility in the San Fernando Valley to offer three of the most cutting-edge pieces of medical equipment: **da Vinci Robotic Surgery System** (performs urological and gynecological procedures through three tiny incisions); **Trilogy Stereotactic**

Radiation Therapy (kills cancer cells with pinpoint accuracy); and the **64-Slice CT Scanner** (produces extremely detailed images with a 70 percent lower radiation dose than competing equipment).

Plus, we were the first facility in California to have two fully integrated high definition **EndoSuite® Operating Rooms**. They feature the latest in camera and digital capture technology, including HDTV monitors to provide our surgical teams the best visualization possible during minimally invasive surgical procedures.

You'll read about our surgical excellence in this issue of **HealthSpeak** in which Northridge Hospital's patients share how their rapid recoveries helped them resume active lifestyles—enjoy!



Michael L. Wall,
President and CEO



CONTACT US

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FREE Find-A-Doctor: Toll-Free 855-A-DOC-4-ME
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Minimally Invasive Surgery...Minimized

The Miracle of Minimally Invasive Surgery

Northridge Hospital Medical Center is at the leading edge of medical innovations by offering Minimally Invasive Surgery (MIS) techniques whenever possible. Thanks to advances in medicine, these surgeries can often be performed through the tiniest of incisions.

With MIS procedures, recovery times are reduced from weeks to just days in many cases. For a major procedure the recovery time can be cut almost in half. What's more, there's a reduced chance of complications or infection and there's less scarring.

Invasive Versus Minimally Invasive Surgery

Invasive traditional surgeries usually require a long incision, which is made through muscle. Muscle needs a significant time to heal after surgery. Because there are no long incisions in MIS, surgeons often do not have to cut through muscles to complete the procedure—leading to less tissue damage and quicker recovery.

How It Works

MIS is performed laparoscopically using a fiber optic camera and miniaturized instruments. Instead of making large incisions as in the past, highly trained surgeons insert two small tubes into these openings. Because MIS procedures use video-assisted equipment, the surgeon has better visualization and magnification of internal organs and structure. For patients, this translates into a more accurate and definitive procedure.

By using MIS techniques, Northridge Hospital offers our patients many benefits over invasive traditional surgeries. They include:

- Higher accuracy rate
- Less pain and smaller doses of pain relievers than patients undergoing traditional surgeries
- Shorter hospital stay
- Quicker return to home, work and normal activities
- Smaller, less noticeable scars

Minimally Invasive *Tonsillectomy*

Terminate Tonsillitis

As a child, **Rochelle Randall, RN**, received painful penicillin shots to fight recurring tonsillitis that caused week-long fevers two-to-three times per year. "Eating and swallowing was like having pins in my eyes," she recalls. "All I could do was cry and drink 7-Up."

That was in the 1970s when physicians didn't recommend tonsillectomies (removing the tonsils) because tonsils help fight infection. Twenty years later, studies proved tonsillectomies are beneficial in some cases, followed by the invention of a less invasive radiofrequency tonsillectomy procedure.

Rochelle learned about radiofrequency tonsillectomy at Northridge Hospital Medical Center where she works as a nurse in the Critical Care Unit. That's where she met **Marc Kerner, MD, FACS**, Otolaryngologist, who is one of the few surgeons in the area who perform the procedure.

"The radiofrequency device uses a pointed instrument and heat to excise the tonsil tissue," conveys Dr. Kerner. "It's a safe, effective procedure that reduces the size of the tonsillar tissue instead of removing the tonsils entirely."

Rochelle returned to work two days after the procedure and hasn't had tonsillitis since. "It's been unbelievably life-changing," Rochelle asserts. "I've suffered in pain my whole life, missing important holidays and events. But not anymore. I can't thank Dr. Kerner enough."



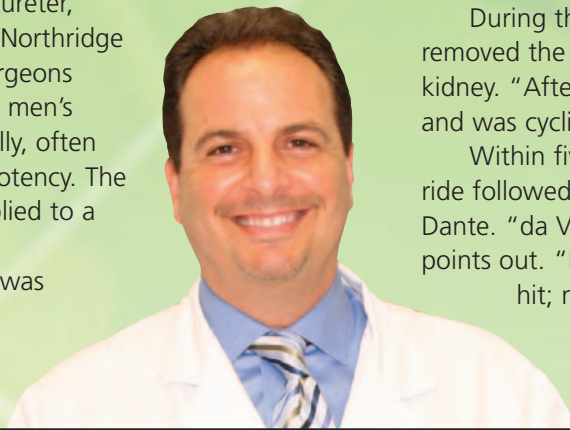
Rochelle Randall, RN, of Sun Valley shares a laugh with **Marc Kerner, MD, FACS**, after he performed a radiofrequency tonsillectomy that ended her lifelong bouts of tonsillitis.

Riding Pain-Free

While training for a half-century (50-mile) bike ride, **Donna Smith** grew accustomed to the pain in her back and side that suddenly struck, especially when she hit bumps in the road. "The pain sometimes caused nausea and vomiting," she shares. "The trick was to lie down on my side with my fist under my ribs for relief."

Unbearable pain eventually halted Donna's cycling, until a gastroenterologist referred her to **Gary C. Bellman, MD, Urologist**. "Donna was diagnosed with hydronephrosis, which means she had a swollen kidney caused by urine backup. "We needed to remove the blockage where the kidney meets the ureter," explains Dr. Bellman, one of Northridge Hospital Medical Center's surgeons who are experts in removing men's cancerous prostates robotically, often preserving continence and potency. The same technology can be applied to a blocked kidney.

One of Donna's options was traditional open surgery that required a long incision in her lower abdomen and a



Gary C. Bellman, MD, Urologist



Reoccurring side pain left **Donna Smith** of Simi Valley inactive until she underwent robotic pyeloplasty, which enabled her to complete the L.A. River Ride with her son Dante.

six-to-eight week recovery. Fortunately, she was a candidate for **da Vinci Robotic Surgery**, which could be performed through three dime-sized incisions.

During the robotic pyeloplasty, Dr. Bellman surgically removed the obstruction between Donna's ureter and kidney. "After my surgery, I spent two nights in the hospital and was cycling six weeks later," says Donna.

Within five months, she completed a half-century bike ride followed by a 28-mile L.A. River ride with her son Dante. "da Vinci surgery hugely improved my life," she points out. "Before, I never knew when my side pain would hit; now it's gone forever!"



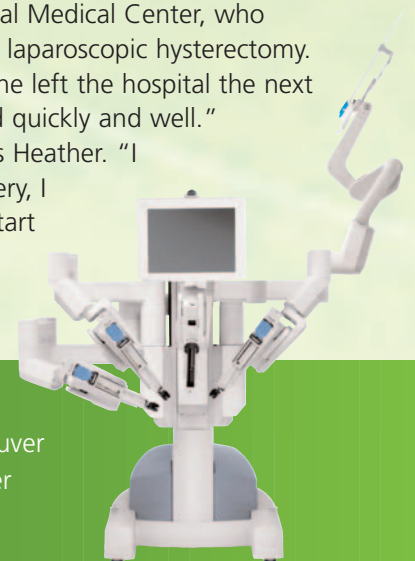
Heather Ryder of Reseda suffered painful menses for years until **Dafna Trites, DO**, performed a **da Vinci Robotic**-assisted total laparoscopic hysterectomy.

NO MORE SICK DAYS

With four children and a full-time job, **Heather Ryder** doesn't have time to get sick. Nevertheless, painful, heavy menses left her incapacitated on a monthly basis for more than a decade. "I called in sick every month and had to give up running," she explains.

Heather learned that she had benign fibroid tumors in her uterus. Her Primary Physician **Susan Hopkins, MD**, referred her to **Dafna Trites, DO**, Obstetrician/Gynecologist, Northridge Hospital Medical Center, who performed a **da Vinci Robotic**-assisted total laparoscopic hysterectomy. "The procedure left her ovaries intact, and she left the hospital the next morning," explains Dr. Trites. "She recovered quickly and well."

"The result has been wonderful," agrees Heather. "I haven't missed a day of work since the surgery, I have more time for my family and hope to start running again soon."



da Vinci Robotic Surgery allows physicians to perform minimally invasive urological, gynecological and weight loss procedures through dime-sized incisions. Surgeons can maneuver in ways not humanly possible, which increases accuracy. Patient advantages include a shorter hospitalization, reduced pain, less scarring and a faster recovery.

818-885-3500 or www.NorthridgeHospital.org

We First Introduced You to da Vinci. Now Meet SILS!

osing 100 pounds enabled Navy wife **Rebecca Kammerer** to keep up with her three busy children—until she was struck with severe side pain at a Girl Scout event. “I had nine gallstones that had to be removed,” she recalls. “It hurt more than labor pain.”

She met with **Uthaiyah Kokkalera, MD, FACS**, General Surgeon, Northridge Hospital Medical Center, who had recently performed her successful gastric bypass surgery at the **Center for Weight Loss Surgery**.

“A new surgical technique called **Single Incision Laparoscopic Surgery (SILS)** is now being performed at Northridge Hospital. It involves removal of the gallbladder (cholecystectomy) with one small incision in the belly button as opposed to the three-to-four incisions required by standard laparoscopic surgeries,” explains Dr. Kokkalera, one of the only general surgeons in the San Fernando Valley using SILS.

“I’d never heard of SILS, but I was intrigued,” says Rebecca. “When I awoke from surgery, even my nurses were in awe. One of them said, ‘If I ever need my gallbladder removed, that’s what I want.’”

Rebecca went home the same day. The following day, she threw her 5-year-old daughter’s birthday party with help from her husband, who took a temporary leave from the military base. “In no time, I was back to running the household—from grocery shopping to playing ball with my children,” she concludes.



One Tiny Incision Can Change Your Life

Linda Lincoln had tried every weight loss option on the market, from liquid protein to the cookie diet—nothing worked. “To make matters worse, I started taking medication to control high blood pressure,” she says.

Linda learned about Laparoscopic Sleeve Gastrectomy when her brother-in-law underwent the successful procedure. Then Dr. Kokkalera informed her that she could have the same procedure using SILS—with just one nickel-sized incision through the belly button.

Linda underwent the procedure in April and went home the next day. “The surgery was the easiest part!” she exclaims. “I had relatively no pain. I no longer need blood pressure medication, and you can barely see my scar.”

Within three months, Linda lost more than 50 pounds, just in time for a family vacation to Hawaii where she enjoyed hiking, swimming and touring Kauai.



Linda Lincoln of Bakersfield lost more than 50 pounds within three months of undergoing a SILS Sleeve Gastrectomy performed through one small incision in the belly button.

Rebecca Kammerer of Moorpark had a **SILS** gallbladder removal performed by **Dr. Kokkalera** and hosted her daughter’s birthday party the following day.

What Is SILS?

The SILS technique involves placing multiple instruments through a single access point—the belly button—which measures slightly smaller than a nickel. During the procedure, the surgeon inserts into the belly button a SILS Port, a soft and flexible instrument equipped with three distinct openings. It allows for the use of three surgical devices at the same time. This ability to articulate instruments enables the surgeon to approach the surgical site from different angles, thereby improving visualization.

SILS results in even better experiences for patients who undergo gallbladder or weight loss surgery. Patient benefits include the potential elimination of visible scars, reduced pain and a faster recovery. For more information about SILS, call 818-885-8500, ext. 5499.

Critical Care for the Caregiver

Sixty-nine-year-old **Jesus Jurado** has an important job. As the primary caregiver for his older brother **Rueben**, he doesn't get much time off. "Rueben has kidney disease," Jesus explains. "So each night, I connect him to a dialysis machine, which runs for 10 hours."

That routine was threatened when Jesus' Primary Physician detected a pulsatile mass above his naval during a routine exam. An ultrasound confirmed that Jesus had an abdominal aortic aneurysm (AAA)—a potentially fatal condition.

"An AAA is at a higher risk of rupturing when it measures five centimeters in diameter," explains **Ihab Aziz, MD**, Vascular Surgeon, Northridge Hospital Medical Center. "A CT angiography scan showed Jesus's AAA was eight centimeters in diameter, which had a higher risk of rupture. It needed urgent repair." Jesus worried how his condition may impact his role as caregiver to Rueben (who, coincidentally, is also a patient of Dr. Aziz).



Jesus Jurado (left) of Arleta is the primary caregiver for his brother **Rueben**, even after emergency surgery to repair a potentially fatal abdominal aortic aneurysm.

Traditional surgery for an AAA repair requires a large abdominal incision, five-to-seven day hospitalization and recovery time of four-to-six weeks. However, Northridge Hospital's surgeons offer a less invasive endovascular repair, performed through small incisions in the groin. Patients usually spend fewer days in the hospital and recover more quickly with less pain. Jesus had the procedure done by the careful hands of Dr. Aziz and was discharged home the next day.

"Jesus' AAA was eight centimeters in diameter, which had a high risk of rupture. It needed urgent repair."

"I couldn't believe I was able to go home the following day," exclaims Jesus, who received help from his neighbor to care for Rueben during his brief hospitalization. "It's only been a month, and I feel good. I need my neighbor's help less and less each day."

Ihab Aziz, MD, Vascular Surgeon (left) confers with Adel Jabour, MD, Vascular Surgeon.



POKER PRO SEES STRAIGHT Professional Poker Player Thomas Joanides Refused to Fold Due to Blurred Vision

Thomas first noticed eye problems when he couldn't see the computer screen from his usual distance. Then he experienced blurred vision while driving at night. "During poker matches, some of the face cards started to look the same, depending on where I was seated. I also found it difficult to distinguish between the hearts and the diamonds, and the clubs and the spades," he admits.

Thomas was diagnosed with a macular pucker, which is the scar tissue that forms when shrinking vitreous (jelly-like fluid in the center of the eye) pulls on the retina. Thomas learned he needed surgery and said he wanted "the best ophthalmologist available." He was referred to **Robert Engstrom, MD**, at Northridge Hospital Medical Center.

"I was apprehensive when I walked into Dr. Engstrom's office, but the staff was so wonderful and caring," he shares. "They deal with eye problems every day but still recognize the needs of people who aren't familiar with them."

Dr. Engstrom explained to Thomas that he would undergo a vitrectomy in both eyes. "During a vitrectomy, microsurgical instruments are used to remove the vitreous gel and scar tissue (macular pucker) from the retina," explains Dr. Engstrom. "The gel is then replaced with fluid. The procedure eliminates the pulling and distortion of the retinal surface." Thomas underwent two surgeries, first for his right eye and for his left eye six months later.



Robert Engstrom, MD, Ophthalmologist, performed a macular pucker surgery for Professional Poker Player **Thomas Joanides** of Woodland Hills to restore Thomas' competitive edge.

"I was home within hours after both surgeries," says Thomas. "I've had no pain and my vision has greatly improved." Case in point: he just renewed his driver license and passed without needing glasses. Plus, he can clearly see his playing cards again, which is necessary to maintain a poker face.

"Dr. Engstrom has enhanced my vision and my quality of life," Thomas asserts. "He's not only a physician, he's a humanitarian. I'd whole heartedly recommend him to anyone."

IT'S HIP TO BE FIT

One by one, **Fred Evans** had to give them up—first jogging, then certain weightlifting exercises, and finally skiing moguls. It was time to consider hip surgery.

While researching online, Fred learned about the benefits of hip resurfacing versus the traditional hip replacement surgery. Resurfacing involves capping the ball at the end of the thighbone with a metal covering, which fits neatly into a metal cup in the hip socket. The hard, titanium-like metal doesn't wear out as fast as the plastic used in a traditional hip replacement. "It mimics the natural hip and provides better range-of-motion so I knew that's what I wanted," he remembers.

After speaking with three Orthopedists, Fred chose **David Feingold, MD**, Orthopedic Surgeon with Northridge Hospital Medical Center's Orthopedic Services. "Fred was a candidate for hip resurfacing (as opposed to a hip replacement) because his bone was dense enough," explains Dr. Feingold. "The procedure is also beneficial because it preserves healthy bone."

After a successful right hip resurfacing procedure, Fred quickly resumed his favorite activities. He was walking unaided after 10 days, and by Christmas, he was jogging and skiing again—even doing moguls—with no pain. "I can't tell the difference between my right and left

Fred Evans
of Porter
Ranch jogs
with his dog
Charlie after
undergoing a
successful hip
resurfacing
procedure.



hip," he shares. "I have equal strength and range-of-motion in both."

Fred credits his successful surgery to Dr. Feingold's expertise and to maintaining physical fitness. In fact, when he saw a physical therapist one-month post surgery, the therapist complimented his progress and said he didn't need therapy. "If I would've known how perfect hip resurfacing would be, I'd have done it sooner," he concludes.



David Feingold, MD, Orthopedic Surgeon

Back in the Pool

Beverly's herniated disc radiated pain in her lower back when she stepped into the pool. Her Primary Physician referred her to Spine Surgeons at Northridge Hospital where she underwent a discectomy to remove the disc, which immediately relieved the pressure on the nerve. Today, she's back in the swim of things.

"Beverly is one of many patients who chose Northridge Hospital's Orthopedic Services because we treat the full spectrum of spinal disorders, from complex back and neck pain to difficult-to-diagnose conditions to those that have failed previous treatment," explains **Todd Gravori, MD**, Neurosurgeon.



Back Conditions Treated

- Spinal disorders, including a bulging disc, herniated disc, degenerative disc and spinal stenosis
- Tumors
- Injuries of the spine
- Deformities and pain in the upper and lower back, including muscle pain, chiari malformation (brain protrudes into spinal canal) and congenital conditions such as scoliosis

Motion-Sparing Spine Surgery

Our Surgeons use innovative surgical techniques for complex spinal disorders and tumors, so you'll benefit from increased comfort and a faster recovery time. They include:

DADDY'S HOME

Ericel Mendez hoped his recurring headaches would dissipate. Instead, they intensified, hit more frequently and began affecting his balance and appetite. In just one month, he unintentionally lost 25 pounds and started missing work. "I'm the sole provider for my two children, and we have to eat," he explains. "I needed to see a doctor, not only for myself, but for them."

Physicians at a local hospital's emergency room ordered an MRI, which determined Ericel had a neurological condition. They sent him to Northridge Hospital Medical Center to be seen by **Brian Gantwerker, MD**, Neurosurgeon. "Ericel had a rare, but large cerebellar brain tumor called a hemangioblastoma," explains Dr. Gantwerker. "As it grew larger, it pushed against his brain, which caused headaches and hindered his balance and coordination." Dr. Gantwerker performed emergency surgery and successfully removed the tumor.



Brian Gantwerker, MD, Neurosurgeon

After one week in the hospital, Ericel returned home where he began his eight-month recovery. "I still have a little trouble hearing in my right ear, but my headaches are gone and I've regained stability," says Ericel. "The best part is that I'm back to work so I can support my family."



Ericel Mendez of Sun Valley continues to support his family after having emergency surgery to remove a rare brain tumor.

- **BrainLAB Image-Guided Surgery (IGS)** technology is similar to your vehicle's GPS system in that it helps physicians navigate the spine with greater accuracy.
- **Trilogy® Linear Accelerator Stereotactic System** delivers Image Guided Radiation Therapy (IGRT) and Stereotactic Radiosurgery (SRS). The Trilogy is ideal for certain spinal tumors because it delivers a higher dose of

radiation, resulting in fewer treatment sessions, reduced side effects and improved accuracy.

- Two state-of-the-art **Spine Surgery Operating Suites** feature equipment that is only available at hospitals that excel in complicated spinal surgeries.

For more information about Orthopedic Services treatments, including hip, knee, spine and shoulder procedures, please call 818-885-8500, ext. 2498 or log onto www.NorthridgeHospital.org.

**Todd Gravori, MD,
Neurosurgeon**



A HAPPY CAMPER

William Martin had zero symptoms of peripheral artery disease (PAD) or heart disease until his right leg went numb on his way home from a camping trip. "I pulled over and waited about a half an hour until the feeling came back," he shares.

William made an appointment to see **Adel Jabour, MD**, Vascular Surgeon, Northridge Hospital Medical Center, who once performed a successful surgery for his wife **Louise**—a former **Northridge Family Practice** nurse. Dr. Jabour explained to William that PAD is a circulatory problem in which narrowed arteries reduced blood flow to his leg, resulting in numbness (and for many people, cramping and pain).

"We scheduled William's surgery to redirect blood through a grafted blood vessel and bypass the one that was damaged," explains Dr. Jabour. "Prior to surgery, he passed a series of tests to evaluate his ability to tolerate the procedure."

Two weeks after the surgery, William woke up in the **Critical Care Unit** and learned that he had suffered a heart attack in the recovery room—and subsequently



Azmi Atiya, MD, Thoracic Surgeon
(Ihab Aziz, MD, Vascular Surgeon, and Adel Jabour, MD, Vascular Surgeon, pictured on page 6)

William and Louise Martin of West Hills enjoyed a camping trip to Morro Bay one year after he underwent two bypass surgeries for PAD and coronary bypass surgery.



had a triple bypass heart surgery to save his life.

Azmi Atiya, MD, Thoracic Surgeon, and Ihab Aziz, MD, Vascular Surgeon, took veins from elsewhere in William's body and grafted them to three coronary arteries to improve blood supply to his heart.

"I don't remember any of it," says William. "My wife says I slept through the most painful parts of recovery." William participated in two weeks of inpatient Cardiac Rehabilitation, was discharged home and returned a few months later to have bypass surgery on his other leg.

"There was a chance I'd lose that leg," recalls William. "But thanks to Dr. Jabour's experience and skill, it was a successful outcome. The people at Northridge Hospital deserve a pat on the back. They've been wonderful to me."

One year later, William continues to improve. This past summer, he and Louise packed up their fifth-wheel trailer for camping trips to Pismo Beach and Morro Bay, and even enjoyed a cruise to the Mexican Riviera.



TAKE THE HEART HEALTH TEST

How healthy is your heart? Take this quiz to find out more about reducing your risk for heart disease. Answer True or False to each question.

1. Some risk factors for heart disease can't be changed.
2. Drinking three or four alcoholic drinks each day can reduce your risk of heart disease.
3. An average of 100,000 Americans die from heart attacks every year.
4. Emotions don't affect your risk of heart disease.
5. Young women have the same risk of heart disease as young men.
6. Heart disease kills more women than all types of cancer combined.
7. Sexual activity is dangerous for people with heart disease.
8. If you think you are having a heart attack, you have two hours to decide what to do.



Answers: 1. True; 2. False (A glass or two of alcohol daily may decrease your risk of heart disease); 3. False (The correct number is nearly 500,000); 4. False; 5. False (Estrogen provides younger women some protection against heart disease); 6. True; 7. False; 8. False (If you suffer chest discomfort or shortness of breath, call 911 immediately!)

GIVING BACK FOR LIFE

The inspiration to give back presents itself in many forms. For **Mahnaz Yaghoubi**, it came shortly after she and her husband were struck by a drunk driver while walking in a crosswalk. They both suffered life-threatening injuries and were transferred to the **Trauma Center** at Northridge Hospital Medical Center—one of only two in the San Fernando Valley.

“As a Trauma Center, we are equipped to provide the highest levels of emergency care to the most critically injured patients,” explains **Shawki Saad, MD**, Medical Director, Trauma Center. “We have the most advanced diagnostic technology, which saves precious response time within the life-saving timeframe.”

Dr. Saad immediately assessed injuries to more than 50 percent of Mahnaz’s body—including a lung contusion and fractures to her left forearm, right thigh, left leg and ribs. He performed emergency surgeries and placed her on a ventilator for two days to save her life.

“After the accident, I promised myself, if I ever get better, I’m going to volunteer at Northridge Hospital,” asserts Mahnaz. She was hospitalized for a week, bedridden for three months, bound to a wheelchair for six months and told she’d never walk again.

In the midst of it all, she was diagnosed with breast cancer. She also lost her husband, who passed away earlier this year. He had suffered severe brain damage resulting from the accident and was comatose for seven years.

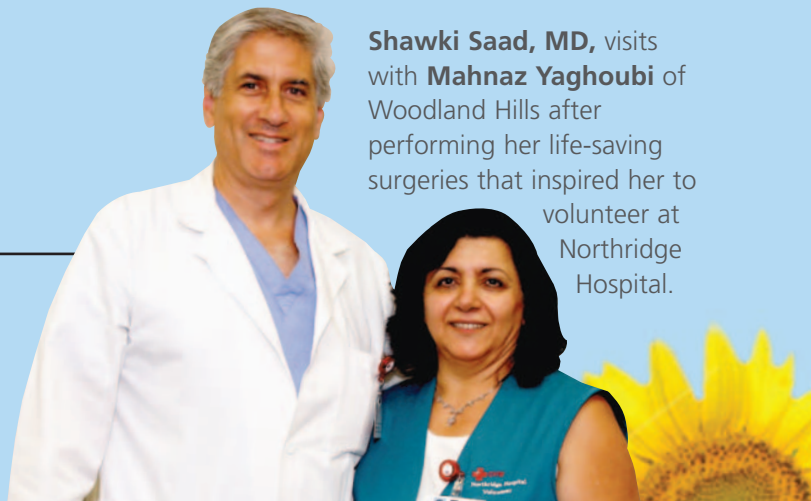
During the course of one year, she underwent orthopedic surgeries to piece together her shattered limbs while simultaneously undergoing radiation treatments with **Afshin Safa, MD**, Radiation Oncologist.

As she pushed herself through painful physical therapy, things began looking up. She overcame her wheelchair-bound projection, successfully beat breast cancer and made good on her promise to volunteer at the hospital.

Today, you can find her busily transferring documents between departments and escorting patients in wheelchairs when they are discharged from Northridge Hospital—work that fulfills her. “Thank God I can work again,” she says. “I can’t do everything perfectly, but I’m so grateful I’m alive.”

For more information about Northridge Hospital’s Trauma Center and Richie Pediatric Trauma Center (the only one in the San Fernando Valley!) visit www.NorthridgeHospital.org.

Shawki Saad, MD, visits with **Mahnaz Yaghoubi** of Woodland Hills after performing her life-saving surgeries that inspired her to volunteer at Northridge Hospital.



HEALTH CLASSES AND EVENTS

Ongoing Monthly Seminars

- **Is Weight Loss Surgery for You?** – page 13
- **Joint Replacement Program, Coordination of Care** – page 13
- **Cancer Education: Everything You Need to Know, From Diagnosis to Recovery** – page 15

October

- **Are You at Risk For Stroke? FREE Stroke Screening** – page 13
- **Secrets Your OB/GYN Won't Tell You** – page 13
- **Annual Stroke Conference** - page 13
- **Forgive to Win! Break Free from Self-Sabotaging Behaviors** – page 13
- **Prostate Cancer: Know Your Stats** – page 13
- **Join Team CATS for the 2012 Los Angeles Marathon** – page 12
- **SENIORS 64Plus: Memory Loss, Dementia & Alzheimer's Disease** – page 16
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- **Steppin' Out Featuring Dancing with the Stars** – page 15

November

- **Cancer Education: Look Good, Feel Better and Guided Imagery** – page 15
- **Earn It, Keep it and Pass it On! FREE Consultation (Trusts and Wills Class)** – page 16
- **SENIORS 64Plus: Arthritis and Osteoporosis, FREE Bone Density Screening** – page 16
- **SENIORS 64Plus: Healthy Body, Healthy Brain (Alzheimer's Class)** – page 16

December

- **Diabetes: Healthy Holiday Eating** – page 13
- **Babies First** Expectant Parent Classes – page 14
- **Cancer Education: Reaching Out: Free Health Fair and Cancer Screenings** – page 15
- **Cancer Education: Give Yourself a Gift Workshop** – page 15

GO PEDIATRICS!

Northridge Hospital Medical Center has won the *Los Angeles Daily News* Reader's Choice Award for "Best Pediatric Care" Here's why:

- Designed with kids in mind, our **Pediatrics Unit** features cheerful colors and diversions, such as a playroom, computer games, DVDs and uplifting visits from our Paws That Refresh Pet Therapy Dogs.
- Our 14-bed **Pediatric Intensive Care Unit** is certified by **California Children's Services** and staffed by compassionate specialists.



- Northridge Hospital is an **Emergency Department Approved for Pediatrics** (EDAP) by the L.A. County EMS Agency for providing swift care to our youngest patients.
- Our **Richie Pediatric Trauma Center** provides specialized emergency medical treatment to children in a welcoming, kid-friendly atmosphere. We bring together specially trained staff and a Child Life Specialist in a calming, reassuring environment for both parents and children.

What's more, our young patients received a roaring surprise visit from the L.A. Kings Mascot Bailey. Thanks for the souvenir cub animals, Bailey!

For more information about our pediatric services, visit NorthridgeHospital.org/kidshealth

Open Enrollment Is Here! Find Dr. Right

Northridge Hospital Medical Center has more than 800 expert physicians in nearly 60 specialties. To find a qualified physician near you, call our **FREE Find-A-Doctor Line Toll-Free at 855-A-DOC-4-ME** (855-236-2463), or find a list of doctors on our website at www.NorthridgeHospital.org/adoc4me.



Join Team CATS for the 2012 Los Angeles Marathon

Join the 2012 Los Angeles Marathon Team in support of Northridge Hospital's CATS (Center for Assault Treatment Services) program. Runners and walkers of all ages and abilities are invited to join the 24-week training program that begins in October in preparation for the March 18, 2012 Los Angeles Marathon. For details, please visit the CATS website at www.abuse-assaultservices.org or call Priscilla at 818-785-3489.

HEALTH EDUCATION CLASSES

All classes are FREE. Registration is required by calling the number provided.
Class listings are also available online at www.NorthridgeHospital.org/classes.

[Is Weight Loss Surgery for You?](#)

Presented by Uthaiyah Kokkalera, MD, Co-Medical Director, Center for Weight Loss Surgery, and Sergey Lyass, MD, Co-Medical Director, Center for Weight Loss Surgery

Learn more about our comprehensive weight loss surgery program, insurance coverage and our surgeons at this free, no-obligation presentation.

Thursday, Oct. 13

6 – 7 p.m., 7 p.m. Support Group (See page 16 for details.)

Thursday, Nov. 10

6 – 7 p.m., 7 p.m. Support Group

Thursday, Dec. 8

6 – 7 p.m., 7 p.m. Support Group

Thursday, Jan. 12, 2012

6 – 7 p.m., 7 p.m. Support Group

All classes are held in Classrooms 1 and 2.

Call toll-free 877-448-4448 to register.

[Joint Replacement Program, Coordination of Care](#)

Los Robles Homecare Services and Northridge Hospital Medical Center present a free pre-operative community seminar about knee and hip replacement surgery. Presented by a licensed Physical Therapist, classes will be held:

Thursday, Oct. 20, Classrooms 3 & 4

Thursday, Nov. 3, Education Auditorium

Thursday, Nov. 17, Classrooms 3 & 4

Thursday, Dec. 1, Classrooms 3 & 4

Thursday, Dec. 15, Classrooms 3 & 4

All classes are from 3 – 4:15 p.m.

To reserve a seat, please call Kendall Spencer at 805-777-7234.

[Are You at Risk for Stroke?](#) [FREE Stroke Screening](#)

Presented by HealthCare Partners Medical Group and Craig German, MD, Neurologist

Stroke is the third leading cause of death in America and a leading cause of adult disability. Up to 80 percent of strokes are preventable. Learn more and participate in a FREE Stroke Screening.

Wednesday, Oct. 5

10 a.m. – 12 p.m.

Classrooms 1 & 2

Please call Danezka at 818-838-4500, ext. 54242 to register.

[Secrets Your OB/GYN Won't Tell You: From Fibroid Hysterectomies to Natural Hormones!](#)

Presented by Ian Taras, MD, Gynecologist

Learn about symptoms, diagnosis, treatment and prevention of diseases and conditions that affect the female reproductive system.

Wednesday, Oct. 5

6 p.m.

Education Auditorium (Refreshments will be served)

Please call 818-885-8500, ext. 2948 to reserve a seat.

[Annual Stroke Conference](#)

Presented by the Northridge Foundation for Neurological Research & Education and Northridge Hospital Medical Center

Ronald B. Ziman, MD, Medical Director, Stroke Center, Northridge Hospital Medical Center, will discuss the medical management and treatment of stroke. **Bonnie Freitas, MD**, Neuro-Radiologist will review cutting-edge techniques to pinpoint the source of stroke and the best treatment options. **Darene Hall, NP**, Stroke Coordinator, Northridge Hospital, will explain how to be stroke smart, and paramedics will speak about activating emergency medical services.

Saturday, Oct. 22

9:30 a.m. – 1 p.m. (check-in 9 – 9:30 a.m.)

Education Auditorium

Space is limited. Registration is required by calling 818-349-2503, ext. 116.

[Forgive to Win! Break Free from Self-Sabotaging Behaviors](#)

Presented by Walter E. Jacobson, MD, Psychiatrist

Learn ways to overcome self-sabotaging behaviors and generate greater physical, emotional and spiritual well-being.

Saturday, Oct. 22, 2011 and Jan. 21, 2012

10 a.m. – Noon

5th Floor Hale Penthouse Auditorium

For reservations, please call 818-865-2124.

[Prostate Cancer: Know Your Stats Defensive and Offensive Measures](#)

Presented by Albert Samadi, MD, Urologist

Game Plan Discussion – Develop a strong defense against prostate cancer.

Wednesday, Oct. 26

6 – 7 p.m.

5th Floor Hale Penthouse Auditorium (Game Day Buffet will be served)

Space is limited. Please call 818-885-8500, ext. 2948 to register.

[Diabetes: Healthy Holiday Eating](#)

Presented by HealthCare Partners Medical Group

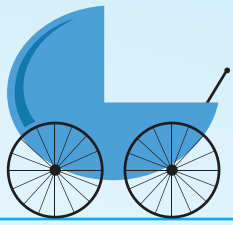
Learn how to incorporate healthy, satisfying meals into a successful diabetes management plan this holiday season. We will also show you how to make a fun, tasty and easy dish for your guests.

Monday, Dec. 12

10 a.m. – 12 p.m.

5th Floor Hale Penthouse Auditorium

Please call Danezka at 818-838-4500, ext. 54242 to register.



Babies First Expectant Parent Classes

Call **818-885-5434** for registration and class location. Detailed class explanations are available at www.NorthridgeHospital.org/BabiesFirst. Classes are FREE unless noted.



STEP 1

Babies First Maternity Orientation and Tour

Tour our medical facility and learn why we're the best place to have your baby.

Wednesday, Oct. 12, Nov. 9, Dec. 14, 2011 or Jan. 11, 2012
7 – 9 p.m., FREE

Tiny Tots Tour

Siblings ages 3 to 10 discuss their new roles, visit the newborn nursery and see where mom will be in the hospital.

Thursday, Nov. 3, 4 – 5 p.m., FREE



STEP 2

Breastfeeding Workshop

A certified lactation consultant teaches pregnant women and new mothers how to successfully breastfeed.

Monday, Oct. 3, Nov. 7 or Dec. 5
7 – 9:15 p.m., \$40 per couple



Childbirth Education

Topics include physical and emotional changes, what to expect during pregnancy and birth, techniques for relaxation and breathing, cesarean birth, pain relief options and more. Registration is recommended by the sixth month of pregnancy. (This is a four-class series, plus a Pain Management for Labor/Cesarean Birth class that is held on Thursdays, and a Maternity tour.)

Nov./Dec. series begins Tuesday, Nov. 15 or Thursday, Nov. 17
7 – 9:30 p.m., \$100 per couple

Childbirth Education Weekend Express Classes

Pressed for time? On two consecutive Saturdays, learn the same childbirth education material presented in the four-week course. Enrollment in Pain Management is also recommended.

Two-day course: Saturday, Nov. 12 and 19
10 a.m. – 2 p.m., \$125 per couple



Pain Management During Labor/ Cesarean Childbirth

This class reviews surgical procedures, techniques for decreasing pain, recovery strategies and medication options.

Thursday, Oct. 6 or Dec. 8, 7 – 9:30 p.m.
FREE for Childbirth Education Series participants (\$30 per couple for non-participants)



STEP 3

Breastfeeding Support Group

Discuss challenges and experiences. Led by a bilingual lactation educator.

Thursdays, 10 – 11:30 p.m.
For more information, call 818-885-8500, ext. 2289.

Ready, Set, Let's Parent!

Our innovative three-part class offers tips for coping as new parents, baby safety, reducing hazards and non-certified Pediatric CPR.

Three-week series begins:
Tuesday, Oct. 4 or Nov. 8
7 – 9:30 p.m., \$95 per couple



CPR for Family and Friends (Infant and Child CPR plus Safety and Injury Prevention for the Lay Rescuer)

An American Heart Association-trained instructor will teach you how to reduce hazards that cause injuries and the emergency measures needed to clear the airway and perform CPR for infants and children up to age 8 (non-certified CPR).

Thursday, Nov. 17, 6:30 – 10 p.m.
\$40 per person

Heartsaver First Aid (Certified First Aid)

First aid for parents looking for basic first-aid skills or those who respond in an emergency. Participants receive a two-year certification card.

Saturday, Oct. 1, 9 a.m. – 1 p.m., \$65 per person

CANCER EDUCATION

All classes are FREE unless noted.
Registration is required by calling
818-885-8500, ext. 2855 unless noted.

Navigating Through Your Cancer Journey: Everything You Need to Know, from Diagnosis to Recovery

Presented by Northridge Hospital's Navigator Coordinator

The Leavey Cancer Center's mission is to provide patients with a road map of information that leads to awareness, understanding and coping with cancer. Cancer patients will learn about treatment and symptom management, advanced directives, financial concerns and emotional support resources offered at the Center.

Leavey Cancer Center Conference Room

Call for dates, times and to make your reservation.

Acupressure Workshop

Presented by weSPARK

Acupressure can effectively treat many of the side effects of cancer and can also help your body repair itself and thrive once more. You don't need needles to experience this feeling. You can perform effective acupressure treatments on yourself and your loved ones. By simply placing your hands or feet on specific spots, you can build your reserves and calm your spirit on a daily basis. This workshop will teach you these simple techniques.

Wednesday, Oct. 12, 7 p.m.

Leavey Cancer Center Conference Room

Look Good, Feel Better and Guided Imagery

Presented by Northridge Hospital's Navigator Coordinator

For a morning of fun, join stylists coordinated by the American Cancer Society to learn how to use make-up, scarves and wigs to enhance physical appearance during cancer treatment. Limited to 12 participants in active cancer treatment.

Saturday, Nov. 12, 10 a.m. – Noon

Leavey Cancer Center Conference Room

Give Yourself a Gift Workshop

Presented by weSPARK

Create a special **treasure box** for yourself! **You should bring:** meaningful objects such as stones, shells, crystals, pictures or photos, memorabilia, toys and anything and everything that for you symbolizes what you wish to bring into your life this New Year!

Wednesday, Dec. 7, 6 p.m.

Leavey Cancer Center Conference Room



CELEBRATE the "SPIRIT of LIFE"
**STEPPIN'
OUT 2011**

SATURDAY, OCTOBER 15, 2011
FOUR SEASON'S HOTEL
WESTLAKE VILLAGE
6 P.M. SILENT AUCTION & RECEPTION
7:30 P.M. DINNER

ENTERTAINMENT
"Dancing with the Stars"

MASTER OF CEREMONIES
MARK KRISKI, WEATHERMAN, CHANNEL 5 NEWS

HONORING:
NORTHRIDGE EMERGENCY MEDICAL GROUP
NORTHRIDGE PEDIATRIC
CRITICAL CARE MEDICAL GROUP
UCLA PEDIATRIC SURGERY ASSOCIATES

PROCEEDS TO BENEFIT:
EMERGENCY SERVICES AT
NORTHRIDGE HOSPITAL MEDICAL CENTER

MAKE YOUR RESERVATION AT
WWW.SUPPORTNORTHRIDGE.ORG

Reaching Out: Free Health Fair and Cancer Screenings (for the uninsured and underinsured)

Presented by Northridge Hospital Medical Center's Leavey Cancer Center and sponsored by the Harold Pump Foundation

Community members will learn about the importance of routine screening for cancer and have the opportunity to receive free prostate, cervical and breast cancer screenings. We will also provide free skin damage assessments and blood pressure, blood glucose and diabetes testing. Please note this event is for those who are uninsured or underinsured.

Saturday, Dec. 3

8 a.m. – 12:30 p.m.

Leavey Cancer Center

Call 818-700-5668 for more information.

Earn It, Keep It and Pass It On! FREE Consultation

Sponsored by the Legacy Society of Northridge Hospital Foundation

Join us for a free, informative seminar to better understand advance directives, power of attorneys, trusts and wills. Planning ahead ensures your wishes are followed and protects your family from taxes, court costs and delays. Our presenter Vanessa Terzian, Estate Planning Attorney, has 25 years of experience. She has pursued her own practice as the Principal of the Law Offices of Vanessa M. Terzian, specializing in estate and tax planning and trust administration. A free personal follow-up consultation is offered.

Wednesday, November 2, 6 – 7:30 p.m.

**5th Floor Hale Penthouse Auditorium
(Dinner will be served)**

or

Thursday, November 3, 12 - 1:30 p.m.

**5th Floor Hale Penthouse Auditorium
(Lunch will be served)**

Reservations are required. To make a reservation, please call 818-885-5341, ext. 3, or email dianna.domingo@chw.edu.



Former President of Mexico Vicente Fox with Mike Wall, President and CEO, Northridge Hospital Medical Center at the 2011 Celebrity Dinner and Golf Tournament, which raises money for the Carole Pump Women's Center's fight against cancer.



Are You *blooming* Yet? From the physicians and health experts at Northridge Hospital, this monthly e-newsletter keeps you up-to-date on health issues that matter to women most. For your **FREE subscription** to *bloom*, visit www.NorthridgeHospital.org/bloom.

SENIORS 64Plus

All classes are FREE.

Memory Loss, Dementia & Alzheimer's Disease: The Basics

Aurora Morales, MPH, Education & Outreach Manager, Alzheimer's Association

Learn the facts about memory loss, dementia and Alzheimer's Disease.

Thursday, Oct. 6

5 – 6:30 p.m.

Classroom 1 & 2

To register, please call 818-830-4768.

Arthritis and Osteoporosis FREE Bone Density Screening

Presented by HealthCare Partners Medical Group

You may already be suffering from osteoporosis or wondering if you are at risk. Learn about warning signs for early detection, risk factors and causes and participate in a FREE Bone Density Screening.

Wednesday, Nov. 2

10 a.m. – 12 p.m.

5th Floor Hale Penthouse Auditorium

Please call Danezka at 818-838-4500, ext. 54242 to register.

Healthy Body, Healthy Brain

Aurora Morales, MPH, Education & Outreach Manager, Alzheimer's Association

Learn how taking care of your body, including your brain, can help reduce your risk of memory problems.

Thursday, Nov. 10

5 – 6:30 p.m.

Education Auditorium

To register, please call 818-830-4768.

SURGICAL EXCELLENCE

Northridge Hospital Medical Center's Expert Surgeons

Colon/Rectal Surgery

Jeffrey Lake, MD

General Surgery

Walid Arnaout, MD
Charles Chidsey, MD
Danielle Dabbs, DO
Dantae Davies, MD
Scott Fields, MD
Said Hemmati, MD
Uthaiiah Kokkalera, MD
Sergey Lyass, MD
Harold Marks, MD
Amal Obaid, MD
Mahbod (Mark) Paya, MD
Peter Richman, MD
Christojohn Samuel, MD
Min Sauk, MD
Laurence Weekes, MD

Gynecologic Oncology

Scott Eisenkop, MD
W. Michael Lin, MD

Gynecology

Green Hsueh, MD
Jirair Konialian, MD
Leila Zafaranchi, MD

Maternal/Fetal Medicine

Roy Mansano, MD
Khalil Tabsh, MD

Neurosurgery

Brian Gantwerker, MD
Lance Gravely, MD
Tooraj Gravori, MD
Sherwin Hua, MD
Deborah Hyde, MD
Mark Liker, MD
Asher Taban, MD

Obstetrics/Gynecology

Veronica Abusleme, MD
David Ahdoot, MD

Federico Alva, MD
Anton Ambrose, MD
Mahin Amirgholami, MD
Neda Ballon-Reyes, MD
Lisbeth Chang, MD
LiChing Chen, MD
Martin Cooper, MD
George Delshad, MD
Kevin Gallivan, MD
Glenn Grossman, MD
Kamrooz Houman-Tabibzadeh, MD
Lamya Jarjour, MD
Mee Sook Kim, MD
Frederick Kohn, MD
Shahram Kossari, MD
Rafik Latif, MD
Mary Olender, MD
Kevin Pezeshki, MD
Carlos Rodriguez, MD
Jack Sakai, MD
Dafna Trites, DO
Tina Verder, MD
Kathryn Wright, MD
Farid Yasharpour, MD

Ophthalmology

Christine Annunziata, MD
Dorothy Calvin, MD
W. Scott Calvin, MD
Andrew Chang, MD
Hajir Dadgostar, MD
Michael Dalali, MD
Pouya Dayani, MD
Robert Engstrom, MD
Marshall Graditor, MD
Ganesha Kandavel, MD
Danny Kim, MD
David Kim, MD
Mark Kramar, MD
Sandy Lee, MD
David Liao, MD
Sangeeta Logani, MD
Sanjay Logani, MD
Roger Novack, MD

Leon G. Partamian, MD
Svetlana Pilyugina, MD
Mitchell Shultz, MD
Vinh Tran, MD
Richard Yook, MD

Oral/Maxillofacial

Ted Feder, DDS
Fred Haim, DDS
James Jensvold, DDS
Alexei Mizin, DMD
Robert Relle, DDS

Orthopedic Surgery

George Balfour, MD
Tarek Bittar, MD
Keith Brookenthal, MD
Hrair Darakjian, MD
Adam Dietz, MD
David Feingold, MD
Jason Freedman, MD
Jerome Friedland, MD
Jaime Hernandez, MD
David Heskiaoff, MD
InSoo Kim, MD
John King, MD
Benjamin Lesin, MD
Kevin Nadel, MD
Richard Nussbaum, MD
Andrew Rah, MD
Robert Roth, MD
Steven Schopler, MD
Michael Shapiro, MD
Domenick Sisto, MD
Gregg Sobeck, MD

Otolaryngology

Ronald Accomazzo, MD
Kamyar Amini, MD
James Andrews, MD
Sofia Avitia, MD
Marc Kerner, MD
John Roesler, MD
Lawrence Stein, MD

Pediatric Surgery

Harry Applebaum, MD
Steven Lee, MD
Stephen Shew, MD

Periodontics

Todd Benia, DMD

Plastic Surgery

Bruce Ascough, MD
Fadi Chahin, MD
Mohammad Khosravi, MD
Jacob Saleh, MD
Zareh Vartivarian, MD

Podiatry

Joseph Borden, DPM
Arthur Fass, DPM
Armen Hagopjanian, DPM
Elliot Plotkin, DPM
Vladimir Zeetser, DPM

Thoracic Surgery

Azmi Atiya, MD
Syed Mehmood, MD
Michael Soltero, MD
Roderick Yasuda, MD

Urology

Bassam Bejjani, MD
Gary Bellman, MD
Daniel Brison, MD
Robert Klein, MD
Elise Perer, MD
Jacinto Rios, MD
Albert Samadi, MD
Arthur Vatz, MD
Youssef Youssef, MD

Vascular Surgery

Ihab Aziz, MD
Adel Jabour, MD
Fuad Rafidi, MD
Shawki Saad, MD

All physicians featured are on the medical staff of Northridge Hospital Medical Center (NHMC). Many of these physicians are in private practice and, as independent practitioners, are not employees or agents of NHMC.

This list includes active, associate and provisional surgeons.



SUPPORTING OUR PATIENTS & THEIR FAMILIES

Please call to register for each support group before initial participation. Room location and other information will be provided during the time of registration. All support groups meet at Northridge Hospital Medical Center and are free and open to the public. You can also find a list of Northridge Hospital's support groups at www.NorthridgeHospital.org/supportgroups.

Bereavement Program

The Bereavement Program offers opportunities to develop a better understanding of grief, learn healthy coping skills and share feelings with others who are experiencing loss. We offer the following groups throughout the year. The program is coordinated by our Spiritual Care Staff. For more information, please call the Spiritual Care Department at 818-885-8500, ext. 4560.

- **Bereavement Support Group**

An ongoing support group for those who have experienced the loss of a loved one.

Tuesdays, 6 – 7:30 p.m.

- **The Healing Journey**

An eight-week workshop dealing with grief and loss.

Select Wednesdays, 2:30 – 4 p.m.

- **Getting Through the Holidays**

Receive support while coping with loss during the holiday season.

Wednesday, Dec. 7, 2:30 – 4 p.m.

Brain Injury Support Group for Survivors & Caregivers

Meets once a week on Tuesdays, 7 – 8:30 p.m. or

Wednesdays, 3 – 4:30 p.m.

Call 818-885-8500, ext. 3797.

Brain Tumor Support Group

Provides encouragement and education to patients with all types of brain tumors: malignant, benign or metastatic.

Second Wednesday of each month, 12:30 – 2 p.m.

Call 818-885-8500, ext. 5668.

Breast Cancer Support Group

Second and fourth Tuesday of each month,

7 – 8:30 p.m.

Call 818-885-8500, ext. 2855.

Breastfeeding Support Group

Offered in English and Spanish. Provides support and encouragement to breastfeeding women to reduce and prevent problems that can undermine successful breastfeeding.

Thursdays, 10 – 11:30 a.m.

Call 818-885-8500, ext. 2289.

Chronic Pain Support Group

Second and fourth Tuesday of each month,

11 a.m. – 12:30 p.m.

Call 818-885-8500, ext. 3680.

Dementia Caregivers Support Group

First and third Wednesday of each month, 6:45 p.m.

Call 818-317-3421.

Depression and Bipolar Support Alliance Group

Provides hope, help and support to improve the lives of people living with depression and/or bipolar disorder. A concurrent group is available for family and friends as well.

Wednesdays, 7 – 9 p.m.

Fridays, 7 – 9 p.m.

Call 818-406-0157.

Fibromyalgia and Chronic Fatigue Support Group

Second Monday of each month, 6:30 – 8:30 p.m.

Call 818-886-8730.

Huntington's Disease Support Group

In partnership with the Huntington's Society of America, Los Angeles, and the Los Angeles Caregivers Resource Center

Third Sunday of each month, 6 – 8 p.m.

Call 714-317-3969.

Liver Disease Support Group

Two Wednesdays per month, 6:30 – 8 p.m.

Call the American Liver Foundation at 310-670-4624.

Mental Health Support Group

In partnership with the National Alliance on Mental Illness (NAMI) for family members of those with mental illness

First and third Thursday of each month, 7 – 9 p.m.

Call 818-994-6747.

Parkinson's Support Group

Offers various topics and a monthly support group.

Third Monday of each month, 3:30 – 5:30 p.m.

Call 818-776-1183.

Sleep Apnea Support Group

Learn to increase your comfort, how to reduce the need for treatment and about treatment options.

First Wednesday, every other month, 6 – 7 p.m.

Call 818-885-8500, ext. 5344.

Spinal Cord Injury Support Group

For spinal cord injury patients and their families.

Thursdays, 3 – 4:15 p.m.

Call 818-885-8500, ext. 3656.

Stroke Support Group for Survivors & Caregivers

Wednesdays, 3 – 4 p.m.

Call 818-885-8500, ext. 4865.

Trigeminal Neuralgia Support Group

In partnership with the Trigeminal Neuralgia Association

For Trigeminal Neuralgia and related facial pain sufferers to obtain information, encouragement and treatment explanations.

Fourth Wednesday of each month, 1 – 2:30 p.m.

(No meetings in Nov. or Dec.)

Call 818-885-8500, ext. 5432.

Weight Loss Surgery Support Group

All patients and prospective patients are welcome to join. Learn about follow-up care and help us plan future events. Sessions are focused on group discussion.

Second Thursday of each month, 7 – 8 p.m.

Call toll-free 877-448-4448.

WYNGS Support Group

For those living with spinal cord injuries.

Second Wednesday of every other month, 4 p.m.

Call WYNGS at 818-885-8500, ext. 3610.

WYNGS Alas d'Esperanza

(Una reunión que se lleva a cabo en Español)

El tercer miércoles de cada mes, a las 5 p.m.

Llame a WYNGS at 818-885-8500, ext. 3610.

What brings you today?

Macy's Macy's Men's & Home JCPenney
Sears Pacific Theatres H&M Forever 21 Apple
CPK Wood Ranch BBQ & Grill Red Robin



NORTHRIDGE
FASHION CENTER

www.northridgefashioncenter.com



9301 Tampa Avenue | Northridge, California 91324 | 818.701.7051



FREE Health Tips | Northridge Mall

Northridge Hospital Medical Center presents monthly health information at Northridge Fashion Center on the UPPER LEVEL between the FOOD COURT and JCPENNEY.

Please note: These are only informational booths providing quick tips to mall visitors, unless a free screening is noted. (See "Health Education Classes" in this issue of HealthSpeak for free seminars and screenings held at Northridge Hospital.)

All events are held from Noon – 4 p.m. Visit www.NorthridgeFashionCenter.com or www.NorthridgeHospital/BetterHealth.org for more details.

Friday, Oct. 14 – Latest Treatments in the Fight Against Breast Cancer

Friday, Nov. 11 – Best Ways to Keep Your Blood Pressure Low and FREE Blood Pressure screening

Saturday, Nov. 12 – Tips to Keep Your Little Ones Safe

Friday, Dec. 9 – How to Treat Traumatic Injuries

Saturday, Dec. 10 – First Steps to Breastfeeding Success

Friday, Jan. 13 – Tips to Avoid Weight Gain and FREE Body Fat Analysis

Saturday, Jan. 14 – How to Tell if Your Child is Using Drugs

18300 Roscoe Blvd
Northridge, CA 91328
www.NorthridgeHospital.org
818-885-8500
FREE Find-A-Doctor: Toll-Free 855-A-DOC-4-ME
(855-236-2463) or 818-908-8677

Consult the AT&T San Fernando Valley
West Yellow Pages for additional healthcare
resources at Northridge Hospital.

AMAZING HAPPENS HERE.



Northridge Hospital Medical Center won
the *Los Angeles Daily News* Reader's
Choice Award for "Best Pediatric Care."

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Festival of Trees

**Presented by the Northridge Hospital Foundation to benefit
the Richie Pediatric Trauma Center at Northridge Hospital
Medical Center**

Stroll through our magical wonderland decorated with scores of
trees, wreaths, quilts and centerpieces. Children's activities include
pictures with Santa, face painting, ornament making and story time
with Santa's elves. This magical event also features live
entertainment, hot cocoa, fudge, candies and other specialty treats.

Opening Night

Bid on exquisitely decorated trees, wreaths, centerpieces and quilts.
Thurs., Dec. 1
6 p.m., Reception & Silent Auction
7 p.m., Tree Lighting Ceremony
\$25 - Per person
\$15 - Presale before Friday, Nov. 18

Festival Celebration (Entertainment & Children's Activities)

Fri., Dec. 2 and Sat., Dec. 3
10 a.m. - 9 p.m.
Adults -\$5; Children ages 3 -12 -\$3
Children under 2 - Free

Location

Unicel Corporate Building
21701 Prairie Street, Chatsworth, CA 91311
Follow signage for parking behind the building

HOW TO GET INVOLVED

Donate and decorate a large or small tree, wreath or quilt that
represents a Magical Holiday. You may also sponsor a decorated
tree or wreath. Corporate and individual sponsorships are available
and volunteers are welcome.

**For more information, call 818-885-5341, ext. 3
or visit www.supportnorthridge.org**

PICTURES OF HEALTH CONTEST WIN A \$100 MALL GIFT CARD!



Show us how you stay healthy. Visit Northridge
Hospital's Facebook page, click "like" and enter our
Pictures of Health Photo Contest. Upload a photo
reflecting a healthy activity—jogging, surfing, cooking,
etc.—with a brief description and you'll be entered to
win a \$100 gift card to use at the Northridge Fashion
Center Mall or anywhere that American Express Cards
are accepted. The winner will also have their photo
featured in *HealthSpeak*, Northridge Hospital's
community magazine!

Photo submissions are accepted through Sunday,
October 23, 2011 and will be judged by visitors on
Northridge Hospital's Facebook page. The winner will be
announced Tuesday, November 8, 2011, via Facebook.



To enter, log onto
www.facebook.com/northridgehospital
or download a QR Code reader app for
your smart phone, point your phone's
camera at this code and scan. Good Luck!

Must be 18 years of age or older to participate.