

Bewell

SPRING 2013

Home is where
the heart is, p8
Know the signs
of stroke, p12



Dignity Health

North State

Mercy Medical Center Mt. Shasta

Mercy Medical Center Redding

St. Elizabeth Community Hospital

Welcome to Be Well

Dear North State Community Members:



Mark Korth
President, Dignity
Health North State;
President, Mercy
Medical Center
Redding

We are pleased to present the spring edition of Be Well magazine.

Throughout Be Well, we offer information designed to encourage you in your health journey. This edition features important information about cardiovascular health, including stroke warning signs and prevention. We also highlight the success of a congestive heart failure program that helps Dignity Health North State patients learn how to manage their condition and live a fuller life.

In these changing times, we want to partner with our community to help all of us proactively manage every stage of our health. That's why Dignity Health North State offers a comprehensive continuum of health care services. You have

access to our award-winning hospitals and emergency departments, our primary care clinics, lab draw centers, wound care, and ongoing community education classes, along with a physician referral service. Our Golden Umbrella Adult Day Health and Shasta Senior Nutrition Programs are also important services available for seniors, people with disabilities, and their families.

Please let us know if you find the information in Be Well useful for building better health for you and your family. If you'd like to see something featured in an upcoming edition, please share those ideas with us too.

Our commitment to provide excellent care remains central to everything we do. We appreciate the trust you place in us for your medical care.

Together, we look forward to helping you Be Well.

Sincerely,

Mark Korth
President, Dignity Health North State
President, Mercy Medical Center Redding



Dignity Health North State on the Web

Connect with Dignity Health North State through our interactive website at www.mercy.org. This nationally recognized, user-friendly website is the perfect place to:

- Find a physician
- Email a patient
- Register for classes and events
- Access medical information in the health library

Mark Korth

President, Dignity Health North State
President, Mercy Medical Center
Redding

Kenneth Platou

President, Mercy Medical Center
Mt. Shasta

Todd Smith

President,
St. Elizabeth Community Hospital

Lisa Ciccanti

Director,
Marketing and Communications

Heather Nichols

Editor-in-Chief

Kristin Behrens

Kim Trumbull

Joyce Zwanziger

Managing Editors

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Information in BE WELL 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 health care provider.

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Complete care for your entire family

Everyone needs a personal doctor or other primary care provider to stay as healthy as possible. That's especially true for people with a chronic illness, such as diabetes, high blood pressure or heart disease.

"Having a provider to monitor your health can make the difference between living life well or being controlled by your disease," says Phillip Miller, MD, a family physician and Medical Director of Mercy Lake Shastina Community Clinic.

Among its many benefits, regular medical care can prevent manageable problems from escalating into serious ones and can keep people with chronic illnesses out of the hospital.

And that's clearly worthwhile, not only for patients and their families but for society as a whole, says Morris Eagleman, Vice President of Patient Care Services at Mercy Medical Center Mt. Shasta.

Billions of dollars are spent every year in this country on hospital readmissions, Eagleman says. And many of these return trips involve patients with chronic illnesses who often did not receive adequate follow-up care after their first hospitalization.

Breaking barriers

Locally, Mercy Lake Shastina Community Clinic and Mercy Mt. Shasta Community Clinic are helping to reverse this trend. The doctors and staff at these two Dignity Health North State clinics provide crucial care after a hospitalization—care that otherwise might not be available in rural areas, where doctors are in short supply.

"We wrap our arms around our patients and do our absolute best to remove any barriers that might come between them and high-quality medical care," Dr. Miller says.

Specialists' advice in an instant

As for the medical care itself, when a specialist's expertise is needed to help keep a chronic illness under control, that support is available right away.

"If I have any questions about how to handle a treatment," Dr. Miller says, "I can consult with a specialist in the Dignity Health network."



Our locations

The Dignity Health North State rural clinics featured in the main story are part of a family of clinics available to care for patients of all ages:

Dignity Health Medical Group—North State

2510 Airpark Drive,
Suite 301, Redding
Open Monday through Friday,
8 am to 5 pm
530.242.3500

2528 Sister Mary Columba
Drive, Red Bluff
Open Monday through Friday,
8 am to 5 pm
530.528.6100

Mercy Family Health Center

2480 Sonoma St., Redding
Open Monday through Friday,
7:30 am to 5 pm
530.225.7800

Mercy Lake Shastina Community Clinic

16337 Everhart Drive,
Lake Shastina
Open Monday through Friday,
8 am to 5 pm
530.938.2297

Mercy Maternity Center

1900 Railroad Ave., Redding
Open Monday through
Thursday, 8 am to 4 pm
530.225.7480

Mercy Mt. Shasta Community Clinic

912 Pine St., Mt. Shasta
Open Monday through Friday,
8 am to 5 pm
530.926.7131

Dignity Health North State accepts Anthem Blue Cross, Blue Shield, Aetna and most other insurance. Call a clinic near you to make an appointment or for more information.



Mercy Stroke Coordinator Sue Lee, RN, evaluates a patient for stroke with a neurologist observing via telemedicine.

Lifesaving technology that buys time

Did you know that stroke is the No. 4 cause of death and the leading cause of adult disability in the United States? Because every minute following a stroke counts, the award-winning Stroke Center at Mercy Medical Center Redding is ready to respond.

Through a partnership with the Mercy Telehealth Network, the Mercy Stroke Center collaborates with other Dignity Health North State hospitals to quickly respond to stroke emergencies, improve outcomes and reduce the devastating effects of a stroke.

The Mercy Telehealth Network is a nationally recognized leader in stroke care, supported 24/7 by the Mercy Neurological Institute of Greater Sacramento. The network is made up of a panel of highly skilled physicians who share their knowledge in real time via telemedicine using a special monitor called the RP-lite robot.

The robot is a U.S. Food and Drug Administration-approved mobile unit equipped with a camera, microphone and monitor.

“The average time from when a neurologist is paged to when they beam in on the robot is five minutes or less,” says Deb Wedick, RN, Stroke Coordinator at the Mercy Stroke Center. “This means patients are seen quickly by an expert physician.”

This collaboration between technology and medicine allows local physicians and the stroke care team to promptly and accurately evaluate patients at their bedside.

By minimizing transfers to other hospitals, telemedicine provides patients with specialized care closer to home.



To learn more about signs and symptoms of a stroke and Mercy Stroke Center's award-winning care, visit redding.mercy.org.



While heart-healthy eating is best, busy lifestyles don't always allow time to prepare healthy meals. For a free fast-food guide, call **888.628.1948** (while supplies last).

Eat fresh for your health

Super Foods Salad

Ingredients

- 2 cups chopped kale
- 2 cups chopped Napa cabbage
- ½ cup shredded carrots
- ½ cup minced red onion
- ½ cup chopped green onions
- ½ cup minced red bell pepper
- ½ cup fresh blueberries
- ½ cup dried cranberries
- ¼ cup toasted walnuts
- ¼ cup sunflower seed kernels

Instructions

Toss all the ingredients together. Lightly dress with Simple Citrus Vinaigrette (recipe follows).

Simple Citrus Vinaigrette

Ingredients

- ⅔ cup rice wine vinegar
- ⅓ cup fresh orange juice
- 2 tablespoons olive oil
- 1 teaspoon honey

Instructions

In a small bowl, whisk the ingredients together until blended. This vinaigrette may be refrigerated up to 7 days in a tightly sealed container.

Contributed by Elaine Patterson, RD, this recipe is a favorite of Katy Chapman, Nutrition Services Director at Mercy Medical Center Mt. Shasta.

Staying healthy

Life has few guarantees, but here are six safeguards to help you stay as healthy as possible:

1 Get screened. Testing can detect some serious medical problems before they cause symptoms, when treatment is often most effective. Key screenings include tests for:

High cholesterol, a major risk factor for heart disease. Starting at age 20, this test is a must if you use tobacco; are obese; or have diabetes, high blood pressure, heart disease or blocked arteries. Testing is also advised at this age if a man in your family had a heart attack before age 50 or a woman had one before age 60.

High blood pressure, a major risk factor for heart attacks, strokes and kidney disease. Starting at age 18, have your blood pressure checked at least every two years.

Diabetes, which can cause problems with your heart, brain, eyes, feet, kidneys, nerves and more. Get screened if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.

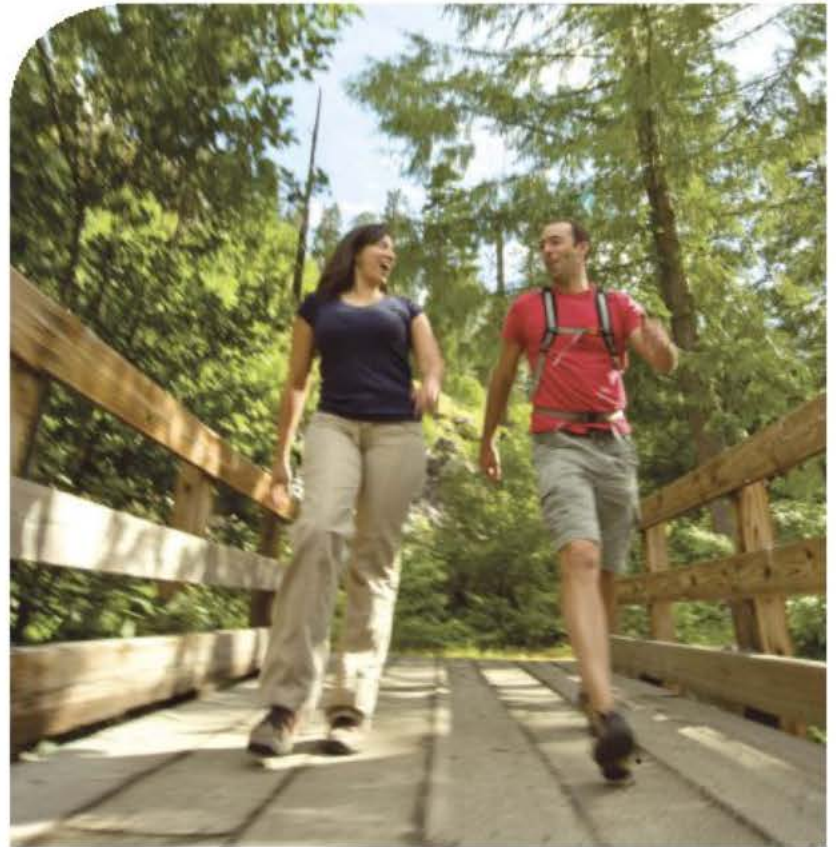
Colorectal cancer. Most adults should start testing at age 50.

If you're a woman, ask your doctor when and how often you should be screened for breast cancer, cervical cancer and osteoporosis.

If you're a man between ages 65 and 75 and have smoked, talk to your doctor about being screened for an abdominal aortic aneurysm.

2 Consider preventivemedicine. If you're a man 45 or older, ask your doctor if you should use aspirin to help prevent heart disease. If you're a woman 55 or older, ask if you should take aspirin to avoid a stroke.

3 Roll up your sleeve. Protect yourself from the flu by getting a yearly flu shot. Also ask your doctor what other vaccinations you might need—such as a pneumonia shot if you're 65 or older.



4 Movemore. Be active for at least 2½ hours every week. Include activities that raise your breathing and heart rate and strengthen your muscles.

5 Know the risks of drinking alcohol. If there's any chance that alcohol may be hurting your health, ask your doctor for help.

6 Don't smoke. If you've tried unsuccessfully to quit in the past, don't be discouraged. It often takes several attempts to quit for good.

“It is so much easier to quit smoking when you have the support of a group and of a trained smoking cessation facilitator who knows and understands exactly what you are trying to do,” says Michele Woods, RN, Mercy Medical Center Redding Clinical Nurse Liaison. “You have tried to do this alone—now get practical and professional help.”



Don't let your life go up in smoke. You can take charge of your health and commit to quitting tobacco for good. Call **888.628.1948** for more information about Dignity Health North State's free Quit for Good Smoking Cessation class.

Sources: Agency for Healthcare Research and Quality; U.S. Department of Health and Human Services

The art of living one breath at a time

Breathe in. Breathe out.

Most of us take this life-sustaining rhythm for granted. But breathing isn't always easy for people with a lung disease—particularly if they have chronic obstructive pulmonary disease (COPD).

A person with COPD may feel short of breath during daily activities—such as bathing, dressing and preparing meals—and especially during exercise.

Pulmonary rehabilitation can help. Through exercise training and educational programs, pulmonary rehab helps people with COPD stay more active, control their symptoms and improve their day-to-day lives.

Steps to live stronger

Components of a pulmonary rehab program may include:

1 Exercise training. Most pulmonary rehab takes place in the hospital, where exercise training is closely supervised. An individual exercise program can teach you what exercises will benefit you most, as well as how often, how long and how intensely to do them.

Don't be discouraged if you have to start slowly. As your muscles gain strength, you'll move more easily and for longer periods of time. Soon you'll be able to do daily tasks with less oxygen demand.

2 Social and psychological support. Rehab programs can also help address the emotional stresses of having a lung disease.

Some people with COPD may have depression, anxiety, or a negative body image or lack

social support. Group and individual counseling can:

- Teach you relaxation skills
- Encourage you to talk about your feelings
- Teach you how to give and receive emotional support from others

3 Patient education. This helps you understand more about your disease and how to manage it. Many topics are covered and may include information about:

- Medications
- Oxygen therapy
- Nutrition and weight management

Breathing easier

The pulmonary rehab program at Mercy Medical Center Mt. Shasta (MMCMS) helps patients with COPD realize better health.

“It is tremendously gratifying to hear our patients say, ‘I feel so much better,’ and see a look of hope on their face,” says Craig Hanna, Director of Cardiopulmonary Services at MMCMS. “It gives patients more control over their shortness of breath and, ultimately, their quality of life.”



To learn more about the pulmonary rehabilitation program at Mercy Medical Center Mt. Shasta, call **888.628.1948** or visit www.mercymtshasta.org

with congestive heart failure

We're here to help you manage your disease and avoid a return trip to the hospital

When Ronald Davis' congestive heart failure (CHF) suddenly worsened last fall, the Shasta Lake resident had to be hospitalized so that doctors could remove the fluid that was building up in his lungs and taking his breath away.

It was an experience Ronald didn't want to repeat. So when his hospital stay ended, he accepted an offer to be part of a CHF self-management program through Dignity Health North State. The program put him in frequent touch with a nurse and helped him understand what he needed to do to stay healthy and out of the emergency room.



Congestive heart failure program team and patients

"It felt good to have an advocate," Ronald says. "The nurse I worked with gave me confidence."

Ronald is among a growing number of people benefiting from the program, which aims to help those with CHF better manage their disease through a personalized approach that includes follow-up phone


calls from a nurse. The program began in 2010 at St. Elizabeth Community Hospital, and it has expanded to include patients served by Mercy Medical Center Redding (MMCR) and Mercy Medical Center Mt. Shasta.

Readmission rates have been dropping significantly—strong

Mended Hearts Support Group

First Monday of each month, 9:30 to 10:30 am

Lower Level Conference Room, Mercy Medical Center Redding

 A peer-to-peer support group for patients who have received a heart disease diagnosis and for their family members and caregivers. Please call Deanna Gunter at [redacted] for more information.

proof that this program is effectively helping patients manage CHF. For example, at MMCR, readmission rates fell sharply from approximately 30 percent to just 9.3 percent over a recent four-month period.

Empowering patients

CHF is a chronic weakening of the heart that can cause a buildup of fluid in the body, as well as shortness of breath and fatigue. It's a frequent reason for hospitalization.

The Dignity Health North State CHF self-management program—offered to patients upon their discharge—helps people with CHF stay on track with their treatments at home. Through self-help and plenty of guidance and support, participants learn better ways of living with their disease, says Jeanette Smith, RN, a Nurse Case Manager with the program.

Before CHF patients leave the hospital, program participants receive a self-care handbook, *Learning to Live With Heart Failure*, and meet with a discharge staff member



Photo by We Shoot Ya Photography

James Schmitz with St. Elizabeth Community Hospital Nurse Case Manager Jeanette Smith, RN.

about their care. Then Smith and a colleague call participants weekly to check on how they're feeling and address any concerns they have.

For instance, Smith might talk with a patient about healthy eating and exercise (she once gave a patient a recipe for homemade soup over the phone). Or they might discuss the importance of reading food labels to avoid salty foods and taking medications as prescribed. She also asks if patients have noticed any foot swelling or rapid weight gain, which can signal fluid buildup.

"If we catch a potential problem early enough, we can keep you out of the hospital," Smith says. The

program even provides scales for those who can't afford them.

Personal touch

Sister Pat Manoli, Senior Director of Mission Integration, says the program is part of a larger Dignity Health North State initiative to reduce hospital readmissions for certain common chronic illnesses. A similar program for diabetes is also a success story.

"Our CHF program is just one of many ways the hospitals are partnering with our patients so they can live life with quality," Manoli says.

And CHF patients appreciate the personal touch.

"It's really a great relief for many of these patients to have that personal nurse, so to speak," Manoli says. "They like the confidence that comes with having someone checking in with them."

Just ask CHF patient James Schmitz, who looks forward to Smith's upbeat calls and the opportunity to learn about his condition and ask questions. He credits

—continued on page 10



Photo by Bret Christensen

“They showed me what would make me feel better. And it actually helped me understand that it really does make a difference.”

—Ronald Davis,
congestive heart failure patient

—continued from page 9

Smith with encouraging him during one of their weekly chats to ask his doctor about exercise.

“When I first started this program, I was not doing any exercise,” James says. “Jeanette convinced me I should start doing some light stuff.”

Heartfelt response

According to James, the CHF program has made “all the difference

in the world.” He adds that “anybody who doesn’t take advantage of it isn’t very clever.”

Ronald says the program has made him more aware of what he needs to do to take care of his health. “They showed me what would make me feel better,” he says. “And it actually helped me understand that it really does make a difference.”

Diabetes + exercise = a healthier life

Don’t let diabetes scare you away from exercise. When you have this chronic condition, it’s important to keep your body moving.

“Exercise can help improve blood sugar levels,” says Paige Jones, a Registered Dietitian and Certified Diabetes Educator at Mercy Medical Center Redding (MMCR). “Exercise improves insulin sensitivity and blood lipid levels, decreases stress and anxiety, and burns calories, which contributes to weight loss. Physical activity is key to preventing and controlling diabetes.”

Before you begin, talk with your health care practitioner and find out what type of exercise is safe and effective for you. He or she will also be able to tell you how to keep your blood sugar in balance while exercising.

Choose your moves

If you’re a beginner, start by boosting your activity in small ways. For

example, skip the elevator and walk up the stairs. Or leave your car at home and walk to do errands.

As a next step, you might try walking for 15 minutes, three days a week. You can do this after lunch or after work.

Then find other ways to add activity to your day, such as joining MMCR’s free Mall Walkers program or taking a water aerobics class. Exercising with a friend can also be helpful—and fun.

No matter what you choose to do, try to build up to about 30 minutes of exercise each day.



To help you manage and prevent diabetes, Mercy Medical Center Redding offers a Living Well with Diabetes class and a Mall Walkers program. Visit redding.mercy.org or call **888.628.1948** for more information. Individual diabetes counseling is also available with physician referral.

Sources: American Diabetes Association; Nutrition Action Health letter, Dec. 2012



Sean Busby, professional snowboarder and guide, doesn’t let his diabetes stop him from enjoying an active life.

Men, obesity and heart attacks

Not all heart attacks are fatal, but about 4 in every 10 result in a lost life. Why do some people survive a heart attack and others don't? A person's body weight might be the key.

The journal *Heart* reports that researchers followed more than 6,000 men for nearly 15 years. During that time, the group had 1,027 nonfatal and 214 fatal heart attacks. The difference between men who survived and those who didn't was their body weight.

Obese men had a higher risk of dying of a heart attack, regardless of whether they smoked or had high blood pressure or high cholesterol.

It has long been known that excess

weight leads to high blood pressure, high blood cholesterol and diabetes. All three of those problems increase the risk for heart disease. But the study suggests that obesity alone—whether or not it leads to these other conditions—may contribute to serious, deadly heart attacks.

Exactly how obesity does this isn't clear. The researchers think inflammation may be the culprit. Fat tissue constantly leaks harmful, inflammatory compounds into the blood. These compounds can damage blood vessels near the heart.

The bottom line: Even if your blood pressure and cholesterol are under control, aim for a healthy weight to protect your heart.



Know your BMI

Your body mass index (BMI) tells you how healthy your weight is:

WEIGHT CATEGORY	BMI (kg/m ²)	RISK
normal weight	18.5–24.9	normal
overweight	25–29.9	increased
obesity	30–34.9	high
severe obesity	35–39.9	very high
morbid obesity	> 40	extremely high

A leader in healing hearts

The Mercy Heart Center offers the North State a comprehensive range of heart care services. Some highlights include:

- An experienced team of board-certified interventional cardiologists, cardiovascular surgeons and cardiology hospitalists
- State-of-the-art digital heart catheterization that detects heart disease in its early, most treatable stages
- A cardiac rehabilitation center with exercise machines, music and a friendly staff

Free community seminars covering heart-health topics

Speed—Mercy Heart Center can diagnose and clear a blocked artery in less than 90 minutes

Mercy Medical Center Redding is an award-winning center—see page 16 for details.



Mercy Heart Center

Cardiology hospitalists care for your heart

Mercy Medical Center Redding is the first in the region to offer 24/7 coverage by a readily available cardiologist dedicated to hospital patients. Cardiology hospitalists are physicians who follow patients throughout their hospital stay. This ensures prompt diagnosis and treatment by an experienced, board-certified cardiologist—whether it's an emergency or a less urgent situation.

To learn more about the Mercy Heart Center, visit redding.mercy.org or call 888.628.1948



When you need emergency care

Call 911—or head to a Dignity Health North State emergency department:

Mercy Medical Center Mt. Shasta
Emergency Department
914 Pine St., Mt. Shasta

Mercy Medical Center Redding
Emergency Department
2175 Rosaline Ave., Redding

St. Elizabeth Community Hospital
Emergency Department
2550 Sister Mary Columba Drive,
Red Bluff

Know the signs of a stroke

Every 45 seconds, someone in America has a stroke. In fact, it's the leading cause of adult disability in the U.S. But stroke is treatable, especially if you get to an emergency department quickly. If you notice any of these signs, act FAST:

Facial droop; uneven smile

Arm numbness or weakness

Slurred speech and difficulty speaking

Timing is critical; call 911 immediately

You can lower your risk of stroke by following these good habits:

Control cholesterol, high blood pressure and diabetes

Maintain a healthy weight

Eat a healthy diet

Exercise

Avoid smoking

Drink alcohol only in moderation

Stroke care when you need it

Stroke is the fourth leading cause of death in the U.S. and the No. 1 cause of adult disability. Stroke is also treatable, especially if you get to an emergency department quickly.

The Mercy Stroke Center delivers exceptional care when you need it most. Our stroke care team includes skilled providers in the Mercy emergency department and expanded coverage through telemedicine (see page 5) in affiliation with the Sacramento-based Mercy Neurological Institute.

Many of our providers have completed the emergency neurological life support (ENLS) training, and the Mercy Stroke Center is nationally recognized for its clinical excellence. See page 16 for a description of some of the awards.



For more information regarding Mercy Stroke Center services, call **888.628.1948** or visit redding.mercy.org

Heart facts for women

Think heart disease is just a man's problem? Look at some facts:

Each year, 1 in 4 deaths among U.S. women is from heart disease—the leading killer. Heart disease, stroke and other cardiovascular diseases kill more American women each year than the next three leading causes of death combined.

Women are less likely than men to survive a heart attack.

Of all the threats to a woman's heart, the most common is coronary heart disease (CHD), which can lead to heart attacks. CHD results when plaque buildup narrows the heart's arteries. Plaque is composed of fat, cholesterol, calcium and other material found in the blood. Even worse, an artery can become blocked by clots, triggering a heart attack.

Women, like men, can have other forms of heart disease, too, such as arrhythmias (abnormal heart rhythm or rate) or heart failure (a weakened heart that can't pump enough blood).

Several factors can increase your risk of heart disease. Among them

are smoking, having high blood pressure, having abnormal cholesterol levels, being overweight, or having diabetes.

“Kidney disease is another important risk factor of heart disease,” says Nikita Gill, MD, Cardiology Hospitalist at Mercy Medical Center Redding.

If early heart disease runs in the family or you're older than 55, your risk increases too. The age-related rise in risk is later for women than it is for men. That's partly because estrogen gives premenopausal women some heart disease protection.

Recognize warnings from the heart

Indications of heart disease and heart attacks can be different for men and women. A common symptom of heart disease in everyone is chest discomfort (angina). In women, however, angina is often a sharp, burning pain that may be felt in other areas, such as the back, neck or jaw.

Pain in any of these areas can also signal a heart attack—a medical emergency.



“Shortness of breath, nausea, sweating and other signs can also indicate heart disease in women,” says Dr. Gill. “It's important to know your body and get checked if something just doesn't seem right.”

Don't ignore any of these signs of a possible heart attack. Call 911 right away if you have any of these symptoms. Even if they disappear after a few minutes, get medical help immediately.



Page 11 includes more information about cardiology hospitalists at Mercy Medical Center Redding. To learn more about heart disease, visit the American Heart Association website at www.heart.org.

calendar of events



Castle Crags Century Bike Road Ride

Saturday, June 22, 6:30 to 9 am

Mt. Shasta City Park

Visit www.castlecragscentury.com for more information.

Childbirth Class

Tuesdays, May 7, 14 and 21, 6 to 9 pm—
for babies due in June and July

Please call **530.926.6111, ext. 358**, to register or for more information.

Circles of Healing, Spring Retreat

April 26, 27 and 28—for those touched by cancer or chronic illness

Tara's Refuge

This retreat is for patients, caregivers and health care providers (continuing education credits are available). Please call **530.925.0080**.

18th Annual Mercy Auxiliary Swing into Spring Golf Tournament

Friday, May 17

Mt. Shasta Resort

Funds raised at this event will be used for the Auxiliary Transportation System. Please call **530.926.7147**.

Classes and support groups are free unless otherwise noted.



Call **530.225.7779** or **888.628.1948** to register, or register online at redding.mercy.org for classes offered at Mercy Medical Center Redding. Seating is limited, and registration is strongly encouraged.

Advanced Health Care Directive Class

Monday, May 13, 6 to 8 pm

This class will discuss the process for creating a legal document recording your care and treatment preferences.

Grief and Loss Support Groups

Please call Emily at **530.245.4070** for more information.

Living Better with Cancer Support Group

Mondays, 10 am to Noon

The Floyd Morgan Family Cancer Resource Center

Call **530.225.7479** for more information.

Living Well in Redding Expo

April 27 and 28, 8 am to 5 pm

Redding Civic Center

Dignity Health North State is a sponsor of this health, leisure and wellness event.

Living Well with Diabetes

Mondays, April 1 and 8 or June 3 and 10, 6 to 8 pm

Maternal Child Education Classes

We offer a wide variety of prenatal classes, including:

- Childbirth Preparation (a five-week class)
- Cesarean Preparation
- Childbirth Refresher
- Breastfeeding Basics
- Infant and Toddler Safety

Please call **530.225.7779** to register.

Mended Hearts Support Group

First Monday of each month, 9:30 to 10:30 am

Lower Level Conference Room

Mercy Medical Center Redding

A peer-to-peer support group for patients who have received a heart disease diagnosis and for their family members and caregivers. Call Deanna Gunter at **530.225.6288** for more information.

Quit for Good Smoking Cessation

Three nights a week for three weeks

6 to 8 pm

Call for upcoming classes.

Spine Pre-Operative Class

Thursdays, March 28, April 25 or June 27, Noon to 2 pm

Mondays, April 1, May 6 or June 3, 6 to 8 pm

Total Joint Replacement Wellness Class

Mondays, March 25, April 22, May 20 or June 24, 6 to 8 pm

Thursdays, April 11, May 9 or June 13, Noon to 2 pm

Type 1 Diabetes Support Group

Second Saturday of each month

Please call **530.275.2708** or visit www.ncdiabetesgroup.org.



St. Elizabeth Community Hospital.
A Dignity Health Member

Basic Life Support (BLS)/CPR Classes

Please call **530.529.8026** for class dates and to register. \$45.

Diabetes Education

Wednesdays, March 20 and 27, 1 to 3 pm

Wednesdays, May 15 and 22, 6 to 8 pm

Coyne Center—Columba Room

St. Elizabeth Community Hospital

Registration is required—please call

530.529.8026

Diabetes Support Group

First Monday of each month, 6:30 to 8 pm

Coyne Center—Columba Room

St. Elizabeth Community Hospital

No need to register.

Look Good...Feel Better

Monday, March 25 or May 20, 10 am to Noon

Call **800.227.2345** to register.



Mercy Medical Center Redding
A Dignity Health Member

- Cardiovascular, Neuro-Stroke and Cancer Care
- Center for Joint and Spine Health
- Advanced Trauma Level II Emergency Care
- Level III Neonatal Intensive Care Unit
- Outpatient Surgery Centers/Wound Healing Center
- Mercy Family Health Center & Maternity Center
- Shasta Senior Nutrition Programs/Golden Umbrella
- Home Health and Hospice Care
- Multiple Lab Draw Center Locations

MERCY MEDICAL CENTER REDDING,
2175 Rosaline Ave., Redding, CA 96001

Siskiyou County

I-5

St. Shasta

Mercy Medical Center Mt. Shasta.
A Dignity Health Member

- Orthopedic, General Medical and Surgical Services
- Maternal Child Services
- Physical Therapy Services
- Trauma Level III Emergency Care
- Imaging Services, including digital mammography
- Community Health Clinics throughout Siskiyou County
- Hospice Care

MERCY MEDICAL CENTER MT. SHASTA,
914 Pine St., Mt. Shasta, CA 96067

I-5

Shasta County

St. Elizabeth Community Hospital.
A Dignity Health Member

- Orthopedic, General Medical and Surgical Services
- Maternal Child Services
- Trauma Level III Emergency Care
- Outpatient Imaging Center, including digital mammography
- Multiple Laboratory Service Locations
- Outpatient Surgery Center
- Home Health and Hospice Care
- All Private Rooms

ST. ELIZABETH COMMUNITY HOSPITAL,
2550 Sister Mary Columba Drive,
Red Bluff, CA 96080

Tehama County

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Red Bluff

Dignity Health.

North State

About Dignity Health North State

The Dignity Health North State hospitals—Mercy Medical Center Mt. Shasta, Mercy Medical Center Redding and St. Elizabeth Community Hospital in Red Bluff—are members of Dignity Health. We are passionate about patient care, committed to community outreach, advocates for the underserved, and dedicated to delivering quality, affordable health services to those in need.

All three hospitals were honored with Avatar International's 2011 Exceeding Patient Expectations Award. Mercy Medical Center Mt. Shasta has been recognized as a Top 100 Critical Access Hospital in the Nation by the National Rural Health Association. Mercy Medical Center Redding has received National Research Corporation's Consumer Choice Award for six consecutive years. St. Elizabeth Community Hospital has been named a Thomson Reuters 100 Top Hospital in the Nation for six consecutive years—an honor no other hospital in California has achieved.

Dignity Health North State also offers a broad array of outpatient services and the senior services of the Golden Umbrella Adult Day Health and Shasta Senior Nutrition Programs.



North State

2175 Rosaline Ave.
Redding, CA 96049

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Here to serve you with award-winning care

Dignity Health North State hospitals have received numerous recognitions, including these most recent quality awards:



MercyMedical CenterMt. Shasta
 Rural Health Association Top 100
 Critical Access Hospital in the Nation
 Five-star recipient for Joint Replacement
 Care by Healthgrades in 2013
 Five-star recipient for Total Knee
 Replacement by Healthgrades in 2013

MercyMedical CenterRedding
 Healthgrades 2013 Distinguished
 Hospital Award for Clinical Excellence—
 two consecutive years
 One of Healthgrades America's 100
 Best Hospitals for Cardiac Surgery in
 2013
 Recipient of the Healthgrades Cardiac
 Surgery Excellence Award in 2013
 NRC Consumer Choice Award—six
 consecutive years
 The Joint Commission's Gold Seal of
 Approval for clinical excellence for the
 Mercy Stroke Center
 American Heart Association/American
 Stroke Association's Get With The
 Guidelines Stroke Plus Performance
 Award

St. ElizabethCommunityHospital
 Thomson Reuters Top 100 Hospital in
 the Nation—seven consecutive years
 One of Healthgrades America's 100
 Best Hospitals for excellence in General
 Surgery Clinical Outcomes (2013)
 One of Healthgrades America's 100
 Best Hospitals for Gastrointestinal Care
 (2012–2013)
 Recipient of the Healthgrades General
 Surgery Excellence Award (2011–2013)
 Recipient of the Healthgrades
 Gastrointestinal Care Excellence Award
 (2012–2013)

We believe consumers should be truly involved in their health care. These third-party health care review companies are great resources for information about hospital quality:

- www.hospitalcompare.hhs.gov
- www.calhospitalcompare.org
- www.qualitycheck.org
- www.healthgrades.com

