

be well

A DIGNITY HEALTH PUBLICATION | SPRING 2022

Mercy Medical Center Mt. Shasta:
**Comprehensive Testing
Services Available**

St. Elizabeth Community Hospital:
**Regular Health Checkups
at Our Clinics**

Mercy Medical Center Redding:
**Upgrades in Surgical
Technology**

**Enjoy a Safer
Summer**
With Your Family



Dignity Health
Mercy Medical Center
Mt. Shasta

Leadership Letter

HELPING YOU

BE WELL



We're gearing up for summer and ready to spend time outdoors with loved ones. As you fuel up the barbecue, dust off your bathing suits and enjoy the warm, leisurely days,

it's imperative to put safety first to prevent avoidable accidents. We want your summer to be fun-filled and injury-free just as much as you do. In this spring issue of *Be Well*, we offer guidelines for all of your adventures this season because your well-being is important to us.

We also highlight the mental benefits of being active. With the body and mind closely connected, we encourage our North State community members to get regular physical activity outside or at home. Movement is a natural mood booster and can promote calm and focus. Studies repeatedly show that regular exercise not only improves overall physical health, but also mental and emotional well-being. So take time out of those long work days and get moving to relax and refresh. Your mind and body will thank you.

Todd Strumwasser, MD
President
Northern California Division,
Dignity Health

At Dignity Health, we believe the two pillars of humanity and kindness are the yin and yang of healing: powerful alone, but **better together**.

North State News

Mercy Medical Center Mt. Shasta



A significant portion of a patient's medical record is lab results. That's why Mercy Mt. Shasta continues to grow its outpatient laboratory services while most other rural hospitals choose to cut back. We know how much it means for our local residents to have access to testing at a convenient location, and more importantly to receive results in a timely manner. Whether you need to monitor an existing heart condition, test for vitamin deficiencies or receive a blood transfusion, our outpatient laboratory is ready to get you the answers you need.

St. Elizabeth Community Hospital

We understand how busy life gets and know how tempting it can be to skip your annual physical. But at St. Elizabeth Community Hospital, we care about you and see your yearly visit to your doctor as a chance to get a picture of your overall health. Get screened for diseases that are more likely to occur as you age and keep tabs on existing health conditions to lower the risk of complications. We can perform sports physicals for your children and answer any general questions you may have about your health. We're here for your whole family.

—Rodger Page, President, Mercy Medical Center Mt. Shasta and St. Elizabeth Community Hospital

Mercy Medical Center Redding



When you or a loved one has a condition that requires surgery, you want the best care and outcome. Mercy Redding offers that and more through our robotic surgery program, which recently upgraded our surgical system to the da Vinci® Xi. This new system helps our surgeons use their exceptional skills in the most effective way possible. For the patient, our new technology means surgical procedures with less tissue damage, decreased post-operative pain, shorter hospital stays and faster recovery. We are proud to continue living out our commitment to provide patients the quality care they deserve.

—G. Todd Smith, President, Mercy Medical Center Redding

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Testing

1, 2, 3

MERCY MEDICAL
CENTER MT. SHASTA'S
OUTPATIENT
LABORATORY GETS
THE ANSWERS YOU
NEED, STAT.

When you need laboratory services, time is of the essence. Thanks to the Outpatient Laboratory at Mercy Medical Center Mt. Shasta, you have convenient and immediate access to a testing facility that offers routine and urgent lab services, including diagnostic tests, imaging and blood draws.

“About 75% of all clinical decisions are based on lab work,” said Mike Thayer, Regional Manager of Dignity Health North State’s Clinical Laboratory. “Lab services are involved in diagnosis, monitoring therapies and basic wellness screening. We touch almost every corner of health care in one way or another.”

Growing for You

Outpatient laboratory services aren’t unheard of at rural hospitals. However, while many have scaled back their offerings, Mercy Mt. Shasta moved in the opposite direction, with a wide array of testing and new tests as needed.

The latest additions include tests that screen for prostate cancer, diabetes and low vitamin D levels. When a certain test gets requested frequently, the lab team considers bringing it in-house. If the test would improve patient care, the lab team works to offer it.

As a result, the lab continues to grow its services year after year.

Some of the conditions the Outpatient Laboratory now helps diagnose and monitor include:

- Diabetes
- Heart conditions
- Iron deficiencies
- Prostate cancer
- Vitamin B12 and D deficiencies

A Lotta Lab.

In 2021, the Outpatient Laboratory team at Mercy Medical Center Mt. Shasta performed **29,266 patient draws and 328,301 tests**. Every one of them helped guide diagnostic and care decisions.

The Outpatient Laboratory also offers blood transfusion services.

Local Speed

Quality lab services are vital to your good health. When your health is on the line, you don’t have time to wait.

With a wide range of outpatient lab services, Mercy Medical Center Mt. Shasta quickly gets the answers you need. For certain services, same-day results are available. Additional tests run instantly, enabling your provider to have an informed conversation about your health status and recommendations for improved wellness.

“Our goal is to provide answers to medical providers, so they can treat patients in a timely manner,” said Korrie Zwanziger, Supervisor of the Mercy Medical Center Mt. Shasta Outpatient Laboratory. “We have a great team of phlebotomists and laboratory technicians. These are local people caring for local people.”

THE OUTPATIENT LABORATORY AT MERCY MEDICAL CENTER MT. SHASTA IS OPEN MONDAY THROUGH FRIDAY 7 A.M.–6 P.M., SATURDAY 9 A.M.–NOON AND 1 P.M.–4 P.M., AND SUNDAY 9 A.M.–NOON. CALL **530.926.9330** TO LEARN MORE.



Restart Your **Health**

IF YOU'VE PUT YOUR HEALTH ON PAUSE, IT'S TIME TO BEGIN AGAIN.

Since 2020, a lot has changed. People attend work meetings online, they have better handwashing habits, and some found new hobbies.

Many also put their health on pause during the pandemic, canceling annual wellness exams for another day. For many, that day has not yet come. If that's you, it's time to head to the Lassen Medical Clinic in Red Bluff or in Cottonwood or the Solano Street Medical Clinic in Corning. With most insurance covering yearly checkups, there should be nothing stopping you from checking in on your health.

Here are a few ways our providers serve you.

General Wellness

High blood pressure, blood sugar and cholesterol rarely have symptoms until disease is advanced. With a visit to one of our clinics, you can begin to take control of your health. By understanding the results of your screening, you're empowered to make changes to slow or reverse Type 2 diabetes and heart disease.

Immunizations

Keeping your child up to date on vaccinations can be confusing. But because immunizations are often needed for school enrollment and sports participation, it's important to stay on top of them. Clinic pediatricians help you keep your child in tip-top health with appropriate vaccines and more.

Mammography

Breast cancer remains the second most common cause of cancer-related deaths in women. Researchers have found that just a couple missed mammograms can increase your risk of death significantly. With 3D mammography at the Lassen Medical Clinic, cancer is detected in its earliest, most treatable stages.

Skin Check

If the mole on your neck or cheek changed over the past few months, don't ignore it any longer. Get a professional opinion by visiting one of our caring dermatologists. With a quick skin cancer screening, you can find out how your skin is doing. If your dermatologist suspects skin cancer, further testing can give more definitive answers.

Sports Physicals

Summer sports are around the corner. Make sure your child is ready with a quick, comprehensive sports physical. Then breathe easy when your youngster is enjoying fresh air and sunshine out on the field.

RESTART YOUR HEALTH BY SCHEDULING AN APPOINTMENT. CALL **530.527.0414** FOR LASSEN MEDICAL CLINIC—RED BLUFF, **530.347.3418** FOR LASSEN MEDICAL CLINIC—COTTONWOOD OR **530.824.4002** FOR SOLANO STREET MEDICAL CLINIC.



Robotic Surgery's Big Step Into the Future

EARLIER THIS YEAR, MERCY MEDICAL CENTER REDDING USHERED IN A NEW ERA FOR SURGERY IN THE NORTH STATE.

Mercy Medical Center Redding is now home to the latest da Vinci Xi[®] Surgical System, a leading-edge robotic surgery platform that replaces the medical center's older da Vinci Si[®] robot. What does that mean for you?

This upgrade enhances Mercy Medical Center Redding's next-generation surgery program, which produces smaller incisions, less postoperative pain and faster recoveries for patients. The da Vinci Xi's high-definition, 3D optics and Firefly[®] fluorescent dye technology help keep patients safe by allowing surgeons to avoid critical areas, such as nerves, during procedures. Specialists at Mercy Medical Center Redding use the da Vinci Xi to perform colorectal, general, gynecologic, urologic and prostate surgeries.

Next-Level Capabilities

Mercy Medical Center Redding Colorectal Surgeon George Angelos, MD, said the da Vinci Si represents a leap forward in surgeons' ability to perform complex pelvic surgeries, but its successor takes things a step further.

"Using the da Vinci[®] Xi[™] Surgical System is a **way of practicing humankindness. We're providing patients the same level of care, devotion and love that we always have** by using some of the most sophisticated technology available to enhance their treatment."

—George Angelos, MD, Colorectal Surgeon at Mercy Medical Center Redding

According to Dr. Angelos, the da Vinci Xi offers additional advantages compared with the previous robot, including:

- **A high-tech, smart stapler** that senses the thickness of the patient's tissue and determines whether it can safely place staples to close an incision
- **A smaller camera port**, or surgical access device, which allows the surgeon to make a smaller incision for the robot's camera and move the camera between ports

"Our robotic surgery upgrade is like replacing a 1957 Chevy with a 2022 Ferrari," Dr. Angelos said. "Both cars were great when they came out, and there will probably be newer models in the future. Robotic surgery will continue to push the envelope."

That's good news for patients, now and in the future at Mercy Medical Center Redding.

TO FIND A SPECIALIST WHO CAN DIAGNOSE THE CAUSE OF SYMPTOMS AND DISCUSS TREATMENTS, INCLUDING ROBOTIC SURGERY, WITH YOU, VISIT [DIGNITYHEALTH.ORG/OURDOCTORS](https://dignityhealth.org/ourdoctors).



Time for (Safe) Summer Fun!

MAKE THE MOST OUT OF
YOUR SUMMER OUTDOORS BY
PRACTICING THESE SAFETY TIPS.

The days are longer, the weather is finally warmer, and your whole family is excited about spending more time outside. While activities like hiking and swimming have great health benefits for everyone, they can also result in injuries or worse. Take basic precautions for your summer fun to make sure you stay healthy—and stay out of an emergency room.

Sun Safety

Getting plenty of sunshine is a good way to boost both your mood and your Vitamin D levels. But too much sun can cause sunburns, which may lead to skin cancer later in life. Stay safe in the sun by:

- Always wearing a broad-spectrum SPF 15 or higher sunscreen when outdoors
- Covering up with hats, sunglasses and lightweight long sleeves
- Reapplying sunscreen every two hours or after swimming
- Sitting in the shade whenever possible
- Staying indoors when the sun is at its peak from 10 a.m. to 2 p.m.

Water Safety

Water play is a big part of summer fun, but drowning can happen in the blink of an eye, and small children are most at risk.

It's crucial for every family to practice water safety and prevent accidental drowning.

- Always keep watch over kids at the pool or lake.
- Always swim with at least one partner.
- Avoid alcohol or drugs around water, especially if you are an adult supervising a child.
- Keep nonswimmers away from the water.
- Take swimming lessons and a CPR course.
- Wear a life vest on a boat or canoe.

Outdoor Safety

Before you hit the trails, be prepared.

- Carry a small first aid kit to treat minor cuts or insect stings. Bring an epinephrine autoinjector if someone has a known allergy.
- Check the weather before you venture out, and cancel the hike if lightning or extreme heat is likely.
- Don't go hiking or trail running alone. If you must go solo, carry a GPS tracker.
- Print out a trail map or download it to your phone. You might not have cell service for the entire hike.
- Stay aware of your surroundings — especially if you're taking selfies. You don't want to step on a snake or wander onto a dangerous overhang.
- Take plenty of water and appropriate snacks.
- Wear the right shoes and clothing. Open toe sandals on a hike can be dangerous.

IF YOU GET HURT WHILE HAVING FUN THIS SUMMER, MAKE AN APPOINTMENT WITH A DIGNITY HEALTH NORTH STATE PROVIDER TODAY. VISIT [DIGNITYHEALTH.ORG/OURDOCTORS](https://www.dignityhealth.org/northstate).

Movement and Mood

SINCE THE BEGINNING OF COVID-19, MANY PEOPLE SPEND MORE TIME AT HOME, WHICH LIKELY MEANS THEY'RE SPENDING LESS TIME ON THEIR FEET. DISCOVER THE LINK BETWEEN MENTAL HEALTH AND MOVEMENT AND LEARN TIPS ON HOW TO MOVE MORE DURING THE DAY.



How to Move More at Home

You don't have to hit the gym every day to get more movement into your routine. **Here are some ways to get in more activity at home:**

- + Do active chores, like washing dishes, folding laundry and taking the trash out.
- + Play games with your kids that keep you moving, like hide-and-seek or charades.
- + Take a walk with your dog or family.
- + Use a hula hoop or jump rope.
- + Walk in place or stretch while watching TV.

You may already know that exercise can boost your physical health, but did you know it can help your mental health, as well? While it may not be a cure for depression, according to a study published in *JAMA*, exercise provided a significant reduction in depressive symptoms.

How Physical Activity Affects the Brain

Physical activity plays an important role in your overall brain health. One reason why exercise may help mental health is because physical activity triggers your brain to release dopamine and serotonin, neurotransmitters that can improve your mood.

Here are some short and long-term effects on your brain:

- Better attention and memory
- Improved sleep
- Less anxiety
- Reduced risk of dementia

How Much Physical Activity Do You Need?

For optimal health, the experts at Dignity Health Medical Group — North State recommend at least 150 minutes of moderate-intensity or 75 minutes of vigorous aerobic activity a week.

Moderate-intensity activity means your heart rate is elevated and you break a sweat. You should be able to talk but not sing. Some examples include:

- Bicycling on level ground
- Walking
- Water aerobics

Vigorous-intensity activity means you're breathing hard and your heart is pumping fast. You shouldn't be able to say more than a few words at a time. Some examples include:

- Bicycling uphill
- Hiking
- Running or jogging

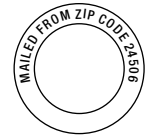
The good news is that you don't have to do it all at once. You could break it up into smaller segments throughout your week or day, as long as you are able to fit it all in.



FIND A DOCTOR AT [DIGNITYHEALTH.ORG/NORTH-STATE](https://dignityhealth.org/north-state) TO BETTER YOUR HEALTH AND BOOST YOUR MOOD.



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Decades of commitment. Generations of caring.

At Dignity Health – Mercy Medical Center Mt. Shasta, we’ve grown alongside you and your family for generations with an unparalleled commitment to the health of our community. From emergency and cardiac services, to a Family Birth Center that welcomes our region’s newest residents, you can count on us for compassionate care. We’re proud to have served as your health partner for decades. And we’re honored to continue supporting you in all the years to come. Learn more about us at DignityHealth.org/MercyMtShasta.

Hello humankindness®



Dignity Health®

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Mt. Shasta



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