

# Well-Being

A QUARTERLY NEWSLETTER FROM YOUR PARTNERS IN GOOD HEALTH

## Fighting This Year's Flu Times Two

'Tis the season for flu, but this year there's an addition, a relative newcomer, the H1N1 or swine flu. Both the new and seasonal varieties travel the same way, through the air on someone's sneeze, cough or even conversation. They are each upper respiratory illnesses, and both can cause mild to severe illness and even death. So, what's the difference?

### Swine flu or the seasonal variety?

Seasonal influenza viruses change from year to year, but they are closely related to each other. You probably have built up immunity to some of them, but the H1N1 is new to younger generations, and a lot of people are susceptible to catching it.

### What are the symptoms?

Whatever the virus, flu symptoms make you feel miserable all over, and they come on suddenly. Extreme fatigue, fever (often high), headache,

sore throat, muscle aches, chills, coughing and sneezing. For adults, seasonal flu does not usually include gastrointestinal symptoms, like diarrhea and vomiting, but these symptoms appear to be more common with H1N1.

### How do I reduce my flu risk?

Wash your hands often. Keep your hands away from your face, as hands carry the viruses that are most  
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The CDC recommends flu shots for children, according to pediatrician Frances Pang (above).

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## Medication Technology Enhances Safety and Convenience for Patients

*It's safety first for Cedars-Sinai Medical Group patients receiving medication. One of our five clinical pharmacists logs into the electronic system (below) and her fingerprint is scanned to confirm her identity. The medication prescribed is selected and opened electronically, the pharmacist double-checks the bar code and the correct medication is given to the patient.*

Cedars-Sinai Medical Group is enhancing systems and adding new technology to maintain a leading-edge operation and provide high-quality diagnosis and treatment. Much of this work remains behind the scenes, but it's at the forefront in terms of the benefit to our patients. One recent addition that is making a big difference in terms of quality care is the Pyxis® computerized medication dispensing and monitoring system.

"When you administer medication to a patient, particularly by injection, accuracy, patient comfort and convenience are critical factors," says CSMG Pharmacy Director Karine Azizian, PharmD. "Our

recently launched Pyxis system works hand in hand with our dedicated Injection Center to ensure our patients get exactly what they need, when they need it, with the least possible discomfort."

The system is simple and effective. Prescribing physicians send their orders through our electronic medical records system to Case Management for insurance verification. Orders are then relayed to the Injection Center database, which tracks each patient's injections and notifies staff to schedule the patient when an injection is due.

When the patient arrives at the Injection Center, a nurse enters the individual identification into Pyxis and retrieves the precise medication and dosage. The clinical pharmacist verifies the medication and dose, and the nurse, who has experience giving quick and relatively pain-free injections, administers the medication to the patient. "So far, our patients seem to love the new system," Azizian says.

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## A Message from the CEO



**Thomas D. Gordon**  
Chief Executive Officer

### A Culture of Care and Compassion

People who choose health care as a career do it for a variety of personal reasons, but in my years with the Cedars-Sinai Medical Group, I have found there is one common thread that unites us all: a desire to help others. Obviously, we do that through our daily work with our patients, but our Medical Group family is also quite generous and involved in the community.

We have a culture of care and compassion that offers a strong partnership with our patients for your good health. We also reach out to help the underserved by sharing our time, resources and expertise. In fact, on page 5 of this issue of *Well-Being*, you'll find a particularly heartfelt story about a young Ethiopian boy whose life and future were completely changed as a result of the generosity and talent of one of our notable plastic surgeons.

Not all of our outreach efforts are quite so dramatic, but they are equally heartfelt and do make a difference to those in need. For example, this past September, in conjunction with our annual Patricia Henson Memorial Picnic, over 600 of our doctors, employees and their families joined together to celebrate our achievements of the past year. At the same time, we all participated in the 9/11 National Day of Service, working together to provide much-needed supplies to local homeless families and to support our military overseas.

At a time when our national healthcare system is under fire and too many are suffering from the effects of unemployment and the economic recession, we are all looking for better ways to direct help where help is needed. At Cedars-Sinai Medical Group, as individuals and as a team, we are committed not only to providing high-quality medical care and service for our patients, but also to using our skills and resources in service to our community. It is the season for care and compassion, but our commitment extends throughout the year.

From our family to yours, we wish you a healthy and happy New Year. We look forward to partnering with you again in 2010 for your good health.

### Share your thoughts with us

Please e-mail us at [www.wellbeing@csdns.org](mailto:www.wellbeing@csdns.org), or call our Patient Services Department at (800) 700-6424 Monday-Friday 8:00 a.m. to 5:30 p.m.

*The Cedars-Sinai team and their families were in full force for a Day of Service on September 13, 2009.*



*Cedars-Sinai Medical Group's Clinical Pharmacy Department has expanded to include a team of five clinical pharmacists, left to right: Irina Avidon, Jennifer Mak, Rachel Mashburn, Leah Movsessian and Karine Azizian.*

### Medication Technology

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The Pyxis-assisted Injection Center pilot project began in June 2009 at the Medical Group's two locations on Robertson Boulevard. In that short time, it has already been demonstrated to save time, reduce the possibility of errors, and improve accuracy and patient satisfaction. "Because of the excellent results, we plan to expand the system to include all other Medical Group offices," Azizian concludes. "That rollout should be completed by the end of the year."

### Cedars-Sinai Families Turn Out for a National Day of Service

On the morning of September 13, 2009, Medical Group physicians, employees and their families gathered at Woodley Park in Van Nuys as participants in the 9/11 National Day of Service. Over 600 in attendance donated bedding, pajamas, bedtime books, toothbrushes, toothpaste, and towels that were used to prepare bedtime care packages for 150 homeless children who find shelter through L.A. Family Housing. They were delivered by Cedars-Sinai's COACH for Kids and Their Families®. In addition, everyone—especially the children—had a great time creating handmade cards at an arts and crafts table for Military Missions, a nonprofit organization that will deliver the cards in time for the holidays.





## It Takes a Strong Team to Ensure Responsive, Quality Care

*Cedars-Sinai Medical Group physicians are celebrating the fruits of their efforts to maintain high standards of clinical care and service for our patients. The Medical Group has received two prestigious quality awards in the past six months—Elite Status from the California Association of Physician Groups and a Top Performer Award from the Integrated Healthcare Association. It's a great way to usher in the new year and let our patients know there is more to come in 2010.*

## Patient Satisfaction is the Reward

It's nice to receive awards, but it's even better when there is a deeper significance to them than simply a plaque on the wall. That's why the Top Performance designation means so much to us each year. It's an important indication that we are providing our patients with exceptional care and service, and that is our top priority.

Inclusion in this prestigious group of physician organizations is based on four important healthcare quality measures: clinical quality, patient satisfaction, enhanced use of information technology to support safer care, and preventive care and chronic care management, particularly coordinated diabetes care.

Our consistent recognition as a leader in the state is the result of a culture of continuous self-improvement and self-assessment. In other words, we are never satisfied. So, although we take time to celebrate our achievements, we know there is much more to be done. In addition to providing the care on a daily basis, we're expending time and resources to find new and improved ways to offer even better, safer and more responsive care and service.

In the last year alone we have launched the Pyxis electronic pharmaceutical system and established an Injection Center (described on the front page of this issue of *Well-Being*), introduced digital X-ray and enhanced our electronic medical records system. We have expanded our facilities and services to provide greater access for our patients, adding a significant number of new primary care and specialty physicians and allied health professionals, opened new office buildings, introduced Urgent Care for adults and children, and significantly expanded our disease management program.

There are certainly more technological enhancements and service expansion on the horizon. We will continue to listen to our patients and do all that we can to respond to your needs. Your satisfaction is our reward for the work we do.

## Medical Group Honored for Quality Performance

For the fifth consecutive year, Cedars-Sinai Medical Group has been ranked one of California's top-performing physician organizations by the Integrated Healthcare Association (IHA).

The IHA gives its Top Performance Award to medical groups and independent physician associations that prove to be leaders based on quality performance. Only 20 percent of all physician organizations in the state receive this distinction, and only five different medical groups in the greater Los Angeles area were ranked in this top category.

The IHA is a nonprofit statewide collaborative leadership association that promotes quality improvement, accountability and affordability for the benefit of California consumers.

## Medical Officer's Corner

### Stephen Deutsch, MD

Chief Medical Officer  
Cedars-Sinai Medical Care  
Foundation  
Internal Medicine





*The Cedars-Sinai Inpatient Specialty Program (ISP) team includes 12 hospitalists and five care managers who care for hospitalized Medical Group patients around the clock. Bradley T. Rosen, MD, MBA, is the ISP medical director.*

## 24/7 Teamwork Optimizes Patients' Hospital Care

Medical Group patients who are hospitalized at Cedars-Sinai Medical Center have an entire team of specialists dedicated exclusively to providing inpatient care 24 hours a day. The Inpatient Specialty Program, launched just three years ago, is making a difference in terms of quicker patient evaluations, shorter hospital stays, better outcomes, fewer return hospitalizations and improved patient satisfaction.

### Who is the treatment team?

Patients are cared for by hospitalists (internal medicine physicians who focus exclusively on the care of patients in the hospital) and care managers, all of whom are accessible around the clock. And, because they don't have office practices, they are always close at hand when you need them regardless of the time of night or day.

This team manages your care in partnership and close communication with your primary care physician and specialists, all of whom are kept thoroughly updated throughout your hospital stay.

### Did you know....

If you go to the Cedars-Sinai Medical Center Emergency Department for care, a Medical Group care manager and hospitalist will assist you if you need to be hospitalized. Your care manager will be there to support you, acting as your liaison and helping with care coordination and communication, scheduling and preparation for tests and procedures to get you into a hospital bed as quickly as possible.

### Why is a hospitalist managing my care?

The 12-member Cedars-Sinai hospitalist team manages their patients' care in the hospital the same way a primary care physician or specialist manages your care in his or her office. They have a close working relationship with hospital staff and an intimate understanding of hospital processes that enables them to get things done efficiently and effectively for you. Because they have a great deal of experience in the management of acute inpatient illnesses, you can feel confident you are getting appropriate medical care.

### Will I see my hospitalist and primary care doctor regularly?

Your hospitalist team is readily available to spend time with you and oversee your care in the hospital. Your doctor may stop by to see you during your stay and will be in regular contact with the hospitalists regarding your progress. Although you may be seen by more than one hospitalist during your stay, there is close communication within the team and ongoing face-to-face and electronic medical records updates that enable any one of the hospitalists to help you when needed.

### How does the process work?

Working closely with the hospitalists, the care managers act as your liaison and help with care coordination and communication. They coordinate scheduling and preparation for tests and procedures, answer questions, ensure there are no unnecessary delays and that you have the information you need throughout your stay.

### What happens after discharge from the hospital?

When you're ready to be discharged, your hospitalist will discuss further treatment needs with your doctor. Your care manager will help arrange your follow-up care and assist with any home care or medical equipment needs you may have. At that point, you will be placed back into the care of your primary care doctor and specialists for your ongoing medical needs.

### Did you know....

For your non-emergency illness or injury it's important to remember that Cedars-Sinai Medical Group offers Urgent Care extended hours for adults and children. Through our electronic medical records, our Urgent Care staff has instant access to your doctor, medical history, medications and allergies.

#### Urgent Care

8501 Wilshire Blvd., Beverly Hills  
Monday-Friday, 9:00 a.m. to 9:00 p.m.  
Saturday-Sunday, 9:00 a.m. to 1:00 p.m.  
(310) 248-7000

# A Surgeon's Unique Skill Changes the Life of a Child

It was just over a year ago that David Kulber, MD, began a life-changing journey to save the hands of a boy named Werkneh who lives in Ethiopia.

A plastic and reconstructive surgeon with a subspecialty in hand surgery, Dr. Kulber was called upon to help this 11-year-old who suffered from a rare and very severe form of benign tumors. Due to the significant size of the tumors, his hands and arms were nonfunctional. He couldn't perform the most basic tasks of daily living. He could neither feed nor care for himself. He could not go to school, play or ride a bicycle.

"I had never seen such extensive and aggressive tumors. It was beyond what you see in textbooks," Dr. Kulber explains. "We were faced with likely amputation, but wanted to first try to salvage some function, if possible."

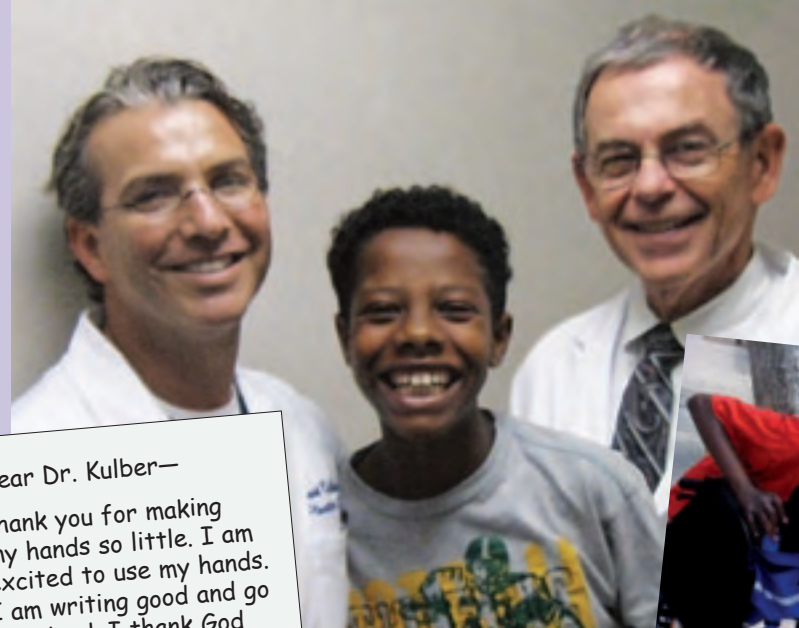
## A Process of Patience and Courage

Through grants and other generous contributions to assist with travel and housing, Werkneh was brought to Dr. Kulber's Cedars-Sinai Medical Group office in Beverly Hills and to Cedars-Sinai Medical Center.

Over a period of eight months and six operations, Dr. Kulber and his colleagues removed the tumors and reconstructed both of Werkneh's hands. Through this frightening and painful process, Werkneh maintained a level of maturity rarely seen in adult patients. He became nearly fluent in English,

and charmed everyone he met.

"It was impossible not to get personally involved with Werkneh," Dr. Kulber says. "He has an infectious, warm personality, he's bright and eager, and he managed to integrate into my life. I think the experience impacted me as much as it did him."



Dear Dr. Kulber—  
Thank you for making my hands so little. I am excited to use my hands. I am writing good and go to school. I thank God and you for this gift.  
Love, Werkneh



After eight months of surgeries, Werkneh is now able to do things most children take for granted. He is pictured above with his surgeon, Dr. David Kulber, left, and Dr. Myles Cohen, who assisted in the surgeries. At right, he is having fun with Dr. Kulber's daughter and below left, is back at home in Ethiopia with his family.

## A Fairy Tale Ending to an Improbable Story

Improbable as it is, the appearance and function of Werkneh's hands far exceeded anyone's expectations. He has learned to feed and care for himself, to write, ride a bicycle and do all the things that other children love to do. Where once he was an outcast on the sidelines of life, Werkneh is now an active and energetic 12-year-old. He goes to school in Ethiopia and even plays basketball (better than most). His future is filled with hope, confidence and ambition. He is deeply grateful to Dr. Kulber and many others whose generosity and kindness literally gave him a new life.

David A. Kulber, MD, FACS, is a plastic and reconstructive surgeon with Cedars-Sinai Medical Group and serves as the clinical chief of the Department of Surgery at Cedars-Sinai Medical Center. His office is located at 8635 W. Third St., Suite 990 W, Los Angeles, CA 90048. (310) 423-5900

## Flu Season

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likely to enter your body through your nose, eyes and mouth. Avoid crowds, and stop smoking.

### Should I get a flu shot?

This year there are two vaccinations available, one for seasonal flu and one for H1N1, but the high-risk categories for each variety are different.

In general, younger people are more susceptible to the H1N1 virus. Children and pregnant women are particularly vulnerable to both viruses, although infants under six months of age are too young to receive either vaccine. As a result, it is important that all family members and caregivers are vaccinated and practice good health habits, particularly washing hands regularly. Infants and children with chronic health problems, including asthma, may be more likely to have severe illness with the flu, so it is especially important they receive the vaccine.

The Centers for Disease Control (CDC) recommends seasonal flu vaccination for children ages 6 months to 18 years, healthcare workers, adults age 65 and older, and anyone caring for the elderly or children.



Medical Assistant Danielle Robinson (left) offers information about H1N1 risks for pregnant women.

CDC recommendations for H1N1 are different and include children ages 6 months to 24 years, pregnant women, health care workers, individuals caring for young children, and adults age 24 to 65 who have medical conditions that put them at higher risk for influenza-related complications.

You should discuss your personal risk with your doctor. Also, you can go to the CDC Web site, [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm) or call (800) CDC-INFO for the most current information about the H1N1 flu.

### Are the flu vaccines still available?

For the latest information about vaccine availability, refer to our Web site, [www.Cedars-SinaiMedicalGroup.org](http://www.Cedars-SinaiMedicalGroup.org). To make an appointment for your vaccination, contact your physician's office directly.

### What if I get sick?

The tried and true advice of rest, plenty of fluids and chicken soup still holds true, but if you're having any difficulty breathing or have chest pain, please call your doctor's office for further advice.

## Meet Our New Physicians

As Cedars-Sinai Medical Group expands to provide services responsive to the needs of our patients, some exceptional individuals have joined our care team. We'd like to introduce them to you.



### Jeremy Herman, MD

Gastroenterology

Originally drawn to research, Dr. Herman changed his career direction to focus on the practical application of the science and witness the results when he diagnoses the problem, applies the right therapy and helps a patient. "It's a very challenging and interesting field, and technological advances are making it even more exciting," he explains. "People with chronic problems often think nothing can be done, but they're amazed when they begin to feel better. It's very gratifying to see the results of our efforts."

**Location:** 8536 Wilshire Blvd., Suite 202  
Beverly Hills, CA 90211  
(310) 248-8200

**Board Certification:** Board Certified,  
Internal Medicine

**Medical Degree:**  
Drexel University College of Medicine  
Philadelphia, Pennsylvania

**Medical Education:**  
Fellowship, Gastroenterology and Hepatology  
Division of Digestive Diseases  
UCLA Center of Health Sciences  
Los Angeles, California

Residency, Internal Medicine  
Harbor UCLA Medical Center  
Los Angeles, California



### Neel Joshi, MD

General Surgery

Early on in medical school, Dr. Joshi found his calling as a surgeon. He loves the depth and breadth of the cases he treats and the positive impact he is able to have on his patients' lives. He is committed to continuously refining his skills for his patients, innovating better ways to perform minimally invasive operations that improve results and speed their recuperation. Dr. Joshi is honored to now be working with surgeons he has known and respected during his residency and fellowship at Cedars-Sinai Medical Center.

**Location:** 8635 W. Third St., Suite 870W  
Los Angeles, CA 90048  
(310) 423-0289

**Board Certification:** Board Certified, General Surgery

**Medical Degree:**  
Mayo Medical School  
Rochester, Minnesota

**Medical Education:**  
Fellowship, Minimally Invasive Surgery and  
Bariatric Surgery  
Residency, General Surgery  
Cedars-Sinai Medical Center,  
Los Angeles, California



### Lily Love, MD

Otolaryngology, Head and Neck Surgery

Dr. Love was drawn to the ear, nose, and throat specialty because of the importance the senses have in the quality of a patient's life. She is also personally challenged and intrigued by the delicacy and precision of the procedures. She was in residency at Tulane University in New Orleans when Hurricane Katrina hit and volunteered with the Red Cross disaster relief effort until transferring to Mount Sinai in New York. She has continued her involvement in humanitarian work in Mexico, Honduras and Ethiopia.

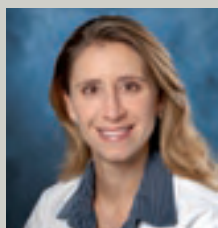
**Location:** 8631 W. Third St., Suite 640E  
Los Angeles, CA 90048  
(310) 423-1220

**Board Certification:** Board Certified,  
Otolaryngology, Head and Neck Surgery

**Medical Degree:** Tulane University  
New Orleans, Louisiana

**Medical Education:** Fellowship,  
Facial Plastic and Reconstructive Surgery  
University of South Florida  
Tampa, Florida

Residency, Otolaryngology  
Mount Sinai Department of Otolaryngology  
New York, New York



### Susan Rabizadeh, MD, MBA

Dermatology

From treating skin cancer to performing cosmetic procedures, helping the young and the old alike, Dr. Rabizadeh really appreciates the diverse challenges presented to her in the practice of dermatology. A former faculty member at Johns Hopkins University, she is first and foremost focused on quality care for her patients and chose Cedars-Sinai Medical Group for that reason. She is pleased to have an opportunity to work with other physicians she respects and looks forward to building long-term relationships with her patients.

**Location:** 200 N. Robertson Blvd., Suite 202  
Beverly Hills, CA 90211  
(310) 385-3300

**Board Certification:** Board Certified, Dermatology

**Medical Degree:**  
Tufts University School of Medicine  
Boston, Massachusetts

**Medical Education:** Residency, Dermatology  
Johns Hopkins University, Baltimore, Maryland



*Cedars-Sinai Medical Group gastroenterologists (above) and their staff (right) are the first occupants in the new 8536 Wilshire Boulevard office building. Sharing the suite are doctors Ted Stein (left to right), Jeremy Herman, Raena Olsen and Enrique Slodownik.*

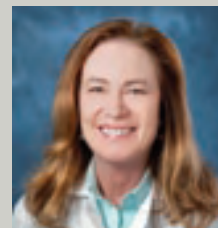


## GIs on the Move

As part of our expansion of services and physician access to meet the demands of our growing patient population, Cedars-Sinai Medical Group opened a new office building located at 8536 Wilshire Boulevard late this summer. The first tenants are the Medical Group's four gastroenterologists (GIs) who have been seeing patients there since August. By early 2010, the building will include expanded space for other specialties and programs.

"Our new office is designed to enhance our goal of excellent patient care and attention to each detail of our patients' experience," said gastroenterologist Ted Stein, MD. "In addition to Dr. Raena Olsen, our first female gastroenterologist who joined us two years ago, we have added a wonderful fourth physician, Dr. Jeremy Herman. They bring great skills and warmth to our group. With an increase of five more exam rooms, we're able to offer patients appointments with significantly shorter waiting times. Our new location also provides an ease of automobile entry and departure onto Wilshire Boulevard, making the experience from beginning to end more user friendly."

## Meet Our New Physician Assistant



### Elinor Pullen, PA-C

Obstetrics & Gynecology

"Medicine is an art, a science and a community service," and that's what Elinor Pullen loves most about her work. "It's like solving fascinating puzzles that are so individual and unique," she explains. She was drawn to obstetrics and gynecology because, as a baby boomer, she saw a need for more female caregivers. She is passionate in her devotion to the field. "It's so fulfilling to really get to know a patient over the years, to watch their lives evolve and be able to help them transition through the stages of life."

**Location:** 99 La Cienega, Suite 202  
Beverly Hills, CA 90211  
(310) 385-3380

**Credentials:**  
Physician Assistant—Certified  
National Commission on Certification of  
Physician Assistants

**Medical Education:** Associate of  
Science Physician Assistant  
Hahnemann Medical College  
Philadelphia, Pennsylvania

Master, Public Health in Health Policy  
& Health Management  
University of California, Los Angeles  
Los Angeles, California

## Cedars-Sinai Medical Group: One Network for all Your Healthcare Needs

Since our inception in 1985, Cedars-Sinai Medical Group has focused on providing a full range of quality healthcare and disease prevention services for the entire family.

As a patient in our medical network, you benefit from convenient access to over 100 primary and specialty care physicians and seamless coordination of your care between them. While each doctor manages particular aspects of your care, they all work together as a team to deliver a comprehensive treatment plan.

The physicians and staff of Cedars-Sinai Medical Group are your partners in quality healthcare. We are part of the nationally renowned Cedars-Sinai Health System, so should you need to be hospitalized, you have access to Cedars-Sinai Medical Center which is consistently recognized as one of the finest hospitals in the country.

### Office Locations

Conveniently Located to Serve Your Needs



### Same-Day Care for Your Urgent Needs

Cedars-Sinai Medical Group's Urgent Care Center is designed to help you meet your unexpected medical needs when your primary care doctor is not available. The Center's primary care physicians are members of the Cedars-Sinai Medical Group and provide the same standard of excellence in patient care to diagnose and treat your flu, cold, fever or any illness that needs immediate attention.

Same-day appointments and after-hours care are available at the Center, 8501 Wilshire Boulevard in Beverly Hills, Monday through Friday, 9:00 a.m. to 9:00 p.m. and Saturday through Sunday, 9:00 a.m. to 1:00 p.m. Of course, if you have a serious health problem, call 911 or go to the Cedars-Sinai Medical Center emergency department.

### Voice of the Customer Program: WE CARE

Our goal is to provide you with high quality medical care, excellent customer service and a strong mix of programs and services responsive to your needs. Our team of physicians, caregivers and support staff are all focused on serving you.

In order to achieve our quality care and service goals, we need to hear from you. Your concerns, suggestions and general feedback about the quality of care and services you receive will help to make us even better at what we do.

Should you have any issues at any time, our care team meets bi-weekly to investigate and resolve your concerns and to fine-tune our policies and procedures to better serve you.

Please call our Patient Services Department at (800) 700-6424 Monday through Friday, 8:00 a.m. to 5:30 p.m., with any issues you may wish to discuss.

### Learn More about Us

At Cedars-Sinai Medical Group, your good health is our first priority. We view ourselves as your partner, there to support you in your wellness and preventive efforts, as well as to treat and care for you when illness or injury occurs.

To learn more about any of our Cedars-Sinai Medical Group physicians, specialty services, wellness classes, physician office locations and phone numbers, please visit our website at [www.Cedars-SinaiMedicalGroup.org](http://www.Cedars-SinaiMedicalGroup.org). Or, call our Patient Services Department at (800) 700-6424, Monday through Friday from 8:00 a.m. to 5:30 p.m.

### Phone Directory

#### Patient & Provider Services

(800) 700-6424

Monday–Friday, 8:00 a.m.–5:30 p.m.

#### Urgent Care

(310) 248-7000

8501 Wilshire Blvd., Suite 150  
Beverly Hills, CA 90211

Monday–Friday, 9:00 a.m.–9:00 p.m.

Saturday–Sunday, 9:00 a.m.–1:00 p.m.

#### General Information

[www.Cedars-SinaiMedicalGroup.org](http://www.Cedars-SinaiMedicalGroup.org)

#### Medical Specialties

Cardiology (310) 385-3496

Dermatology (310) 385-3300

Endocrinology (800) 700-6424

Gastroenterology (310) 385-3506

General Surgery (310) 423-0289

Hand Surgery (310) 423-5900

Hematology/Oncology (800) 700-6424

Internal Medicine (800) 700-6424

Nephrology (310) 423-8661

Neurology (310) 385-6016

Obstetrics and Gynecology (310) 385-3380

Optometry, Ophthalmology and  
LASIK Vision Correction (310) 385-3450

Orthopaedic Surgery (800) 700-6424

Otolaryngology (310) 423-1220

Pediatric Medicine (310) 385-3345

Pediatric Reconstructive Surgery (310) 385-6090

Plastic and Reconstructive Surgery (310) 423-5900

Pulmonary Medicine (310) 385-3385

Rheumatology (310) 385-3298

Urology (310) 652-8060

#### Programs

Cosmetic Dermatology (310) 385-6045

Disease Management (310) 385-3534  
option 3

Executive Medical Services (310) 423-2374

Injection Center (310) 385 3534  
option 4

Nutrition Services (310) 385-3385

Travel Medicine (310) 385-3534  
option 3

Vision Center (310) 385-3450

## What's in Store...

*In this issue of Well-Being, get the latest from your partners in good health.*

### Fighting the Flu

Two viruses and two vaccines.  
What can you do?

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### Medication Milestones

Clinical Pharmacy uses technology  
and technique for safer injections.

See page 1

### Positive Performance

Cedars-Sinai Medical Group is named  
a top performer in California.

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### Physician Profiles

Meet the newest members of  
our care team.

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## Happy Holidays!

*From our family to yours, we wish you good health in the New Year.*

## Cedars-Sinai Medical Group Wants You to Know...



**Howard Wynne, MD**  
Medical Director  
Cedars-Sinai Medical Group  
Internal Medicine

# Well-Being

A QUARTERLY NEWSLETTER FROM YOUR PARTNERS IN GOOD HEALTH

*Well-Being* is published four times a year for  
patients of Cedars-Sinai Medical Group.

### Cedars-Sinai Medical Group

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#### Stephen Deutsch, MD

Chief Medical Officer  
Cedars-Sinai Medical Care Foundation

#### Howard Wynne, MD

Medical Director, Cedars-Sinai Medical Group

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Please direct questions or comments to  
well-being@csmsns.org or call (800) 700-6424.  
Visit us online at  
www.Cedars-SinaiMedicalGroup.org

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Since its inception in 1985, Cedars-Sinai  
Medical Group has focused on providing  
primary care, disease prevention and  
specialty care for the entire family. We  
have more than 100 multispecialty and  
primary care physician partners.

### Drinking Can Help You Dry Out

Drinking eight glasses of water daily  
helps you manage water retention...  
and also lose weight...  
right along with cutting  
down on your salt intake.  
Eat plenty of fresh fruits  
and vegetables, too. Just  
be sure to get lots of good,  
aerobic activity, and never  
take a diuretic without  
checking with your doctor.



### Surfing Keeps You Young

Researchers have found the activity  
of searching the internet for answers  
benefits the brains of those who are  
middle aged and older.  
Research indicates that  
the process stimulates  
parts of the brain that  
control decision-  
making and complex  
reasoning, possibly preventing  
or reducing brain cell shrinkage.



### Keep the Flu to Yourself

If you are unlucky enough to get  
the flu, help prevent passing the  
virus along to others. Stay home  
as much as possible. Avoid crowds,  
keep your distance when talking  
with others and don't shake hands or  
hug hello. Do the "Dracula sneeze" or  
cough into the crook of your elbow  
rather than into your hands, which  
are most likely to carry the virus to  
others through direct contact or on  
surfaces that others will touch.

### Be Careful When You Barbecue

New studies show  
that eating charred  
food may raise the  
risk of prostate  
cancer in men and  
breast cancer in  
post-menopausal  
women by creating  
chemicals that may increase cancer  
risk. To make your grilled meals as  
healthy as possible:



- ▶ Scrape off charred portions  
of your food.
- ▶ Lower grill temperature and  
raise your barbecue racks.
- ▶ Microwave meat before  
barbecuing to reduce time  
on the grill

### Walk Fast...Stay Healthy

If you want great exercise, speed  
walking can increase your  
caloric burn rate without  
the joint-jarring effects  
of jogging. Walking 4.5  
mph on level terrain  
burns about 440  
calories per hour  
if you also swing your arms  
vigorously. A good way to burn  
more calories is to walk on hilly  
terrain or on an inclined treadmill.  
Heavier people burn more calories  
per hour no matter what type of  
aerobic exercise they choose.



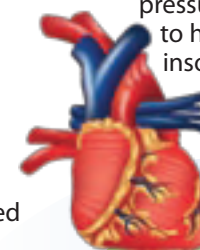
### Potted Plants Don't Just Sit There

Certain indoor plants can be  
effective in removing harmful gases,  
such as formaldehyde, benzene,  
and carbon monoxide from the air.  
The leaves, roots, and  
soil bacteria of specific  
indoor plants—like  
snake plant, peace lily,  
bamboo palm, English  
ivy, pot mum, and corn  
plant—help clean indoor air.



### Insomnia is Hard on Your Heart

Insomnia raises your blood  
pressure and can contribute  
to heart problems. To avoid  
insomnia, don't watch  
television, eat or read  
in bed. Never turn in  
until you're sleepy.  
If you're not asleep  
within 20 minutes, get  
up and read or watch  
TV for about 15 minutes  
until you are sleepy. Turn your clock  
around so you can't see it. Finally,  
wake up at a regular time...and no  
naps longer than 10 to 15 minutes!



### Lifestyle Can Increase Breast Cancer Risk

A new study has found that obesity,  
alcohol use and smoking all signifi-  
cantly increase the risk for one type  
of secondary breast cancer among  
breast cancer survivors. Obese  
women had a 50% increased risk.  
Those who consumed seven or  
more alcoholic drinks per week had  
a 90% increased risk. Survivors who  
smoked had a 120% increased risk.

