

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 8 • FALL 2013

**EYE CATCHING
ARTWORK**

**TREATING
LYMPHEDEMA**

**CANCER PREVENTION
AND COOKING TIPS**

**TAKING THE LEAD
IN CLINICAL RESEARCH**

Mark Silverberg MD
Ophthalmology

sansumSM
CLINIC
for your good health

Message from the CEO



The world of healthcare is changing rapidly. The introduction of the new marketplaces for health insurance, controversial as it was, is one of the most important events in national healthcare since the start of the Medicare program over 45 years ago. While major portions of the Affordable Care Act (ACA) will not begin until January 1, 2014, Sansum Clinic and other healthcare providers across the country are working to anticipate what impact the ACA will have as we care for a larger population under growing economic pressures. We continue to work on improving patient access, improving efficiency and managing our overall costs, while providing high quality care and service.

Sansum Clinic was recently honored at the Integrated Healthcare Association Pay for Performance (P4P) Stakeholders meeting with the Most Improved award. The Integrated Healthcare Association (IHA) is a statewide leadership group that promotes quality improvement, accountability, and affordability of healthcare in California. This important award is based on performance in three P4P quality measurement areas: meaningful use of health information technology, patient experience and clinical measures. This honor is a tribute to the hard work and excellence of our staff and clinicians.

The Santa Barbara Breast Care Alliance, our community's "breast care center without walls," was recently reaccruited by the National Accreditation Programs for Breast Centers, a recognition only granted to centers that have undergone a rigorous application process and onsite survey to ensure high-level standards in leadership, clinical management, research, community outreach, professional education and quality improvement. Sansum Clinic and the Cancer Center are proud founding members of this important group.

Our organization is always striving to provide our patients with the highest quality healthcare along with an enhanced patient experience. You'll find examples throughout this publication, in addition to tips to help keep you and your family in good health.

As always, it is our pleasure to serve you, and we thank you for choosing Sansum Clinic.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Chief Medical Officer

Your 24-hour Connection

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GOODHEALTH

A FREE QUARTERLY PUBLICATION
FROM SANSUM CLINIC

ISSUE 8 • FALL 2013

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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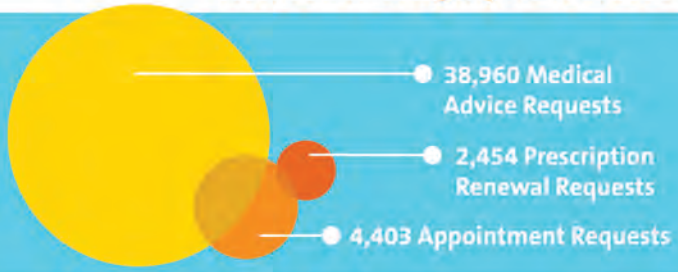


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Sign up online at sansumclinic.org/register-for-mychart

Stay Healthy During Cold & Flu Season

You had your flu vaccine, the best way to prevent the flu. You are washing your hands frequently to prevent the spread of germs. What about exercise? Among many good reasons to exercise, one benefit is that it activates your immune system and helps you fight off illness. No need to over-do it. A brisk walk, a bicycle ride or going dancing are enjoyable ways to fend off illness!

Flu season continues through the winter months. If you have not gotten a flu vaccine for the 2013-14 season, please contact your Primary Care Provider.



GOODHEALTH

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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

Patient Registration and Authorization Forms Online

We would like to make your visit as efficient as we can. If you would like to fill out your patient registration information or other consent forms in advance, please visit www.SansumClinic.org/patient-forms to print the appropriate forms, fill them out, and bring them with you to your appointment. 🌻

Sansum Clinic Receives 'Most Improved' P4P Award from Integrated Healthcare Association

The Integrated Healthcare Association is a statewide leadership group that promotes quality improvement, accountability and affordability of healthcare in California. Awards are based on performance in three P4P quality measurement areas: meaningful use of health information technology, patient experience and clinical measures that include priority conditions such as cardiovascular, diabetes, musculoskeletal, respiratory and prevention.

“Our organization is always striving to provide our patients with the highest quality healthcare, along with an enhanced patient experience,” said Marjorie Newman, MD, Assistant Medical Director of Sansum Clinic. “This award helps to recognize all of the hard work and excellent care that our staff and clinicians provide each day to make Sansum Clinic excel.” 🌻



Dr. Kurt Ransohoff, CEO and Chief Medical Officer and Dr. Marjorie Newman, Assistant Medical Director accept the “Most Improved” award on behalf of the efforts of our entire staff.

A Primer on Healthcare Terminology

Have you ever looked at a bottle of cough syrup and had trouble figuring out how much to give your child? Or needed to choose a new health plan and found the choices to be confusing? You are not alone! A national study shows that only 1 of every 8 people is able to understand health information well enough to use it to make good health and medical decisions. Even those who are well educated have trouble understanding health information. The terms are unfamiliar and often we are trying to understand new information when we don't feel good or when we are worried. Here is a short list of some common terms to help you.

WHO WILL I SEE?

PCP – Primary Care Provider, this is the medical professional who will provide your check-ups and most of your healthcare. He or she will arrange for you to see a specialist if needed. Your PCP can be a doctor (MD or DO), physician assistant or nurse practitioner.

MD – Medical Doctor

DO – Doctor of Osteopathy

PA – Physician Assistant, can provide a wide range of services in collaboration with a doctor and can write prescriptions.

NP – Nurse Practitioner, a nurse with graduate training who can provide a wide range of services in collaboration with a doctor and can write prescriptions.

RD – Registered Dietitian, an expert in the science of nutrition who will work with you to make goals and a plan of action for healthy eating.

PT – Physical Therapist, works with you to improve or restore the ability to move well. He or she can provide help with pain, individual exercise programs, proper posture and body mechanics to prevent injury.

I HAVE INSURANCE. WHAT DO I PAY AT SANSUM CLINIC?

Depending on your insurance you may pay:

Co-payment – a fixed amount you pay for healthcare services such as a doctor's appointment or a prescription.

Co-insurance – a percentage you pay for healthcare services. For example, you may have insurance that pays 80% and you pay 20%.

Deductible – a fixed amount you pay each year before your insurance begins to pay for any services.

Out-of-Pocket Maximum – the total amount you pay in a year including co-payments, co-insurance and deductible. When you reach your out-of-pocket maximum your insurance will cover all approved services at no cost to you.

A few commonly used medical terms:

Acute – lasting a short time

Chronic – lasting a long time or has no cure

Hypertension – high blood pressure

Inflammation – swelling

For information about any medical term send us a request at www.SansumClinic.org/ask-a-librarian. 🌻

Should You Be Drinking Your Salad?

To Juice or Not To Juice

BY GERRI FRENCH, MS, RD, CDE



Whether you are a believer in the low-carb or high-carb diet, Paleo, South Beach or Forks over Knives, all credible diets agree that vegetables are super foods. The resurgence of juicing sounds healthy. But is it? This article will not be addressing juicing as a method of “cleansing” or detoxifying the body, but as an adjunct to eating and obtaining concentrated nutrition.

Are Juices Healthy? They Can Be.

Drinking a blended salad that is somewhat “pre-digested” can be useful for people with digestive problems, and a way to obtain concentrated nutrients in a form that is easier to take in.

The digestion of food, particularly starch, begins in our mouth where digestive enzymes are found in saliva. Drinking our food quickly misses out on the first step to good digestion. So, think about taking a pause, smelling your food, tasting it and experiencing the flavor. This is called Mindful Eating and has been found to dramatically improve digestion and reduce caloric intake.

Juicing provides an opportunity to drink a delightful beverage that contains a mixture of anti-inflammatory phytonutrients. Plant foods can feed and maintain healthy microflora in our gastrointestinal system which stimulate our immune system, normalize our metabolism and improve our cardiovascular health.

So if you want to drink a green juice, what type of vegetable juice is recommended? First of all, drinking a vegetable juice is extremely different than fruit smoothies, which contain an abundance of calories from carbohydrates that are usually recommended for active people.

The two main types of vegetable juices are 1) those prepared in a juicer or 2) those prepared in a blender.

Juicers

Traditional juicers use centrifugal force to pulverize the vegetables and produce a liquid separated from the pulp of the plants. Many of the new juice companies in town are using a method where the juice is extracted by a “cold pressed” system which claims that the damage to the plant is less dramatic, reduces oxidative stress and the overall nutrition is improved. It is true that any juicer that separates the pulp from the liquid will be removing most of the fiber. However, without the fiber, the nutrients are condensed and in a form that is better digested. The quality of any juice can be improved when the vegetables are fresh, free from chemicals and prepared organically where the soil is nourished accordingly. In addition, adding herbs and spices such as cilantro, ginger and turmeric will significantly improve its medicinal properties. Food from your own garden is ideal!

Blenders

Blenders are good for mixing, cutting or emulsifying fruits, vegetables and other food substances because it operates with a rotating blade. Most standard blenders will require water or some type of liquid to create the juice. Adding fruit juice will add natural sugar, blood sugar raising potential and calories. Some people will add yogurt or various types of milk (cow, almond, soy, rice, coconut) to create a richer tasting juice. Adding only water will make your green drink very green and may taste bitter to some, while others will enjoy its tang with or without added lemon and ginger.

I recommend that people consider drinking vegetable juices regularly instead of eating bars, crackers and snack foods. Though the protein and/or fat content is not significant, people claim that they stay fuller longer with an afternoon vegetable juice. Some people add healthy plant fats such as avocado, nut butters or coconut for texture and satiety. Many people claim that they feel more vitalized after drinking a concentrated mixture of fresh produce. Sounds good to me! 🌻



Gerri French, MS, is a registered dietitian (RD) and certified diabetes educator (CDE) for Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. She is also a mother and enjoys sharing practical information and recipes with her patients and their families.

This Doctor Believes in Restoration

When Orthopedist John Gainor, MD started practicing in 1968 at what would become Sansum Clinic, the car he now drives was already 13 years old and probably in need of a few repairs. Since that time the sporty 1955 Thunderbird has become an enduring classic. For the past 10 years the powder blue gem has been lovingly restored by Dr. Gainor who says that his weekend hobby of replacing ball joints in classic cars is not all that different from his “day” job. Dr. Gainor has performed hundreds of joint replacement and other surgeries to restore normal function and activity to his patients.

Dr. Gainor chose a career in orthopedics while attending his surgical residency at Yale University. He recalls believing that the orthopedists were the most fun to be around and seemed to be the most positive about their work. He explains that their patients often enjoy good outcomes since orthopedic specialists are able to reduce pain and suffering almost instantaneously giving their patients a high degree of relief.

Throughout his career Dr. Gainor has seen enormous changes and advancements in treatments for bones and joint problems. He has been at the forefront of joint replacement and introduced the first minimally-invasive surgery for total hip replacement to the Santa Barbara area. Yet, the positive outcomes and gratitude of his patients remain the most rewarding aspect of his work.

His files are filled with countless cards and letters from patients thanking him for saving their legs or for keeping their knees in shape so that they can keep up with their grandchildren. One writes, “Thank you, thank you, thank you for giving me my new hip. What a team you have - all skilled professionals that love what they do and do it so well.”

Teamwork and collaboration play an important role in delivering comprehensive orthopedic care. Onsite access to



radiology, X-Ray and MRI allows for quicker diagnosis and a better patient experience. Sansum Clinic also has the latest ultrasound scanning technologies which enable surgeons to see the whole joint in real time, which is used for procedures such as injection treatments, providing more accurate delivery of pain-relieving medications.

The team of six board-certified orthopedic surgeons at Sansum Clinic is supported by a network of highly-trained staff that includes Certified Physician Assistants, Medical Assistants, Registered Nurses and Nurse Practitioners who see patients with injuries, ongoing conditions and for routine visits. This support network allows the orthopedic doctors and surgeons to spend their time focused on their patients and performing surgeries.

The Orthopedic Department works with physicians in Internal Medicine and Primary Care as well as Rheumatology and Neurology to identify the best course of action for many patients.



They also work closely with our Physical Therapy and Health Education Departments to make sure that orthopedic and surgical patients have the best experience prior to their surgery and throughout their rehabilitation for the fastest and most effective recovery possible.

Dr. Gainor is a familiar figure in our community. He also sees patients at the Santa Barbara County Health Care Center and at the Cottage Hospital Emergency Department where he treats traumatic injuries and chronic orthopedic conditions. He has provided physicals for Santa Barbara's Youth Football League and has served as team physician for Santa Barbara City College.

When not rolling around in one of several classic cars he has restored, he is often seen on vehicles of the 2-wheeled variety. He actively participates in bicycle racing events and takes organized bicycle tours throughout the world with his wife of 46 years. "I love moving around and being active," he says.

"That may be why it's so important to me to see my patients experiencing a better quality of life and getting back to the activities that they enjoy." 🌻

Dr. John Gainor is board-certified in Orthopedic Surgery and received his medical degree from Albany Medical College at Union University. He served in the United States Army Reserve Medical Corp and started his medical career at Sansum Clinic in 1968. You can reach our Orthopedics Department at 215 Pesetas Lane in Santa Barbara by calling (805) 681-7584 or in Lompoc at 1225 N. H Street by calling (805) 737-8750.

Eye Catching Art Installation

Patients visiting the pediatric ophthalmology office at our Eye Care Center in Santa Barbara are treated to an art installation created by students from Crane Country Day School



Dr. Mark Silverberg, pediatric ophthalmology specialist with Caroline Kenny, Dylan McFarlane and Phoebe Stein, three of the many Crane School students who created panels for the “Eyes” project.

EYES

Crane Country Day School understands that the most powerful learning environments balance intellectual rigor and creative expression. These beautiful eye portraits on display do just that! They embody a tremendous sense of creativity as well as introducing some very academic concepts.

Every year at Crane, the very first art project of the school year is some type of self-portrait. All students at the school engage in this exercise. From the very youngest five-year old children, who are just starting kindergarten, all the way up to our 8th graders in their final year at Crane – everyone participates.

Crane’s Art Department organizes the year of activities around an overall theme, and Big/Little was the art theme for this school year. Students studied artists who create tiny micro-wonders such as carving animals into the lead point of a pencil or individuals who paint a complete picture on a grain of rice. And at the other end of the spectrum, they also studied artists who work on a grand scale, including giant sculptures like Mount Rushmore and painted murals on huge buildings.

These eye portraits represent the perfect mid-point between tiny and giant. Neither big nor little, the eyes were designed to be exactly “to scale” or in other words, precisely the width of a child’s face. Part of the test for each eye portrait was having the student artist hold up their eye painting right in front of their face. If done correctly, the sides of their painted face would exactly match the actual width of their head.

Yes, a wonderful intersection of thought and art. But despite any explanation of the background concept to this installation, it remains a fantastic collection of student self-portraits. We hope you enjoy them all.

~ Joel Weiss, Head of School, Crane Country Day School 🌻



Phoebe Stein (*also shown on our cover*) has an eye for art and has been seeing Dr. Silverberg for successful treatment of her Strabismus since she was 5 years old.

Mark Silverberg, MD, FAAP, FAAO was nominated by his peers and selected as a Castle Connolly Top Doctor. He sees children at our Pediatric Ocular and Motility Center, a separate eye clinic for children where they are examined in a comfortable, relaxed atmosphere. Our comprehensive Eye Care Center offers vision assessment for all age groups, prescriptions for glasses, ocular motility and sensory testing, examination of the retina and treatments for all eye conditions including surgery and LASIK. The Eye Care Center is located at 29 W. Anapamu Street in Santa Barbara. For more information or to schedule an appointment call (805) 681-8950.

Toy Buying Guide

Have you seen the deep concentration on the face of a toddler putting a square block into a square hole? Their play is their work and toys are their tools. As you make a holiday shopping list, here are a few smart choices for young ones.

Babies are explorers. They use their senses to learn about the world around them. Age-old toys for babies include a nursery mobile, a mirror, a stack of rings and push-pull toys.

Toddlers are like young scientists exploring their world and figuring out how it works. Good choices are balls, shape-sorting toys, mechanical toys with levers & knobs and role-play toys that help them imagine being a chef or a doctor or a teacher.

Preschoolers are the masters of their world and can be very imaginative. Choose toys that let them build and create. Blocks, construction sets and puzzles of all kinds are great fun. Pretending is also a favorite, so dress-up items will be well-used.

School-aged kids are beginning to explore their talents and interests, as well as making friends outside of the family. They enjoy jump ropes and other toys that encourage activity and problem solving. Card games and board games are popular. Musical instruments and science toys build new skills and interests.

You are the perfect toy. When you play with your child you give them the attention that builds their self-esteem and tells them they are loved. You will hear their squeals of joy!

Safety matters. Here are a few tips:

- Toys made of fabric should say flame resistant or flame retardant.
- Stuffed toys should be washable.
- Painted toys should have lead-free paint.
- Art materials should say nontoxic.
- For children under age 3, choking is a frequent occurrence. Toys and their parts should be large enough that they cannot fit into a toilet paper tube.
- Make sure a toy isn't too loud for your child (or for you!) 🎧

Local Healthcare Providers Open Doors to UCSB Students Interested in a Career in Medicine



UCSB student Carmel Diamant takes notes as she observes Sansum Clinic physician Dr. Jessica Brown with a patient.

The University of California Santa Barbara has paired up with Sansum Clinic to provide an incredible opportunity to students interested in exploring the possibility of a career in medicine. Introduction to the Practice of Medicine is a course designed to provide students interested in a career in healthcare with an in-person introduction to clinical medicine. Through career shadowing Sansum Clinic healthcare providers discuss their careers, the training, and the topics critical to their daily work, providing students with valuable insight into potential careers.

The seminar is aimed at students who are in their third or fourth year at UCSB with a pre-med or pre-health focus interested in becoming physicians, physician assistants or nurses.

This semester five UCSB students will shadow Sansum Clinic doctors in Otolaryngology, Orthopedics, Ophthalmology, Primary Care, and Internal/Family Medicine. In previous years, students have also shadowed with Urology and Oncology. Students shadow physicians one half-day per week, observing patient interviews and exams. Each student will rotate through the various departments every two weeks throughout the quarter.

Participation by Sansum Clinic physicians helps support the Health Science Honors program which sponsors the course, now in its third year. Dr. Paul Douglas and Senior Associate Dean Dawn Holmes of UCSB have played a significant role in getting this highly competitive program off of the ground. Each quarter 25-30 students apply to the program with room for only four or five depending on the number of physicians interested in participating.

Dr. Stephen Blain, volunteer pre-health counselor from the College of Letters and Sciences at UCSB has been integral to the maintenance and expansion of the program. “There was a need in our community to expose students to the rigors, commitment and successes of being a healthcare provider. Many students find this program to be integral in deciding the direction of their career and whether medicine is the right choice for them.”

Students accepted into the shadowing program are selected based upon academic performance, their reasons for wanting to participate, and an interview.

Before beginning the program each participating student is given an orientation to teach them how to conduct themselves while in the clinic as observers. The orientation covers the importance of confidentiality, dress code and timeliness.

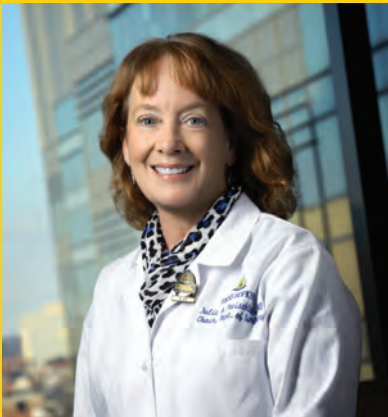
“The success of this program can be partly attributed to the clinic structure here at Sansum,” said Marjorie Newman, MD, Assistant Medical Director at Sansum Clinic. “The clinic structure gives students the ability to experience a wide range of specialties and meet a variety of doctors. It’s a great way to

introduce them to a career in medicine so they can make a more informed decision on their professional paths.”

Both participating students and physicians benefit from the program said Dr. Blain. “Students receive high-touch, personal interaction and mentoring from the physicians. It’s in-depth exposure to the profession that many students don’t get. For the physicians it’s about giving back to the medical community, experiencing the upcoming generation of healthcare providers and sharing their wisdom and experience.”

“I have had a great time in this class and feel I have gained a great deal of experience through my rotations,” student Philip Gil shared. “It has definitely helped me get a better feel for what specialties I am more interested in, and it has become clear to me that I want to be a doctor.” Participating student Carina Jette shared that the program has helped her to decide on a field of study. “The best part of shadowing at Sansum was being able to see how the biology, chemistry, and physics that I am learning right now are applied to determine the best treatment option for patients. This awakened my interest in medical research, which I hope to pursue during medical school.” 🌟

Visiting Professor of Surgery for 2014



Julie A. Freischlag, MD, FACS

Julie A. Freischlag, MD, FACS will be Sansum Clinic’s Visiting Professor of Surgery for 2014. Dr. Freischlag for the past eleven years has been The William Stewart Halsted Professor, Chair of the Department of Surgery and Surgeon-in-Chief at The Johns Hopkins Hospital in Baltimore, Maryland. Recently she was chosen to be Dean of the Medical School and

Vice Chancellor for Human Sciences at the University of California at Davis.

“Dr. Freischlag is an astonishing, active academic and we are honored that she has accepted our invitation to join us for Surgical Academic Week, March 3-7,” said Dr. Ron Latimer, who established the Visiting Professor of Surgery education program in 2010.

During her week in residence she will provide direct interactive

teaching to the surgical residents in training at Santa Barbara Cottage Hospital and give educational lectures about the diagnosis and treatment of vascular diseases to both the medical and surgical staffs.

On March 6, 2014, Dr. Freischlag will deliver a public lecture on her thoughts and recommendations about “Leadership through Times of Change.”

This unique education program advances the level of surgical care available in our community, and is made possible by generous support from grateful patients, medical groups, individual community surgeons and physicians, and corporate donors.

View our previous Visiting Professor of Surgery lectures on our YouTube Channel at www.YouTube.com/SansumClinic. 🌟

If you would like to support the Visiting Professor of Surgery education program please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansumclinic.org. You can send your gift in the remittance envelope in this magazine.

Devoted to Family & Community

BY JOHN WATTS, ROB DUNTON AND DRU HARTLEY



John and Margaret Haigh placed a high value on education, medicine and medical research. They felt unusually fortunate, and made a concerted effort to give back to their communities. During their lifetime they supported numerous healthcare organizations and educational institutions, and upon their death the Santa Barbara community – their home for over 40 years – was a major beneficiary of their generosity.

Sansum Clinic and the Cancer Center of Santa Barbara both received gifts of over \$500,000 from the John S. Haigh and Margaret Neil Haigh Family Trust. These gifts were the result of gratitude for the medical care the Haighs received during the decades they lived in Santa Barbara coupled with their longstanding belief in the value of medical research. Mrs. Haigh was a two-time cancer survivor who lived to the age of 96. Though she was not treated at the Cancer Center of Santa Barbara, she and Dr. Haigh knew first-hand the importance of having quality cancer care close to home.

John Haigh met Margaret Neil on a blind date while she was a student at UCLA and he was attending Loyola University. They were married in 1938 after John completed his medical training in Chicago. As the United States became involved in World

War II in 1941, Dr. Haigh volunteered for service in the U.S. Navy as a Flight Surgeon attached to the Marines. He served in Iceland and the Admiralty Islands in the South Pacific attaining the rank of Lieutenant Commander.

After the war, John returned to his family and established the largest OB/GYN practice in Pasadena across the street from the Huntington Hospital. They expanded their family and raised their two daughters, Lynn and Christine, in San Marino. Mrs. Haigh was devoted to her family and community. Feeling a strong sense of responsibility to serve her community as a volunteer, Margaret participated in a wide variety of activities, including the Pasadena Medical Auxiliary and the San Marino Guild. The results of her fundraising efforts provided funds for medical research and patient care.

Upon John's retirement in 1969, the Haighs pursued another dream by purchasing a 100 acre ranch in Happy Canyon in the Santa Ynez Valley. "With all his years riding with the Rancheros Visitadores, Daddy always wanted to be a cowboy," shared Chris Saunders, the Haighs' youngest daughter. "With their move to Santa Ynez, Daddy went from doctor to gentleman farmer. While he raised Black Angus cattle and tended to the walnut



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trees, Mother cared for their vegetable garden and acres of roses and zinnias. They wanted a more quiet life.” One of Dr. Haigh’s partners from the Pasadena medical practice, Dr. Richard Houts, bought the neighboring ranch. They remained close friends for many years participating in Rancheros Vistadores together, each spring.

In 1979, the Haighs moved from their ranch in the valley “over the hill” to Montecito. From their home in Montecito their contributions and active retirement life continued to benefit the Santa Barbara community in numerous ways. Dr. Haigh maintained his longstanding involvement in Rotary International and served as a trustee on the Board of Sansum Medical Research Foundation.

Dr. and Mrs. Haigh will be warmly remembered for their generous support of the institutions and people who impacted their lives, children and communities. In Santa Barbara, in addition to Sansum Clinic and the Cancer Center, the Haighs also made bequests to Cottage Health System, the American Cancer Society (Santa Barbara), Planned Parenthood (Santa Barbara/Ventura/San Luis Obispo chapter), Marymount School of Santa Barbara and Our Lady of Mt. Carmel Church. ☀

Less Income May Mean More

Are you searching for a way to reduce your income and as a result reduce the taxes you pay?

There’s an ideal opportunity for those of you over 70½. By using your Required Minimum Distributions to make gifts to Sansum Clinic you may remove those distributions from your taxable income! For those of you that do not itemize on your tax returns, this is the ideal way to reduce your taxes. But there is another benefit! For many this will also reduce the amount of your Social Security income subject to taxation.

To make an IRA rollover gift, simply contact your IRA custodian and request that a specified amount be transferred to Sansum Clinic. Your gift could be \$1,000, \$10,000, \$50,000 or even \$100,000. Feel free to contact Dru A. Hartley, Director of Philanthropy, (805) 681-7726 or dhartley@sansumclinic.org for more information about this great benefit.

Leave A Legacy

You can leave a legacy by including Sansum Clinic in your estate plans. For more information contact Dru A. Hartley, Director of Philanthropy at (805) 681-7726 or dhartley@sansumclinic.org. You can also return the enclosed envelope with a request to be contacted. ☀

Santa Barbara Breast Cancer Alliance Reaccredited by the National Accreditation Programs for Breast Centers

SANTA BARBARA



The Cancer Center of Santa Barbara with Sansum Clinic is a proud member of the Santa Barbara Breast Care Alliance, our community's "breast care center without walls." The Alliance was recently reaccredited by the National Accreditation Programs for Breast Centers, a recognition only granted to centers that have undergone a rigorous application process and onsite survey to ensure high-level standards in leadership, clinical management, research, community outreach, professional education and quality improvement.

The Alliance brings together surgeons, medical oncologists, radiation oncologists, radiologists, pathologists and plastic

surgeons along with Sansum Clinic, the Cancer Center and Cottage Health System to deliver a multidisciplinary approach to women with breast cancer. Since the original accreditation in 2010, the Santa Barbara Breast Care Alliance has worked to ensure that breast cancer patients receive intelligent, coordinated care from a multi-specialty team of breast disease specialists.

The Cancer Center of Santa Barbara with Sansum Clinic proudly provides a wide range of services to breast cancer patients in our community, including Breast Care Navigation, Nutrition Counseling, Genetic Counseling, and classes such as yoga, tai chi, painting, writing, mediation and laughter. As Alliance Members we work closely with each breast cancer patient to provide the highest quality of breast care possible. 🌻

To learn more about the Santa Barbara Breast Care Alliance, visit them online at www.SBBCA.org or call (805) 898-2185.

Breast Density: Breast Cancer Screening Unsure if you have dense breasts? Why does it matter?

BREAST DENSITY

Breasts are made up of a mixture of fibrous and glandular tissue and fatty tissue. Your breasts are considered dense if you have a lot of fibrous or glandular tissue but not much fat. Density may decrease with age, but there is little, if any, change in most women.

HOW TO KNOW IF YOU HAVE DENSE BREASTS

Breast density is determined by the radiologist who reads your mammogram. There are four categories of mammographic density: almost entirely fatty breasts, scattered areas of fibroglandular density in breasts, heterogeneously dense breasts and extremely dense breasts. The radiologist assigns each mammogram to one of the categories. Your doctor should be able to tell you whether you have dense breasts based on where you fall on the density scale.

BREAST DENSITY IN THE UNITED STATES

10% of women have almost entirely fatty breasts
10% have extremely dense breasts
80% are classified into one of two middle categories

DENSE BREASTS AND MAMMOGRAMS

A mammogram is the only medical imaging screening test proven to reduce breast cancer deaths. Many cancers are seen on mammograms even if you have dense breast tissue.

OTHER IMAGING TESTS FOR DENSE BREASTS

In breasts that are dense, cancer can be hard to see on a mammogram. Studies have shown that ultrasound and magnetic resonance imaging (MRI) can help find breast cancers that can't be seen on a mammogram. However, both MRI and ultrasound show more findings that are not cancer, which can result in added testing and unnecessary biopsies. Also, the cost of ultrasound and MRI may not be covered by insurance.

NEXT STEPS

If you have dense breasts, please talk to your doctor. Together, you can decide which, if any, additional screening exams are right for you.

If your breasts are not dense, other factors may still place you at increased risk for breast cancer – including a family history of the disease, previous chest radiation treatment for cancer and previous breast biopsies that show you are high risk. Talk to your doctor and discuss your history.

Even if you are at low risk, and have entirely fatty breasts, you should still get an annual mammogram starting at age 40. 🌻

Cancer Prevention & Cooking Tips

SARAH WASHBURN, MS, RD, CSO, ONCOLOGY NUTRITIONIST



Did you know that your seasonal food choices can help decrease your risk of developing cancer? As the morning gets chillier and leaves fall from the trees, think about the vibrant colors of beets, kale and winter squashes or pumpkins to brighten your meals and arm you with cancer-protecting compounds.

Beets: Betalains are responsible for the vibrant deep red color of beets. Along with other compounds, betalains provide unique anti-oxidant and anti-inflammatory protections that contribute to decreasing your cancer risk. Remember to briefly steam or roast your beets as the water-soluble betalain content decreases as the cooking time increases. Steam your beets with the skins on for no more than 15 minutes and roast them for less than one hour.

Kale: Isothiocyanates and many other phytonutrients help make this wavy-leaf vegetable a great cancer-fighting food. Try different varieties, including dinosaur (also known as Lacinato, or Tuscan) kale, curly kale or ornamental kale. If you are sensitive to bitter foods, choose smaller leaves as they are more tender and less bitter. Another option is to fold the leaf in half lengthwise and cut out a majority of the fibrous stem as the stem tends to be more bitter than the rest of the leaf. Finally, a little lemon juice or oil can also help decrease the bitterness as well. See right for a Kale Waldorf Salad recipe!

Winter squash and pumpkins: Various carotenoids make these winter favorites great for cancer protection. Try delicata squash for a change. This is a delicious squash with a thin skin (which makes it easier to cut) and has a nutty taste. Just cut in half, turn face down in a roasting pan and cook at 350 degrees for 30 minutes. It will melt in our mouth.

Green Kale Waldorf Salad

- 1 bunch curly green kale, rinsed, stems removed and kale finely chopped
- 2 firm apples or 1 pear and 1 apple, sliced
- 3 stalks celery, sliced
- 1/2 cup roughly chopped nuts or pumpkin seeds
- 1/2 cup chopped dried apricots, figs, dates, raisins or cranberries
- 1 cup halved red grapes (optional)
- 2 oranges, peeled and cut into wedges (optional)

Orange Nut Dressing

Blenderize:

- 1 cup raw cashews
- 1/2 cup orange juice or orange juice concentrate
- 1/4 cup lemon juice
- 1/2 cup water
- 1 tablespoon Dijon mustard
- Pinch of salt 🌻



Sarah Washburn, MS is a Registered Dietitian and a Certified Specialist in Oncology Nutrition with more than 10 years of experience. Sarah is passionate about providing tailored whole food nutrition recommendations and education to patients throughout the spectrum of their cancer experience. She and our other oncology dietitian,

Kristin Price, RD, are integral members of a patient's care team, working closely with physicians and other support staff. You can make an appointment to see one of our Oncology Dietitians by calling (805) 898-2204.

Treating Lymphedema

Therapy & resources for a possible side effect from breast cancer treatments

For many breast cancer patients getting well is a journey. The healing process takes time due to recovery from treatment and necessary surgeries. For some breast cancer patients who have undergone radiation or surgery on lymph nodes the journey to wellness can be prolonged by a common and chronic condition called lymphedema.

Lymphedema is the swelling of body parts, most often an extremity, caused by the abnormal accumulation of lymph, a protein rich fluid that circulates in the lymphatic system. Lymphedema can happen to any cancer patient in which one or more lymph nodes are removed or treated with radiation. In breast cancer patients, lymphedema most often occurs in the upper extremities, breast/chest and upper trunk. “Sometimes after a surgery or radiation treatment the fluid in the lymphatic system becomes disrupted and accumulates in areas of the body,” says Tammy Stockero, RN and Breast Care Navigator at Sansum Clinic. “While we aren’t totally sure why this happens, the risk for developing lymphedema after breast cancer treatments can depend, in part, on the type of procedure you’ve had and how many lymph nodes were involved. And unfortunately, lymphedema becomes a lifelong risk for breast cancer patients with affected lymph nodes.”

“It’s important to notify your medical providers immediately if you are experiencing symptoms of lymphedema. The sooner a patient gets an evaluation the sooner we can prepare a treatment plan before a hardening of the underlying tissue develops,” says Maureen Groves, PTA, MLD/CDT, Lymphedema Therapist with Sansum Clinic. “You may feel a full sensation in the affected limb, your skin may feel tight, you may have decreased flexibility and you may notice clothing or jewelry not fitting on one particular area of the body.”

Luckily, for patients experiencing lymphedema there are effective treatments available to help reduce swelling, and lessen the condition. Barbara McCoy-Lawson, PT and Lymphedema Therapist with Sansum Clinic, works with lymphedema patients to help prescribe the best treatments to suit their individual needs. “Lymphedema therapy for breast cancer, like all lymphedema treatments, includes some or all of the four steps of decongestive therapy: skin care, manual lymphatic drainage, compression therapy/garments and remedial exercises,” she shared. McCoy-Lawson recommends getting evaluated by a certified lymphedema therapist (CLT) to determine the right treatment plan, which may include manual lymphatic drainage (MLD). MLD is a type of very directed,

gentle touch used to move excess lymphatic fluid to areas where it can drain better.

“Certified lymphedema therapists have gone through intensive training to learn how to do MLD correctly and we are very clear to people that it is not standard massage,” says Groves. “Patients can be taught a self-administered form of simple MLD, but it is vital that the patient be guided through direct instruction given by the therapist.” MLD is often used in conjunction with compression bandages/garments and lymphatic exercises while wearing those garments. Since the skin is stretched by lymphedema your therapist will also closely monitor it to avoid injury and infection and will give recommendations for the best ways to care for and moisturize the area.

“With the manual lymphatic therapy and assigned home exercises, there was a marked improvement of my symptoms within a few short weeks,” Sansum Clinic patient Gloria Clements shared. “Sara Rodriguez, my CLT, also provided me additional information relative to healthcare issues that I found to be extremely helpful. Sara and the lymphedema therapy has been a godsend to me.”

While lymphedema is a chronic, lifelong condition there are resources available to control and relieve symptoms. Speaking with your healthcare provider is the first step. If you are suffering from lymphedema, or think you could be at risk, Sansum Clinic offers lymphedema patients a wide range of services in our community, including:

- Free lymphedema education classes. The classes teach patients techniques for reducing their risk of developing lymphedema and offers strategies for managing the chronic condition if one has already developed it. Visit <http://www.sansumclinic.org/Classes> to sign up for the next class.
- Lymphedema screenings. 50%-75% of patients who come in for the screening do in fact have lymphedema, and the screening can help get patients into treatment right away.
- Free compression garments, bandages and lymphedema therapy services. These services are provided free of charge for oncology patients on limited or fixed incomes in our community.
- Local certified lymphedema therapists. CLT’s are located in Santa Barbara/Goleta, Lompoc and Ventura/Oxnard. 🌻

For more information regarding the lymphedema services and screenings or to book an appointment please contact Sansum Clinic at (805) 681-7704.

Cancer Center Walk/Run for Clinical Research

More than 1,025 people took to the streets of Montecito in October to participate in the Cancer Center's 21st Annual Walk/Run, hosted in partnership with Four Seasons Resort Santa Barbara. This year's family friendly event so far has brought in more than \$125,000 toward a goal of \$200,000 to benefit the Cancer Center's Clinical Research Program.



Coastal Cleanup

Sansum Clinic participated in the Coastal Clean Up 2013. The group met at Ledbetter Beach and worked together to pick up trash to make our beaches clean and safe for all of us.



Heart and Stroke Walk

This year, Sansum Clinic had over 100 staff members, friends and family participate in the American Heart Association's Heart and Stroke Walk. We would like to thank all who participated in the walk as you joined together to bring awareness to prevent, treat and defeat heart disease, stroke and other cardiovascular diseases.



Walk to End Alzheimer's

Team Sansum Clinic showed up at the Earl Warren Showgrounds to support the Walk to End Alzheimer's. Neurologists Drs. Willis, Chen and Gertler were on hand to speak to participants and answer questions about Alzheimer's disease. Congratulations to our Neurology Department for all their support building our team and for all they do year round for our patients with Alzheimer's.



Heart & Sole AIDS Walk

Team Sansum Clinic showed their Heart & Sole at the AIDS Walk Santa Barbara. The event helped to raise money and awareness for the important services of the Pacific Pride Foundation.



Oh My Aching Back!

Have you said that before? Back pain is one of the most common health problems, affecting 8 out of 10 people at some time in their life. A new study finds yoga and stretching classes are both effective ways to treat moderate, chronic low back pain. Join our Back Wellness class to learn safe ways to stretch and manage your back pain. 🌻

For more information or to register visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909.



Health Education Programs

Become an active participant in your good health. Our Health Education Programs are designed with you in mind. All are taught by professionals, include take-home materials and are available on an ongoing basis. They are free of charge or low cost and are open to the community.

Programs include:

- Advance Directives
- Back Wellness
- Balance & Mobility
- Bariatric Surgery Orientation
- Coumadin Management
- Diabetes Basics (in English & Spanish)
- Diabetes Blood Sugar Control
- Fibromyalgia Support Group
- Healthier Living with Ongoing Health Conditions
- Heart Health
- Hip or Knee Replacement Seminar
- Insulin Users Peer Group
- Lymphedema Education
- Medicare
- Neck & Posture Wellness
- Nutrition Navigator
- Pre-Diabetes
- Stress Management
- Walking Groups
- Weight Management Strategies
- WomenHeart Support Group

For more information or to register visit www.SansumClinic.org/Classes or call toll-free (866) 829-0909. 🌻

Health Resource Center

- Reliable answers to your health questions
- A private, comfortable place with trained staff
- Internet, books, newsletters & videos on health
- Community resource information
- Information and registration for health programs
- Help with Medicare by appointment
- Help with Advance Directives by appointment

Free of charge and open to the community!

215 Pesetas Lane, Santa Barbara,
(800) 281-4425 x7672. 🌻



Taking the Lead in Clinical Research

Q&A with Dr. John Elder

Dr. John Elder has been a nephrologist and active clinical researcher with Sansum Clinic for more than 20 years. We asked him to share some thoughts on Clinical Research at Sansum Clinic.

CLINICAL TRIALS CAN TAKE EXTRA TIME AND EFFORT ON TOP OF AN ALREADY BUSY WORKLOAD. WHY DO YOU FEEL IT IS IMPORTANT TO CONDUCT CLINICAL TRIALS?

Research is important because it provides hope, advances medicine and otherwise improves lives. I love to be ahead of the curve. It's exciting when a new product is released and I can say, "I've already been using that drug for three years and have extensive knowledge about how that can help my patients."

WHAT DOES CLINICAL RESEARCH DO FOR OUR PATIENTS?

Conducting this kind of research really sends a message to our patients that we are working to be as up-to-date and cutting-edge as possible. It is gratifying when you see that an experimental drug is now leading to better outcomes for patients.

Studies that have a limited number of patients in them can still have tremendous benefits. Even though we may only have a small number of people in a study, we know that in several years when the product comes to market, many people will benefit from it. We keep our eye on those longer term gains and benefits.

We are very fortunate to have open label extension trials available; where patients can remain on a drug even after the trial is over if they are seeing some benefit from it.

WHAT DOES OUR INVOLVEMENT IN RESEARCH SAY ABOUT THE LEVEL OF CARE WE PROVIDE?

Clinical trials are used to test the safety and effectiveness of drugs, which ultimately leads to improved patient care. It's a way to demonstrate to our patients and the community that Sansum Clinic is helping to advance the frontiers of science and set the standards for patient care.

WHAT ARE YOUR MAIN AREAS OF INTEREST WHEN IT COMES TO CONDUCTING TRIALS?

My role is to look closely at a study and determine if it is safe and feasible, or too risky. We are diligent about making sure the

study is run well and of course, patient safety is always at the forefront of our decision making.

There are many complicated issues surrounding clinical research. It costs hundreds of millions of dollars to bring a drug to market, and drugs must meet stringent public safety regulations, which are why many products never make it to market.

HOW DO YOU GET INVOLVED IN STUDIES?

Sansum Clinic has many patients, a strong infrastructure, and all of our data is computerized, which makes us an attractive participant to sponsors of clinical trials. We are one of the only groups in this area that do research and we have developed a great reputation.

WHAT TYPES OF TRIALS ARE YOU CURRENTLY INVOLVED IN?

Right now I'm conducting a trial for hyperkalemia, a condition where the concentration of the electrolyte potassium in the blood is elevated, which can lead to abnormal heart rhythms.

In a few months we'll be participating in a study for treatment of diabetic nephropathy which is the leading cause of kidney failure in the world. Short-term studies have suggested that this medication has been very beneficial at preventing the progressive kidney damage that often occurs in patients with diabetes. This will be a longer term study that will hopefully prove the medication's safety and effectiveness.

I try to do one trial at a time so I can do it well and also focus on my practice as a nephrologist. Usually when one trial is wrapping up, the next one is in the pipeline. ☀



Dr. John Elder is board certified in Internal Medicine and Nephrology and is also a specialist in Clinical Hypertension. He serves as Medical Director of the Santa Barbara Community Dialysis Center and has been conducting clinical research at Sansum Clinic since 1990. You can reach our Nephrology Department at

215 Pesetas Lane in Santa Barbara by calling (805) 681-7660. To learn more about our Clinical Research program please call our Clinical Research Department at (805) 898-3602.

Advance Healthcare Directives

The Facts

- A legally recognized document that allows you to provide information to family, friends and doctors about your healthcare preferences
- States the type of treatment you want or do not want at the end of your life
- Appoints a decision maker who will speak for you and follow your wishes if you are not able to speak for yourself
- Meant to be completed by anyone 18 years old or older
- Can be changed or updated at any time by you
- Serves as a communication tool between you and those close to you

Planning Ahead

Plan dinner, plan a meeting, plan a vacation. Many of us are great planners and we intend to plan our future health treatment, but this is one plan that we don't get around to doing – especially in Santa Barbara! The national average of people who have completed a planning document is 35%, but here is it only 10%.

An advance healthcare directive is a document that lets you choose someone to speak for you if you are sick or injured and cannot speak for yourself. It gives you a way to make your wishes known. Who should have an advance directive? Everyone over the age of 18! Most of us want to have this done. Surveys show that 60% of people say that it is important to them to make sure their family is not burdened with difficult decisions regarding their care, yet 56% have not communicated their wishes to their loved ones.

Sansum Clinic partners with The Alliance for Living and Dying Well (ALDW) in order to change all that. We offer help in a number of ways to get an advance directive done.

- Individual help and forms are available at our Health Resource Center
- Small group programs on advance directives are held on a regular basis with expert speakers to answer questions about advance directives and assist in getting them completed

All of our programs on advance directives are open to the community and free of charge. We provide the materials and

walk you through the steps of creating your advance directive. Those who complete the document say they are much more comfortable discussing their wishes with family, friends or their spokesperson. Having this information available when it is needed can be a great gift to family and friends during a stressful time. ☀

To find out more about how you can get help and materials to complete your own advance directive call our Health Resource Center, (805) 681-7672 or (800) 281-4425 x7672 or visit www.SansumClinic.org/advance-health-care-directive-assistance.

Visiting from Out of Town?

Mention Sansum Clinic to receive special pricing at Bacara Resort & Spa, Best Western Plus Encina Lodge and Suites, Best Western Plus Pepper Tree Inn, Brisas del Mar, Cabrillo Inn at the Beach, Canary Hotel, Casa Del Mar, Courtyard by Marriott, Days Inn, Fess Parker's DoubleTree Resort, Extended Stay America, Four Seasons Biltmore Resort, Franciscan Inn, Hyatt Santa Barbara, Inn by the Harbor, Lavender Inn by the Sea, Motel 6, Quality Inn, Ramada Limited, West Beach Inn.

Visit our website under Patient and Visitor Services for more information. ☀



Courtyard by Marriott

Patient Care in Lompoc

Q&A with Dr. Richard Onishi



We've expanded our services in northern Santa Barbara County and we asked Dr. Richard Onishi, Family Physician and Medical Director of our Lompoc Multi-Specialty Clinic, to share his thoughts on the state of patient care in Lompoc.

WHY SHOULD PEOPLE CHOOSE SANSUM CLINIC IN YOUR AREA?

It is a very exciting time for me being both a Lompoc provider and patient. Over the past few years we've worked hard to expand our services. Not only are we committed to various patient education and community services, like our Diabetes Class, Cholesterol Class and Flu Shot Clinics, but we've worked to bring more specialty care to Lompoc. We now have a full time Orthopedic Surgeon, Obstetrician/Gynecologist, and Urologist. We also have Oncology, Nephrology, Cardiology, Podiatry, Physical Therapy and Psychology services available to our patients in Lompoc. This complements our Urgent Care, Family Medicine, Internal Medicine, and Pediatric Departments that are operating full time. This expansion of specialty services and primary care allows us to provide a continuity of care that is difficult to achieve in other practice environments.

WHAT ARE SOME OF THE OTHER RECENT DEVELOPMENTS AT SANSUM CLINIC IN LOMPOC?

I can't say enough about our electronic health record. It has revolutionized the way we care for our patients and eliminated the need for a paper chart. Now, if a patient's primary care physician, cardiologist, pulmonologist, and oncologist all need the chart at the same time they can access it via the Wave. We can dictate and view or order labs, X-rays, medications or any study simultaneously. We also have 24/7 access to patient histories, labs, X-rays and medications from anywhere. It's all at our fingertips. The Wave has a patient portal called MyChart that allows patients access to many of their own records and lab results and allows them to request appointments and communicate directly with their provider via email.

WHY DO YOU CHOOSE TO WORK AT SANSUM CLINIC?

As a provider, Sansum Clinic offers the advantages of being in a large group but also allows for some of the advantages of being in a private practice. Whenever I have a complicated

cardiac patient I can pick up the phone and talk to one of our cardiologists, who are some of the best-trained physicians in the world. The same is true for all of our specialists in Pulmonology, Gastroenterology, Orthopedics and Oncology – just to name a few. We are also not too big. As a physician, your voice and input is appreciated, and we are all absolutely committed to providing quality care.

DO MANY SANSUM CLINIC PROVIDERS LIVE IN THE COMMUNITY?

I live in Lompoc. Most of our providers also do, or they live in the surrounding communities. The majority of our staff members are longtime residents of Lompoc. The staff here is like family. I think that's obvious to most of our patients. It's nice being part of Sansum Clinic and the Lompoc community. I'm also fortunate enough to care for generations of family members – that provides a stronger connection.

WHAT NEW SPECIALISTS ARE AVAILABLE TO PATIENTS IN LOMPOC?

Dr. Robert Fry is an Orthopedic Surgeon from San Diego. After completing his extensive Orthopedic Surgery residency he did additional training doing a fellowship in Arthroscopy and Sports Medicine.

Dr. Lloyd Trujillo has been a relatively new addition. He has already built a large Obstetrics & Gynecology practice that provides exemplary care.

Dr. Sharon Kim is our newest addition to Primary Care. She along with Dr. Trujillo, Dr. Fry, and Dr. Trevino, our Urologist, will all be practicing full time in Lompoc.

WHAT'S THE RELATIONSHIP BETWEEN SANSUM CLINIC AND LOMPOC VALLEY MEDICAL CENTER?

We work closely with Lompoc Valley Medical Center. Dr. Trujillo, Dr. Fry, and Dr. Trevino all perform surgeries there. Of course, our patients are hospitalized there if needed, but they may also go to Cottage Hospital if they require services not provided at LVMC. Currently we use the Hospitalist Program for our medical inpatients. The Hospitalist is solely dedicated to caring for hospitalized patients and does not do outpatient medicine. This allows the Hospitalists to be fully committed to inpatient care and someone is on call 24 hours a day, 365 days a year. 🌻



Dr. Richard Onishi is board certified in Family Medicine and serves as Medical Director at our Multi-Specialty Clinic in Lompoc. He is also certified in cardiac life support and pediatric advanced life support. Dr. Onishi received his medical degree from University of California, Los Angeles and has been with Sansum Clinic since 2005. You can reach our Lompoc Clinic at 1225 N. H Street by calling (805) 737-8700.

Welcome New Providers



Sharon Kim, MD
Primary Care



Alexandra Rogers, MD
Urology



Sara Taroumian, MD
Rheumatology



Bryce Holderness, MD
Internal Medicine



Kelly Kurzejewski, NP
Cardiology



Taylor Holve, MD
Cardiology



Robert Fry, MD
Orthopedics



Sarah Kempe-Mehl, MD
Neurology



Danae Wilke, PA-S
Cardiology

SHARON KIM, MD
Primary Care, Lompoc Multi-Specialty
1225 North H St., Lompoc

Dr. Sharon Kim recently joined our multi-specialty clinic in Lompoc as a Primary Care physician. Dr. Kim received her medical degree from New York Medical College in New York and then completed her Family Medicine residency program at the Brooklyn Hospital Center, Weil Cornell Medical College in New York. Dr. Kim also speaks Spanish and Korean.

ALEXANDRA ROGERS, MD
Urology, Pesetas Multi-Specialty
215 Pesetas Lane, Santa Barbara

Dr. Rogers specializes in Adult Urology, including: Female Incontinence, Male Voiding Dysfunction, Pelvic Organ Prolapse, Post-Prostatectomy Incontinence, Sacral Nerve Stimulation, General Voiding Dysfunction, Pelvic Floor Rehabilitation and Complex Urodynamics. Dr. Rogers attended Wake Forest University Medical School and completed her urology residency at the Mayo Clinic in Jacksonville Florida. Dr. Rogers has recently completed a female urology fellowship at the Tower Urology Institute for Continence at Cedars Sinai in Los Angeles.

SARA TAROUMIAN, MD
Rheumatology, Pesetas Multi-Specialty
215 Pesetas Lane, Santa Barbara

Dr. Taroumian received her medical degree from the University of Arizona Medical Center in Tucson Arizona where she also completed her internal medicine residency and was chief resident. Dr. Taroumian has recently completed her rheumatology fellowship at the University of California, Los Angeles.

BRYCE HOLDERNESS, MD
Internal Medicine, Pesetas Multi-Specialty
215 Pesetas Lane, Santa Barbara

Dr. Holderness received his medical degree from the Keck School of Medicine of the University of Southern California and completed his internal medicine residency at the University of California, San Diego.

KELLY KURZEJEWSKI, NP
Cardiology, Pueblo Multi-Specialty
317 West Pueblo St., Santa Barbara

Ms. Kurzejewski received her BS in nursing from Mansfield University in Pennsylvania and received her acute care nurse practitioner training at the University of Los Angeles.

TAYLOR HOLVE, MD
Cardiology, Pueblo Multi-Specialty
317 West Pueblo St., Santa Barbara

Dr. Holve earned his medical degree from Northwestern University in Chicago. He then completed a combined internal medicine and pediatrics residency program at the University of Southern California Medical Center and is board certified in both Internal Medicine and Pediatrics. Dr. Holve completed his clinical cardiology fellowship at Kaiser Permanente San Francisco Medical Center and is board certified in Cardiology. Dr. Holve recently completed subspecialty training at the adult congenital heart program at Kaiser Permanente in San Francisco.

ROBERT FRY, MD
Orthopedics, Lompoc Multi-Specialty
1225 North H. St., Lompoc

Dr. Fry attended Emory University School of Medicine and completed his orthopedics residency at Loyola University Medical Center in Chicago. Dr. Fry recently completed an arthroscopy and sports medicine fellowship in San Diego.

SARAH KEMPE-MEHL, MD
Neurology, Pueblo Multi-Specialty
317 West Pueblo St., Santa Barbara

Dr. Kempe-Mehl earned her MD degree from Harvard Medical School and then went on to complete her neurology residency at the University of California, San Francisco. She recently completed a fellowship in movement disorders at Stanford University.

DANAE WILKE, PA-S
Cardiology, Pueblo Multi-Specialty
317 West Pueblo St., Santa Barbara

Ms. Wilke is a recent graduate of the Western University of Health Sciences Physician Assistant Program in Pomona, California. She is also a licensed paramedic and emergency medical technician. 🌟

Stay in Touch

with Sansum Clinic

Clinic Operator:
1 800 4 SANSUM (472-6786)
for all services and departments.

After hours physician on call for
urgent medical needs.



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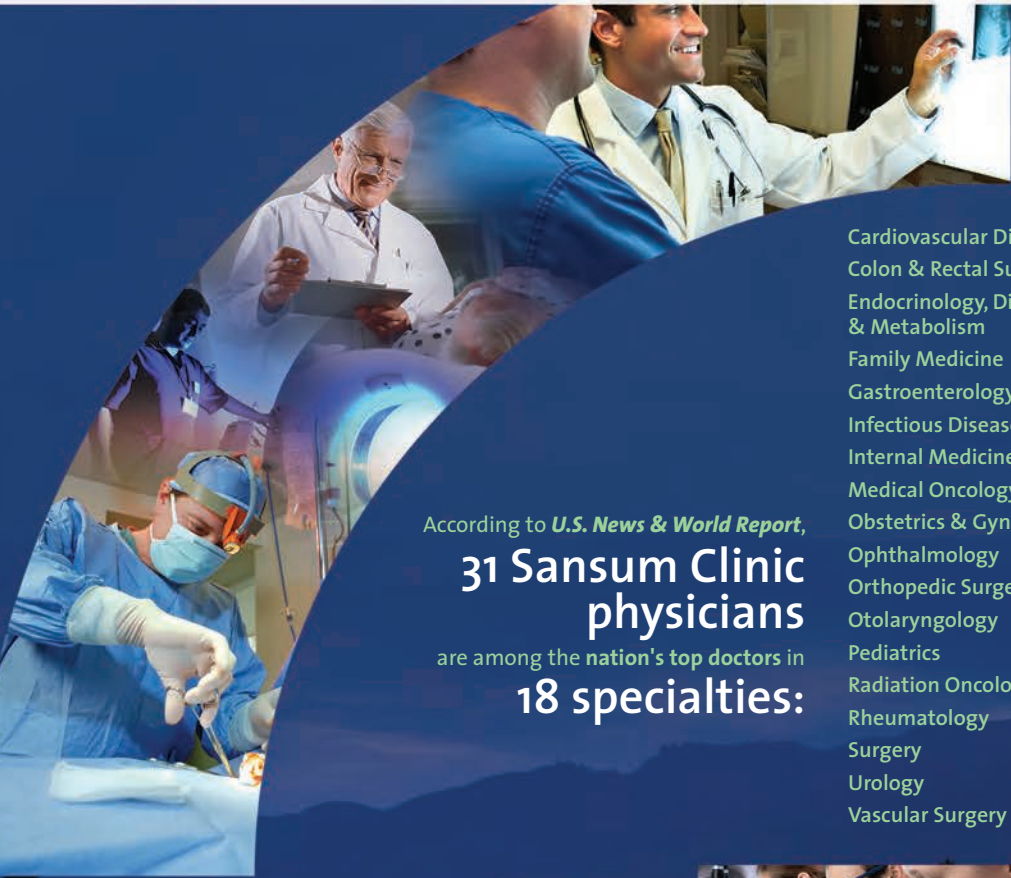


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According to *U.S. News & World Report*,
**31 Sansum Clinic
physicians**
are among the nation's top doctors in
18 specialties:

- Cardiovascular Disease
- Colon & Rectal Surgery
- Endocrinology, Diabetes & Metabolism
- Family Medicine
- Gastroenterology
- Infectious Disease
- Internal Medicine
- Medical Oncology
- Obstetrics & Gynecology
- Ophthalmology
- Orthopedic Surgery
- Otolaryngology
- Pediatrics
- Radiation Oncology
- Rheumatology
- Surgery
- Urology
- Vascular Surgery



America's Top Doctors



470 South Patterson Ave.
Santa Barbara, CA 93111