

wellaware

Home to Surgical Centers of Excellence



**Varicose Veins:
More Than a
Cosmetic Problem?**

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New Knees?**

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A Higher Level of Surgical Care



Redlands Community Hospital achieved dual accreditation as a Center of Excellence in Minimally Invasive Surgery (COEMIS) and Orthopedic Surgery (COEOS) by Surgical Review Corporation (SRC).

This achievement recognizes the hospital's commitment to deliver the highest quality of care to patients.

We are a leader in providing some of the most advanced surgical treatments for orthopedics, urology, and gynecology. We use the latest technology for minimally invasive surgeries, ensuring the best possible outcomes for our surgical patients.

In this issue, we dive deeper into areas where surgical intervention is potentially helpful to get people back to activities that they once enjoyed. Learn more about our Centers of Excellence on pages 6 and 7. We also have an article on varicose veins and some possible ways to manage and treat their appearance and discomfort. Additionally, inside you will find articles that focus on orthopedics and how to stay healthy and injury-free.

You are not alone if you find that you need surgical care. Please talk with your provider about which treatment option is best for you. Redlands Community Hospital is proud of the excellent care that we provide for our patients. It would be an honor to care for you and your loved ones.

James R. Holmes, President/CEO

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Well Aware is a free quarterly newsletter prepared by the Marketing team of Redlands Community Hospital. The material provided in this newsletter is intended to be used as general information only and should not replace the advice of your physician or your child's pediatrician. Always consult your physician or your child's pediatrician for individual care.

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Be an #Influencer

for Safe Teen Social Media Use

Up to 95% of U.S. teens between ages 13 and 17 use a social media platform. And more than a third of them say they use social media “almost constantly.” From Instagram and TikTok to Discord and Twitch, here’s how teens and their parents can keep social media usage healthy and safe.

Do ...

1. Create healthy online relationships.

Many teens benefit from the support and companionship that comes from interacting online with peers who are similar to them—especially if they’re anxious or lonely.



2. Watch for problematic social media use.

Signs include being unable to stop using devices and lying to retain access to platforms. Problematic use has been linked to sleep problems and attention deficits.



3. Limit use.

Social media shouldn’t interfere with sleep, school, or physical activity. Parents: Set time limits for your teen—and for yourself as an example.

Don't ...

1. Don't let younger kids use social media unsupervised.

Parents should review and discuss the social media use of kids younger than age 15. And they should stay up-to-date on the newest platforms teens might be using. (There are so many!)



2. Don't engage with psychologically harmful content.

This includes content around self-harm or risky behaviors, as well as “cyberhate” like discrimination and bullying.



3. Don't use social media for comparison.

It can be unhealthy to compare yourself with other social media users—especially as it relates to appearance and engagement, such as number of likes or comments.





VARICOSE VEINS: MORE THAN A COSMETIC PROBLEM?

Bulging, twisted varicose veins can make you self-conscious about baring your legs. Sometimes, they limit more than your fashion choices. In certain cases, varicose veins can lead to more serious conditions.

Your Veins, Explained

The veins in your leg have a tough job. They must work against gravity to shuttle blood from your lower limbs back up to your heart. Sometimes, the one-way valves that keep blood moving in the right direction weaken or malfunction. As a result, blood backs up and your veins expand, swell, and twist beneath your skin's surface.

As many as 25 million Americans have varicose veins. Risk increases:

- With age
- During pregnancy
- In heavy people
- Because of prolonged sitting or standing
- In people who have a family history of venous diseases

Heed These Warning Signs

Sometimes, varicose veins have no other symptoms. But they can cause:

- A heavy or tired feeling in the legs
- Throbbing or cramping pain

- Swollen legs
- Discolored, tingling, burning, or itchy skin
- Open wounds called venous leg ulcers

See your healthcare provider if you have these signs. They will do tests to check whether your varicose veins prevent blood from traveling back up to your heart. This condition, called chronic venous insufficiency, may affect as many as 40% of adults. Many need treatment to avoid leg ulcers or other serious complications.

Treatment Improves Blood Flow

Lifestyle changes can help, even if your varicose veins don't cause pain. Your provider may recommend:

- Taking frequent breaks from standing or sitting

- Elevating your legs frequently and not crossing them
- Exercising regularly to promote blood flow and muscle tone
- Opting for nonrestrictive clothing
- Wearing compression stockings

Medical treatments can improve the appearance of varicose veins and treat chronic venous insufficiency. Options include:

- Laser, heat, or chemical therapies that close off the veins
- Surgery to remove veins close to the skin's surface
- Vein stripping. During this procedure, a surgeon ties off and removes one of the larger veins through an incision in your groin. Only people with severe cases of varicose veins usually get this treatment, which requires a longer recovery time.

>> Make an Appointment

The Center for Surgical and Specialty Care at Redlands Community Hospital specializes in vascular surgery and treatments. To learn more, call 909.793.3293.

RECOVERING FROM A HYSTERECTOMY: WHAT YOU SHOULD KNOW

Every year, more than 600,000 women in the United States have a hysterectomy, an operation to remove the uterus. It is the most common type of surgery for women after cesarean section. A hysterectomy can help treat conditions such as fibroids, abnormal vaginal bleeding, chronic pelvic pain, endometriosis, and cancer.

Several Options for Surgery

During the surgery, the uterus is removed through a cut in the abdomen or the vagina. The ovaries and fallopian tubes may be removed as well. The surgery can also be done through a few small cuts in the abdomen using a tiny camera, called a laparoscope. This type of surgery is called laparoscopic, or minimally invasive, surgery. The surgeon may also use a robot attached to the instruments to assist in a laparoscopic surgery.

What to Expect During Recovery

You can expect to stay in the hospital one or two days after a vaginal or laparoscopic hysterectomy, and longer after an abdominal hysterectomy. When you return home, you will need some additional time to rest and recover. Most women recover three to four weeks after a laparoscopic or vaginal hysterectomy. It may take four to eight weeks to recover from an abdominal hysterectomy.

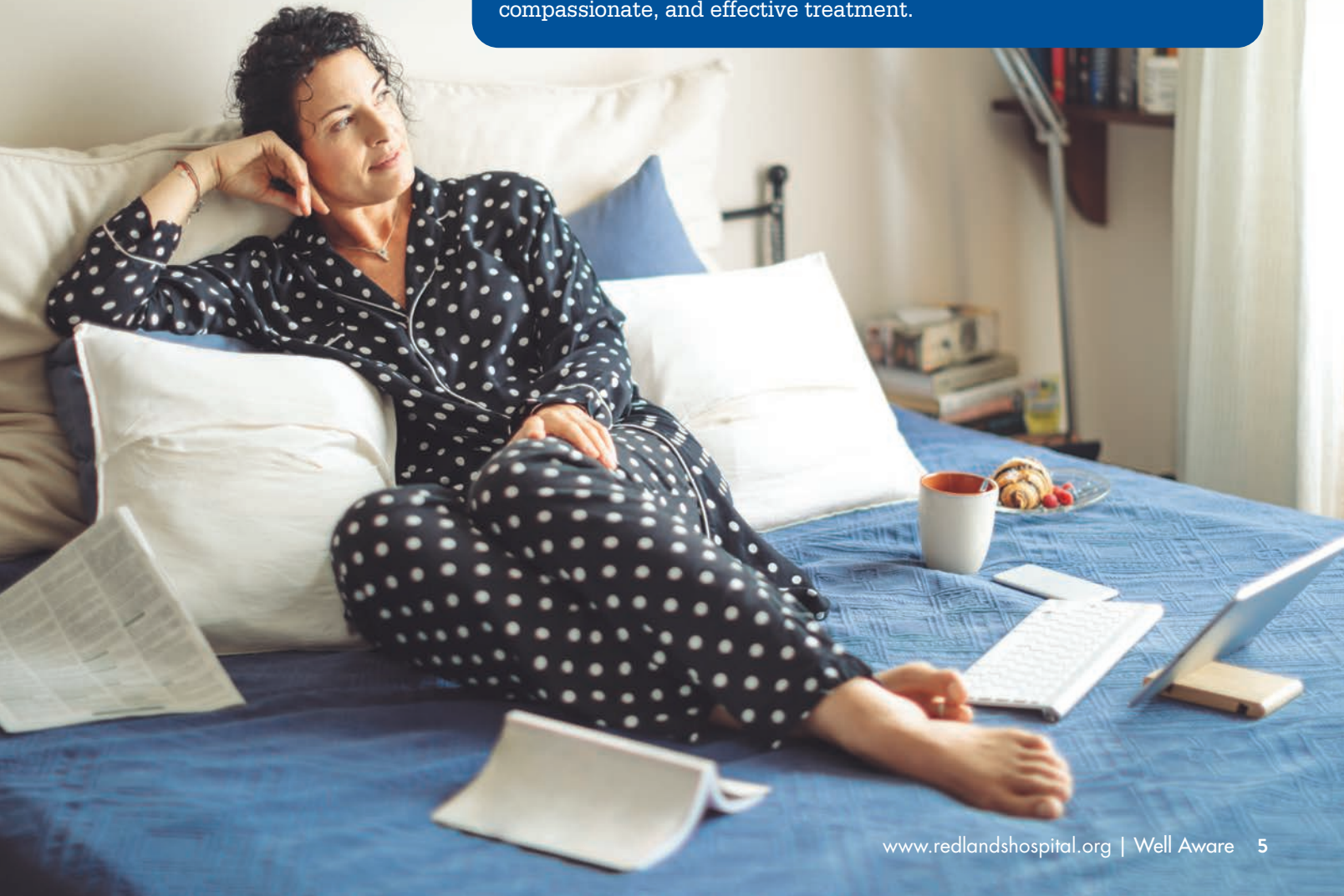
Side Effects of a Hysterectomy

Once you've had a hysterectomy, you will no longer be able to get pregnant. Your monthly periods will also stop. If your ovaries are also removed, you will go into menopause.

Hysterectomy can help treat many problems and conditions, but it is major surgery. Your provider can help you decide if it's the best treatment for you.

>> Team Approach to Care

At Redlands Community Hospital we use minimally invasive or laparoscopic surgery, which allows the surgeon access to your body without cutting into it, whenever possible. A hysterectomy, for example, may even be done via robotic surgery. If you need gynecological surgery in Redlands, the women's health professionals at RCH will work together to provide you with the most caring, compassionate, and effective treatment.



RCH SURGICAL SERVICES: WHERE PHYSICIAN EXPERTISE MEETS ADVANCED TECHNOLOGY

Redlands Community Hospital (RCH) offers a surgical program with world-class surgeons, anesthesiologists, nurses, and operating room staff trained in the most current surgical technology and techniques.

RCH recently earned dual accreditation as a Center of Excellence in Minimally Invasive Surgery (COEMIS) and a Center of Excellence in Orthopedic Surgery (COEOS) from the Surgical Review Corporation (SRC), an independent nonprofit organization dedicated to patient safety. To become a Center of Excellence, RCH had to meet stringent criteria regarding surgeon expertise, patient education, surgical equipment, and standardization of clinical pathways, as well as demonstrate a commitment to continuous quality improvement. In addition, two physicians, OB/GYN surgeon Samir Hage, D.O., and orthopedic surgeon John Steinmann, D.O., were recognized as Surgeons of Excellence, reflecting their years of experience and excellent surgical outcomes.

Extending a Surgeon's Reach

Minimally invasive surgery includes both laparoscopic surgery and robotic surgery. RCH has invested in three state-of-the-art da Vinci Xi surgical robots, which are used to perform a range of OB/GYN, colorectal, urological, and general surgical procedures. Surgeons manipulate the robotic arms and control the tilt and angle of the operating room table while sitting at a console a few feet away from the patient.

“Robotic surgery offers several benefits, including 3D visualization of the surgical site and enhanced operating precision using wristed instruments that provide more range of motion and dexterity than a human hand,” says general surgeon Thomas Arnold, D.O., chair of the Department Robotic Surgery. Surgeons are able to cut, suture, and manipulate tissue through small

incisions, with minimal disruption to adjacent organs and blood vessels.

Achieving Faster, Easier Recoveries

Dr. Arnold notes that patients recover from robotic surgery procedures faster than they would with laparoscopic or open surgery. “Instead of staying in the hospital for a week, they go home in a few



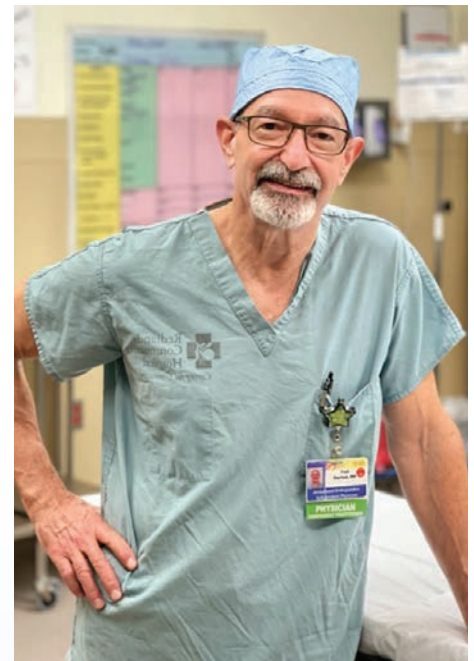


Redlands Community Hospital was recognized for its outstanding surgical services with two prestigious accreditations.

days, and they require less pain medication,” he says. He adds that studies following patients since robotic surgery was introduced in the early 2000s indicate that the rate of recurrence for certain robotic surgery cancer procedures, such as colorectal cancer, is comparable

with that of laparoscopic procedures.

The RCH surgical services team also includes highly skilled pre-op education, surgical prep, and post-anesthesia care unit nurses. If you or a loved one is facing surgery, rest assured that you will be in the best hands, every step of the way.



CONGRATULATIONS TO PAUL BURTON, D.O.

RCH is honoring orthopedic surgeon Paul Burton, D.O., who will be retiring from surgery this year to focus on teaching surgical residents. Dr. Burton began his career as a physical therapist before going to medical school. He practiced in Pennsylvania for many years and was a founding member of the Center for Orthopaedics and Sports Medicine in Indiana, Pennsylvania, before moving to California in 2003. Along with orthopedic surgeon John Steinmann, D.O., Dr. Burton cofounded the RCH Spine & Joint Institute. Over his career, he has performed more than 4,000 total joint procedures.

“It’s been a great experience to see the institute grow to be one of the top orthopedic hospitals in the country,” Dr. Burton says. “Now I’m looking forward to focusing on teaching the next generation of orthopedic surgeons.”





DO YOU NEED NEW KNEES?

Age-related “wear and tear” can lead to arthritis, the most common cause of chronic knee pain. And with more and more U.S. adults developing arthritis, knee replacement surgery is an increasingly popular option for managing joint pain. In fact, experts estimate there will be 1.26 million knee replacement procedures every year by 2030.

For good reason, too: Knee replacement is one of medicine’s biggest success stories. Not only is the surgery safe and effective, but it also dramatically reduces pain and improves day-to-day life.

Understanding the Treatment

During knee replacement surgery, a surgeon removes damaged cartilage and

bone and replaces them with metal and plastic implants. After a short hospital stay, you’ll continue recovering at home. In some cases, you may even go home the same day as the surgery.

Recovery may be swifter if the surgeon uses a minimally invasive approach. Other advantages to this type of surgery include:

- A smaller incision
- Less postoperative pain
- Less damage to soft tissues

Knee replacements may wear out after 15 to 20 years. Your surgeon might advise that you avoid high-impact activities, such as jogging and jumping, to protect your new knee. But you can usually safely return to activities like swimming, walking, golfing, and hiking.

How to Get Help

If knee pain is limiting your life, talk with your primary care provider about whether a knee replacement is right for you. They may recommend it if:

- Your knee still hurts when you’re resting
- Your knee bows in or out
- You haven’t gotten better despite other treatment, including medications

The decision about when and whether to have surgery should be between you, your provider, and your orthopedic surgeon.

SMOOTHIE BOWL

Start your morning with this delicious fruit-filled smoothie bowl.

INGREDIENTS

- ½ cup unsweetened freeze-dried strawberries
- 1 cup nonfat Greek yogurt
- ½ cup sliced fresh strawberries
- ½ cup diced fresh pineapple
- ½ banana, sliced
- 1 tbsp. sweetened dried cranberries
- 1 tsp. unsweetened dried coconut

DIRECTIONS

1. Place dried strawberries in a food processor fitted with a standard blade and process for one minute or until powdered.
2. Add Greek yogurt and process for one minute or until well blended.
3. Divide Greek yogurt into two bowls. Top each with half of the following: strawberries, pineapple, banana, and dried cranberries.
4. Sprinkle half of the dried coconut over each bowl.

PER SERVING

Makes two servings. A serving is one bowl and contains 165 calories, 1 g total fat (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 44 mg sodium, 28 g carbohydrates, 19 g sugars, and 13 g protein.



RUNNING (AND STAYING) INJURY-FREE

Before hopping on a bike, you put on a helmet. When gearing up for soccer, you reach for shin guards. But what about running? What precautions do you take to avoid injury?

To prevent sore feet and knees—as well as more serious injuries, like stress fractures, shin splints, and Achilles tendinitis—here's what you need to know.

Find Your 'Sole' Mate

First things first: Get a solid pair of running shoes. Whether you're shopping online or in person, look for:

- Strong support
- Flexibility and traction
- Good shock absorption
- A sturdy heel (it shouldn't slip when you move)

And remember, shoes don't last forever. If you average 10 miles a week, set a reminder to replace them every nine to 12 months.

Plan Each Step

Try to choose a soft, flat running surface. A track is a good option if there's one close by.

For beginners, it's recommended to start with interval training. Don't attempt a 5K right off the bat! Alternate between walking and running to slowly build your speed and distance.

Make gradual adjustments to both speed and distance, and max out at 45 miles per week to lower your risk of getting hurt.

Also, always plan for a warm-up and cooldown. These sessions should include stretching, with a focus on your Achilles tendons, quadriceps, and hamstrings.

Trust the Technique

Consistently using the right technique can help ward off injuries. Whether you're feeling fresh or tired, you should:

- Maintain an upright posture
- Relax your shoulders and arms
- Keep your elbows bent
- Hit the ground with your heel first, then toe

Put Safety First

Even with precautions, injuries do happen. It's estimated that up to 70% of runners get hurt every year.

Never run through the pain. Take two to three days to rest, and ice as needed (heat isn't recommended right after an injury). Limit ice to 20 minutes at a time, with four to eight sessions per day. Do not apply directly to the skin.

If your discomfort lasts for a week—or you're having frequent pain in your feet, knees, or legs—talk with your health care provider. They can recommend treatment options, stretches, and strengthening exercises to get you back up and running.



MAKE A BIG IMPACT



Since 1978, the Redlands Community Hospital Foundation (RCH Foundation) has been dedicated to building lifelong relationships with community members and raising funds to support Redlands Community Hospital (RCH). In an era of uncertainties about the future, including healthcare reform and diminishing reimbursements, community philanthropists are playing an increasingly important role in assuring that the healthcare they desire in their communities is available. The RCH Foundation has been a critical force in supporting the hospital's vision of lifesaving work to serve Redlands and surrounding communities.

Building a Future Together

The Redlands Community Hospital Foundation believes that much of the community's strength lies in having excellent care close to home. All philanthropic revenue supports the mission and vision of Redlands Community Hospital.

Our Mission

The RCH Foundation's mission is to advance the delivery of exceptional healthcare in the Inland Empire through the acquisition, management, and utilization of philanthropic funds for RCH. The hospital's charge is to promote an environment where members of our community can receive high-quality care and service so that they can maintain and be restored to good health. In order for us to succeed, the two must go hand in hand.

The funds that are raised help RCH hire top clinicians, purchase modern technology, provide needed services, and maintain buildings and infrastructure. Several ways the RCH Foundation accomplishes this is by:

- Encouraging generous planned giving
- Cultivating transformational grants

- Planning creative fundraising events
- Welcoming individual gifts from supportive friends within the community

For generations, with the RCH Foundation's dedicated assistance, RCH has been able to provide the many Inland Empire communities it serves with outstanding care in a loving, compassionate, and family-centered environment.

Ways to Give

We invite you to do something positive that will impact the care of loved ones and support front-line medical personnel—doctors, nurses, technicians, and caregivers.

All gifts to the RCH Foundation make a difference in our mission of caring for others in their time of need. Donations go directly to the areas of greatest need, including the support of front-line staff as they care for patients. All contributions are tax deductible.

Invest in Your Community

Gifts to the RCH Foundation can be made from a number of different types of assets. Please feel free to call on one of our Foundation staff members at **909.335.5540**. We can provide you with a comprehensive analysis of any of the ways to give.

Please join us and make a gift that will have a direct impact on RCH patients and the medical staff that is working hard to save lives.

Please detach and mail with your donation

Your support of the Redlands Community Hospital Foundation helps make it possible for the hospital to save lives.

Yes, I would like to help with a donation in this amount:

- \$25 \$100 \$1,000
 \$50 \$500 Other \$ _____

Please charge my gift to:

- Visa MasterCard Discover AmExpress

Card # _____ CVV Code _____

Exp. Date _____ Signature _____

I would like more information regarding year-end giving, IRA donations, estate planning, or other planned giving.

Your contribution will be greatly appreciated by the many lives it touches, both today and for years to come.

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone: (_____) _____

In Honor Of: _____

Please make check payable to and return to:

Redlands Community Hospital Foundation,

350 Terracina Blvd., Redlands, CA 92373

You can also make gifts online at redlandshospital.org/foundation/ways-to-give/donate-online.

Well Aware is a periodic community newsletter prepared by the Marketing team at Redlands Community Hospital. If you would like to be removed from the mailing list, please call **909.335.5533** or email us at communications@redlandshospital.org.

Redlands Community Hospital

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Operating at a Higher Level

Redlands Community Hospital has been accredited by Surgical Review Corporation (SRC) as a Center of Excellence in Minimally Invasive Surgery and Orthopedic Surgery.

We are committed to a higher standard of care—ensuring optimal outcomes and safety, as well as delivering an unrivaled patient experience. Center of Excellence accreditation involves a rigorous evaluation based on proven standards. Our patients can take comfort in knowing that SRC-accredited centers achieve reduced risk of complications, faster recovery times and better outcomes.



Redlands Community Hospital

redlandshospital.org



Redlands Community Hospital is an independent, not-for-profit, stand-alone community hospital.