

# Healthcare

CUSTOM CONTENT • October 11, 2021







## The Kaiser Permanente Difference

Through our unique model, nation-leading prevention, and cutting-edge treatment, we care for our members like no other health care organization. Connected teams of experts collaborate seamlessly across departments and specialties for faster diagnosis, treatment, and recovery. **Providing affordable, high-quality care to the people and communities we serve is, and always has been, our mission at Kaiser Permanente.** And with every life we touch, we're contributing to the growth of a healthier, more vibrant world.

**Confronting the pandemic**  
**Nearly 350,000 COVID-19 vaccine doses have been administered by Kaiser Permanente in Orange County** and more than 75% of Kaiser Permanente Orange County members 12 years and older have received at least one dose. Even with these encouraging numbers, it is important to remain aware of the risk that COVID-19 still plays in our communities, especially for people who are not yet vaccinated. The virus continues to spread and varying strains of the virus are emerging. We can all play a part in keeping ourselves, our families, and our communities healthy. If you're 12 or older, getting a COVID-19 vaccination is one of the best ways to help end this pandemic. In addition to getting vaccinated when you're eligible and complying with public health orders—including wearing a mask if you haven't been fully vaccinated—you can protect yourself and keep your immunity strong by continuing to practice healthy habits such as getting plenty of rest, eating healthy foods, exercising, and managing your stress. And as flu season begins and COVID-19 is still spreading, it's also more important than ever to get a flu shot. The flu shot helps reduce the risk of serious illness and hospitalization and lowers overall infection rates. [kp.org/covidvaccine](https://kp.org/covidvaccine)

### Community first

At Kaiser Permanente, we believe that when we collaborate and support each other, our work improves the quality of health and life in our communities. At the heart of these efforts, for over 40 years in Orange County, are initiatives and interventions designed to meet the social needs of our members and communities. Our work to house homeless individuals and invest in affordable housing; increase access to nutritious, affordable food; and develop economic opportunities in our communities, sets us apart. Through these efforts we were recently honored as a **Civic 50 OC awardee**, recognized as **one of the 50 most community-minded companies in Orange County**, by OneOC in partnership with Points of Light, the world's largest organization dedicated to volunteer service. Our ongoing commitment focuses on furthering health equity across our



communities, unwavering in our dedication to efforts that result in fair and just treatment, access, opportunity, and advancement of all people in pursuit of their total well-being.

### The best cancer care starts with prevention

What's the best way to fight cancer? Stop it from happening in the first place. In the United States, at least 42% of newly diagnosed cancers were potentially avoidable. Your best defense against most cancers is a healthy lifestyle and early diagnosis. At Kaiser Permanente, we have programs to help you create healthy habits. Plus, we'll keep you on track for regular cancer screenings—because **the best time for prevention is right now.**

When you make choices like exercising often, managing stress, and not smoking, you're creating healthier habits that may help prevent cancer. But making these lifestyle changes is challenging—especially at first. With

help from your dedicated care team, you can create a personalized program that works for you.

Many of the most common forms of cancer, including breast, cervical, prostate, and colon cancer, can be detected early—leading to better outcomes. And our research shows certain types of cancer affect racial and ethnic groups differently, which supports starting screenings earlier for those who may be at a higher risk. Depending on your medical and family history, your doctor will create a customized screening schedule as part of your regular care plan.

A leader in screenings for breast, cervical, and colorectal cancer



**Breast cancer screening rates:**  
 We perform 84% vs. 72% national average.



**Cervical cancer screening rates:**  
 We perform 87% vs. 74% national average.



**Colorectal cancer screening rates:**  
 We perform 77% vs. 62% national average.

Source: Kaiser Permanente 2019 HEDIS® scores.<sup>4</sup>

Visit [kp.org/orangecounty](https://kp.org/orangecounty) for more information.

### Invest in the health of your workforce

With no shortage of health care options available to your business, what if you could work with more than just an insurance provider? What if you could work with a true partner, one that can help you manage the cost of care, invest in the ongoing health of your employees, and understand the emerging challenges that affect the growth of your business? That's what you get with Kaiser Permanente, a better way to take care of business. Support your employees and their families with coverage that makes it easy for them to engage in their own well-being and get the care they need. Leveraging the power of employee health helps support, protect, and enhance your business. That's why organizations of every size are adding workforce health to their core business strategy. **By partnering with Kaiser Permanente, you'll be giving your employees what they need to stay on top of their health. And you get the peace of mind from giving your team high-quality care.**

With Kaiser Permanente as your health care partner, your employees get so much more—from compassionate care in a doctor's office to innovative preventive measures that can help keep them from getting sick in the first place to simple tools for managing their health online. Kaiser Permanente caregivers are connected on the same electronic health record system, so they are prompted to remind your employees about upcoming or overdue screenings during primary care appointments, helping us to provide care for chronic conditions early. And employees with or at risk for chronic conditions are automatically enrolled in nationally recognized disease management programs that are already built into your coverage. Physician-led teams coordinate comprehensive treatment plans that include clinical care, health education, and support tools for better outcomes and efficiency. We're building a future that puts your employees first. As a mission-driven organization, it's easy for us to practice what we believe. Our philosophy, structure, and incentives are aligned so our caregivers can move beyond treating illness and do something bigger: promote health.

[business.kaiserpermanente.org](https://business.kaiserpermanente.org)





# THE BEST CANCER CARE STARTS WITH PREVENTION

We excel in proactive prevention of illness, early detection of disease, and better treatment of ongoing conditions. Our screening rates for breast cancer are significantly higher than national averages.

Visit **[kp.org/breastcancer](https://kp.org/breastcancer)** to learn about creating healthy habits, including scheduling regular screenings.





# Shaping the Future of Health Care

## THE BEST OF ORANGE COUNTY



Marcia Manker

CEO, Saddleback & Orange Coast Medical Centers

We are pleased to announce that MemorialCare hospitals and MemorialCare Medical Group continue to be voted our region's very best by the communities we serve.

The "Best of Orange County" is an annual competition that asks readers of the Orange County Register to vote for their favorite Orange County services and places.

Our two OC hospitals, MemorialCare Orange Coast Medical Center (OCMC) and MemorialCare Saddleback Medical Center (SMC) ranked number one and two, respectively, in the Best Hospital Category. This is the eighth consecutive year that OCMC has placed in the top three, while SMC has earned the top spot in three of the last eight years.

For a fifth consecutive year, MemorialCare Medical Group has ranked in the top three in the competition in the Medical Group category.



Mark Schafer, M.D.

CEO, MemorialCare Medical Group & Greater Newport Physicians

## THE LEADER IN VALUE-BASED HEALTH CARE

MemorialCare's leadership in providing value-based care in our communities continues with a focus on creating solutions for employers looking to ensure their employees are receiving an exceptional patient experience, with both virtual and in-person access to the very highest quality of care available, and all while preventing large claims costs to the employer.

MemorialCare partners with Aetna, Anthem, Blue Shield, and United-Healthcare in many high-value benefit plans and contracts with employers that want a direct relationship with the health care providers caring for their employees. In September, MemorialCare was selected to join the **UnitedHealthcare (UHC) Harmony** network in Orange and Los Angeles counties. MemorialCare Medical Group, Greater Newport Physicians IPA (Long Beach, Orange Coast, Saddleback), Edinger Medical Group, MemorialCare's four award-winning hospitals, extensive range of health centers, and comprehensive ambulatory network are now offered as options for consumers who choose UHC Harmony through their employer.



Barry Arbuckle, Ph.D.

President & CEO, MemorialCare

## VALUE-BASED CARE EVENTS

On October 25-26th, 2021, MemorialCare's President & CEO, Barry Arbuckle will join health care industry leaders for the **Value-Based Health Care Conference** in Arlington, Virginia, for a two-day event focused on health care's shift from volume to value. This event will explore successes of value-based contracts and various methods organizations are implementing to support the adoption

of value-based models.

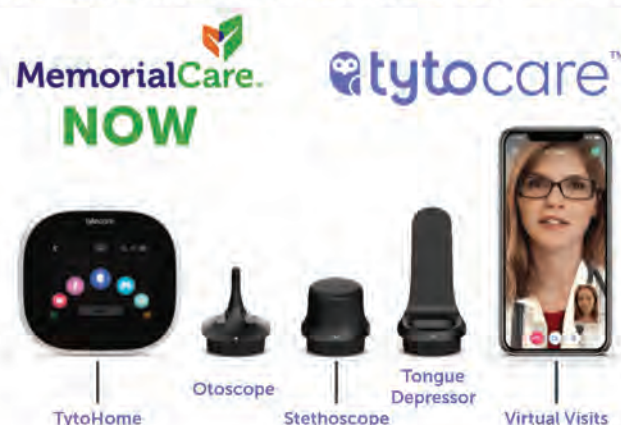
Learn more or register for the event at [worldcongress.com/events/HL21017](https://worldcongress.com/events/HL21017).

On November 4th, Dr. Arbuckle will also participate in the University of California, Irvine Fall speaker event on health care affordability titled, **"Improving Health Care Affordability in California: What is and should be considered next year?"**

During this event, which will be held from 9:00 – 10:30 AM, health care thought leaders and policy makers will discuss policy issues, challenges and solutions for improving healthcare affordability in California.

Learn more about the event at [merage.uci.edu/events](https://merage.uci.edu/events).

## ENHANCED CARE, ANYWHERE, WITH TYTOCARE™



MemorialCare has partnered with TytoCare, a company transforming care by allowing you to perform guided medical exams with your provider from the comfort of home. Their devices are equipped with special adaptors that capture heart and lung sounds, oxygen level, and body temperature as well as images of the throat, ears, and skin, the TytoCare device enhances your traditional virtual visit. Now your provider can diagnose, treat and manage even more conditions virtually than ever before.

This partnership further enhances the experience of MemorialCare NOW, our full suite of on-demand services and virtual capabilities, which saw the completion of our first virtual visit utilizing the TytoCare devices last month.

Beginning in November, MemorialCare patients will have 24/7 Virtual Urgent Care access so that you and your family are covered no matter what life throws your way.

Learn more at [memorialcare.org/tytocare](https://memorialcare.org/tytocare).

## MEMORIALCARE'S EXPANSION CONTINUES

MemorialCare's expansion of physical therapy centers alongside Physical Rehabilitation Network (PRN), a leading physical therapy provider and practice management organization, continues with the acquisition of Complete Balance Solutions Institute for Physiotherapy, Inc.

As part of a shared strategic alliance, our joint venture partnership with PRN acquired Complete Balance Solutions' three Southern California outpatient therapy clinics, located in Laguna Hills, Irvine and Seal Beach. Through the addition of Complete Balance Solutions' three physical therapy clinics, the MemorialCare and PRN joint venture partnership claims the region's most expansive network of physical therapy facilities with 26 clinics throughout Orange, Los Angeles and Riverside counties, with plans to open additional locations by December of 2021.

In addition to our Physical Therapy expansion, MemorialCare Medical Group (MCMG) has reopened the Mission Viejo Health Center after an innovative remodel. The new space provides primary care, sports medicine, behavioral health, along with imaging and laboratory services. The modernized space contains enhanced technology and an innovative design to improve the delivery of care. The ACTIVE Diabetes Program will also be housed within the health center to provide collaborative care to our diabetic patients.

In November, MCMG will be relocating the San Clemente Health Center less than half a mile away from its current location. The newly remodeled health center will be located within the Ocean View Plaza. These innovative health center renovations will continue to raise the bar of the simply better care we provide to our patients.

To learn more about how you can improve quality of care while reducing costs for your employees, contact Cathy Capaldi at [ccapaldi@memorialcare.org](mailto:ccapaldi@memorialcare.org) or (714) 377-2960.





# Make the one choice that takes care of everything.

We're here with all the care and convenience you need. An entire healthcare support system that 97% of patients would recommend. That's MemorialCare. Giving you access to virtual care and the ability to speak online with a provider. Serving you with 225 locations. Even providing personalized guidance online or from a patient navigator. With an experience entirely focused on your convenience and best health, make the one choice that takes care of everything.

Choose MemorialCare.

877-MYMEMCARE (696-3622) | [ChooseMemorialCare.org](https://www.ChooseMemorialCare.org)



Orange Coast Medical Center | Saddleback Medical Center | Long Beach Medical Center  
Miller Children's & Women's Hospital Long Beach | MemorialCare Medical Group | Greater Newport Physicians



# Women, don't delay your health screenings



**W**omen often take on the role of caregivers in our society. Unfortunately, they often neglect their own healthcare needs in the process. The pandemic only made things worse as many women postponed important health screenings in 2020 and into 2021 because of safety concerns.

A 2020 study by Epic Health Research Network found that U.S. preventive breast and cervical cancer screenings declined by 94% following the declaration of the COVID-19 national emergency. Between March 15 and June 16, 2020, 285,000 breast exams and 40,000 cervical exams were missed compared to historical averages, a study update found.

It's a pattern UCI Health internist Dr. Lauri Seymour has seen in her primary care practice.

"Most people did not come to the office in 2020; we did mostly telehealth visits," says Seymour, who specializes in women's health and preventive care. Once vaccines became widely available, people felt more comfortable coming in. But they are arriving with long lists of health checks that need to be done, including mammograms and other delayed screenings.

## Top health concerns

Seymour has three main areas of concern:

- **Breast health.** The drop in mammography screenings over the last 18 months hasn't helped women's breast health. "I'm seeing a fair number of abnormal mammograms come through leading to an uptick in breast cancer diagnoses," she says.
- **Weight gain.** Because people have been so sedentary during the pandemic and gained weight, they are encountering related health problems, she says. "High cholesterol, high blood sugar levels and high blood pressure go hand-in-hand with being overweight. People whose labs or test results were normal two years ago are coming back with abnormal results, particularly with cholesterol levels and liver function."
- **Mental health issues.** The pandemic also has taken a toll on people's mental health but patients who are trying to address their stress and anxiety are encountering long waits to get an appointment with a mental health professional. Primary care physicians can also help. "We are able to prescribe medications for anxiety, depression and insomnia. We can also advise them on vitamins and other natural remedies to help them feel better."

## Must-have screenings for women

Seymour, who sees patients in Costa Mesa and also will be practicing at UCI Health — Newport Beach MacArthur, recommends the following:

- **A yearly physical.** "Every time you see your physician, they should listen to your heart and lungs, check your blood pressure and weight, and ask about your mental health and your particular health concerns." Patients over age 50 should get annual bloodwork, including a cholesterol panel. For healthy women in their 20s and 30s, bloodwork every three to five years is sufficient but they still need an annual physical.
- **A well-woman exam.** "Women can get their entire physical with us, including a cervical cancer screening and breast exam. I recommend cervical screenings every three years unless the patient has had an abnormal reading." Any serious findings are immediately referred to a gynecologist.
- **Yearly mammogram starting at age 40.** "Breast cancer is very responsive to treatment when it's caught in the early and middle stages." For women ages 50 to 75 with an average risk of developing breast cancer, current guidelines call for a mammogram every two years.
- **Chronic health conditions.** Patients with high blood pressure, diabetes, auto-immune disease or other chronic health conditions need to come in more frequently to manage their symptoms effectively and keep complications at bay.
- **Other screenings.** Women are at higher risk for osteoporosis as they age. Women who are age 65 and older should get a bone density scan. Heart disease also presents differently in women. "If a patient has a family history of heart disease or has been diagnosed herself, it's definitely important to keep up with regular heart screenings and risk-factor evaluations."

*"Getting the right screening and preventive care on schedule can help you stay healthier longer," says Seymour, "You want to catch health issues at their earliest, most treatable point."*

[ucihealth.org/macarthur](https://ucihealth.org/macarthur)

**UCI Health**





Coming October 2021

# NEW PRIMARY AND SPECIALTY CARE

You don't have to travel far for access to top-tier doctors, the latest treatments and convenient access to care. With more locations than ever and telemedicine services, UCI Health offers the full range of primary and specialty care services focused on improving and maintaining your health, no matter where you are.

**UCI Health — Newport Beach MacArthur**, our newest medical complex, will provide unparalleled care in:

- Cardiology
- Dermatology
- Gastroenterology
- Primary care
- Rheumatology
- Women's health

As Orange County's only academic health system, UCI Health delivers superior coordinated care, and access to more than 500 specialists and clinical trials often not available elsewhere in the region.

From routine annual screenings to treatment for complex conditions, we **STOP AT NOTHING** to deliver the best care possible to the people of Orange County and beyond.

4000 MacArthur Blvd., Suite 110  
Newport Beach, CA 92660

To learn more or to make an appointment,  
call 949-445-8768 or visit  
[ucihealth.org/macarthur](https://ucihealth.org/macarthur)





# Experiential Reality Technology is a Game–Changer for Patient Care and Patient Choice

Technology is moving at the speed of light. At Hoag, we harness it to push the boundaries of health and wellness services for each patient.

We have prioritized health care innovation since our founding nearly 70 years ago. Our patients and community have always been our guiding light – who we exist for, and who we serve. Hoag’s physicians, nurses, administrators and support staff share a commitment to exploring and perfecting innovative treatment options and elevating our delivery of personalized, compassionate care.

The technological advancements in health care have been particularly swift over the past several years. Due to our commitment to our patients and our passion for innovation, Hoag has long been a nationally recognized leader in Experiential Reality (XR) technology for nearly a decade. And we are not slowing down.



The next step in this journey is the debut of the new Hoag Center for Advanced Visualization and Immersive Therapeutics inside the Pickup Family Neurosciences Institute on our Newport Beach campus.



The XR technology in use at the new Center encompasses Virtual Reality (VR), Augmented Reality (AR) and Mixed Reality enabling physicians and patients to visualize aspects of the human anatomy, physiology and pathology in vivid, unprecedented detail.

Under the leadership of Dr. Robert Louis, Chief of Neurosurgery and the Empower360 Endowed Chair for Skull Base and Minimally Invasive Neurosurgery, we are providing a host of unique XR applications in three dedicated spaces for areas including advanced surgery, pain and stress management, patient education and maternal care.

The Development Lab brings together physicians and engineers to work hand-in-hand to develop the newest XR technology.



The Therapy Treatment Room is available to all Hoag physicians whose patients can benefit from XR and will treat patients with a myriad of diagnoses from phobias to pain to post-traumatic stress disorder.



The Experiential Theater enables virtual fly-through experiences for patients and their families to visualize surgical objectives before treatment as well as provide a setting for nursing education, community engagement, case collaboration and various other demonstrations.

The future is now at Hoag – and when choosing a trusted health care partner this open enrollment, it is an important consideration. Access to innovative treatments by nationally recognized primary and specialty care physicians, state-of-the art facilities and world-class services are here in your community when and where you need it.

To make the best decision for you and your family, get to know your options. Get to know the health care excellence in your own backyard. Get to know Hoag.

For more information, visit [hoaghealth.org](http://hoaghealth.org) or call 800-400-HOAG (4624).





# Hi, we're hoag

Meet Dr. Louis.  
Neurosurgeon  
Pickup Family Neurosciences Institute

He loves camping  
with his daughter.

He is also a nationally recognized  
expert in minimally invasive brain  
tumor surgery and a pioneer of  
virtual reality (VR) technology.

Get to know Hoag.  
Find your physician today.  
[HoagHealth.org](http://HoagHealth.org)







## Providence Hospitals in Orange County Provide Exceptional, Leading-Edge Breast Cancer Care

A woman in her 40s was treated successfully for early-stage Estrogen-Receptor positive HER2 negative cancer, a disease that may recur. During the summer, this woman became the first patient to be enrolled in an international clinical trial to help stop her breast cancer from recurring. This “first” happened at Providence St. Jude Medical Center in Fullerton.

“A lot of people don’t know that leading-edge clinical trials are available in their community hospitals,” said board-certified oncologist Monica Lee, M.D., the principal investigator for this trial at the Fullerton hospital. “Our ability to open trials and identify patients quickly could extend a life and provide much needed hope for those who choose to participate in our trials.”

Providence hospitals in Orange County and across Southern California provide leading-edge, comprehensive cancer care in our communities, close to home. Care begins with compassionate guidance through diagnostics, results, care and treatment, all coordinated by a patient navigator who delivers on the Providence Promise: *Know me, care for me, ease my way.*

“Many of our patients are frail, scared, and already confused about how to navigate through the many appointments and departments involved in their care,” Dr. Lee said. “Providing additional options for our patients, along with navigators and study coordinators to support them through the clinical trial, removes a huge hurdle for them.”

### We have OC covered for breast care

Along with Providence St. Jude, Providence St. Joseph Hospital in Orange and Providence Mission Hospital in Mission Viejo and Laguna Beach have the advantage of expertise from across 52 Providence hospitals in seven states, which raises the level of excellence through evidenced-based innovative therapies and access to clinical trials.

From St. Joseph Hospital’s Center for Cancer Prevention and Treatment, the first in Orange County to offer preventive services, diagnostic screening and treatment for cancer in one convenient location, to the new Leonard Cancer Institute at Mission Hospital, an integrated network of cancer care, breast cancer patients have access to clinical excellence, dignity and compassion.

Susann Burnett’s, R.N., role as a nurse navigator at Providence Mission Hospital’s Women’s Wellness Center begins well before a diagnosis of breast cancer. She’s there to offer guidance and to answer questions the moment a screening mammogram raises a concern. Burnett translates the medical jargon to simple words her patients easily grasp. She looks them in the eye. She creates a bond.

When patients learn of a positive cancer diagnosis, Burnett assures them they’re not alone. She provides resources that guide patients and their families through financial counseling, insurance coverage, specialists, social work and support from patients who have been there.



“We try to make this a speed bump, not a major pothole,” she said. “That’s what navigation is — removing barriers to care.”

### Whole person care

Providence caregivers treat the whole person, honoring cultures, traditions, personal preferences and an understanding of the patient’s expectations while they’re under our care. This is especially important for patients with breast cancer who may face mastectomy or endure the side effects of chemotherapy treatments. Anticipating significant changes in our appearance can add to the fear of the cancer itself. At Providence, patient navigators, nurses as well as breast cancer survivors, support you from diagnosis through recovery and beyond.

“Every patient is unique with their own unique circumstances. They’re a name, not a number,” Burnett said.

For Dr. Lee, it’s helpful for patients to know that exceptional cancer care is available in their communities at the hospitals they’ve grown to trust.

“It’s important for our referring providers, communities and patients to understand that we have these options so patients don’t have to navigate to another institution for the same care,” Dr. Lee said. “We pride ourselves in offering leading-edge care to our patients, and clinical trials provide access to new treatments that may take years to be FDA-approved and on the market.”





## Healthy Aging Center **ACACIA**

THERAPY + EXERCISE + FRIENDS + INDEPENDENCE

## Healthy Aging Center **LAGUNA WOODS**

THERAPY + EXERCISE + FRIENDS + INDEPENDENCE

# Alzheimer's Orange County Renames Two Adult Day Health Centers

Alzheimer's Orange County (AlzOC) operates two Adult Day Service centers focused on maintaining healthy aging for frail seniors and those with memory loss, providing occupational and physical therapies, nutritionist guided meals recreation and more. The centers, located near Laguna Woods Village and in Garden Grove, will now operate under a new name but maintain the same programs and services the Orange County community depends on.

Removing the term Adult Day Services, AlzOC has renamed Acacia Adult Day Services and South County Adult Day Services Center to **Healthy Aging Center: Acacia** and **Healthy Aging Center: Laguna Woods** respectively. The new names will better reflect their goal to promote healthy living for older adults and other individuals that need daytime assistance for their health needs, including those with Alzheimer's and other types of dementia. Located in Laguna Woods and Garden Grove, these adult day licensed entities provide exemplary social and healthcare programs with a person-centered approach focused on the needs of local families.

The centers have opened and resumed in-person services modified according to health and safety protocols based on California Department of Aging guidelines. The programs assure a safe and stimulating social environment that supports healthy aging, well-being and independence, while giving family caregivers a vital break, knowing that loved ones are in a safe place. Services provided by the centers include a nutritious breakfast, lunch, and snack; and comprehensive health supports, including nursing, activities supervision, medication management, and personal care as needed. Activities and exercise are tailored to meet everyone's needs, including arts and music programs; comprehensive therapy; medical supervision for those with physical and cognitive impairment; opportunities for social interaction with peers; and round-trip

transportation.

These programs are designed to improve the quality of life of its participants while also offering a more affordable option than in-home care or other health support options families may consider. Funding may be available for individuals meeting program criteria requirements who are Medi-Cal eligible or who carry private insurance. Private pay is also available.

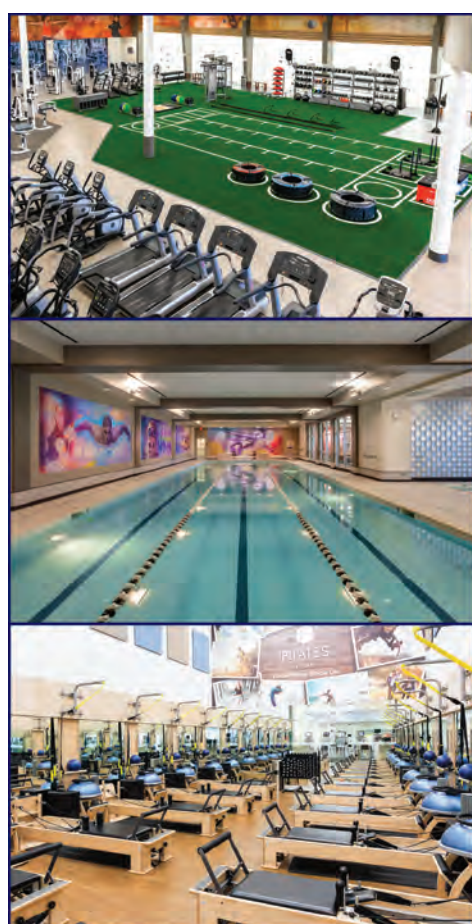
For nearly 40 years, AlzOC has led the way with critical programs and services aimed at helping those living with memory loss. Throughout that history, we have strived to find new ways to maximize our impact and adapt to meet our community's health and wellness needs through unique programs like Adult Day Health Care Centers – now Healthy Aging Centers. This name change symbolizes our organization's commitment to that idea and helping Orange County's older adults and others that can benefit from these programs.

To learn more about each center, please visit [alzoc.org/adhc](http://alzoc.org/adhc) or call the location closest to you.

Healthy Aging Center: Laguna Woods Village 949.855.9444

Health Aging Center: Acacia 714.530.1566

For information about AlzOC, call the Helpline at 844-373-4400, or visit [www.alzoc.org](http://www.alzoc.org). Find AlzOC on Facebook, Twitter, LinkedIn, and Instagram. AlzOC is a tax-exempt organization under Section 501 (c) (3) of the Internal Revenue Code (Tax ID number 953702013). Gifts are tax deductible to the full extent of the law.



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