A comprehensive, team-based approach for managing patients with heart failure fosters better outcomes and personalized care.

As an attorney specializing in trusts and estates, Harvey Glaser leaves nothing to chance. His meticulous planning ensures that very little surprises him. But he was unprepared for what happened when, in summer 2014, he consulted his primary care physician about a cough that refused to go away.

“He told me he thought it had something to do with my heart, which was strange because I didn’t have any symptoms that I would have associated with a cardiac issue,” the 87-year-old Glaser recalls.

Sure enough, the cardiologist he was referred to, Raj Khandwalla, MD, concluded that Glaser had moisture around the heart. After Khandwalla drained a significant amount of the fluid, the cough subsided.

The procedure was effective but revealed a worse problem: Glaser had congestive heart failure. Although an optimist by nature, Glaser knew treatment would be critical — and that the right team was at Cedars-Sinai.

Working with colleagues in the Cedars-Sinai Medical Group’s Congestive Heart Failure (CHF) program, Khandwalla put a plan in motion. The first step was having Ilan Kedan, MD, a cardiologist at Cedars-Sinai, perform a procedure to assess Glaser’s coronary artery blood flow.

A Game-Changer in the Fight Against Arthritis

Renowned hand surgeon David Kulber, MD, plays a leading role in helping patients who suffer from damaged finger joints or severe arthritis in their hands and wrists. In a novel procedure, he uses meniscus from a cadaver knee to reconstruct joints, alleviating pain and allowing patients to recapture critical mobility.

Kulber’s groundbreaking technique departs from the traditional approach of inserting a hard silicone implant, which can become infected or break over time. The meniscus, a spongy cushion that prevents joints from rubbing against one another, is far more resilient than the silicone implant and therefore significantly more durable. And because the meniscus is malleable, it fits neatly, merging into the joint as new blood flows through it.

“This is a very exciting approach,” says Kulber. “It’s a promising solution for patients who can’t find another way to fix a joint.”

Eighty-seven-year-old congestive heart failure patient Harvey Glaser is at home, working on his model train collection and doing well, thanks to the collaborative efforts of his care team.

Continued on page 2
Changing of the Guard

For physicians and patients alike, Cedars-Sinai Medical Network is a place to call home. It’s a unique community, where we all work together to improve health and foster lifelong wellness. I have been privileged to serve this organization and our patients for nearly 30 years, and as I am retiring from my position as executive vice president, I want to say a few words of thanks and introduce my eminent successor, John Jenrette, MD, as executive vice president of Cedars-Sinai Medical Network.

I feel fortunate to have had the opportunity to help build this organization and to create an environment that supports our physicians in their unwavering dedication to the health of each patient. My colleagues are exceptional providers who do justice to Cedars-Sinai’s international reputation for innovation, quality and excellence. Our collaborations have improved health outcomes throughout Los Angeles and set a higher standard for clinical care nationwide.

It has been a humbling privilege to serve here for the past three decades, as this has been so much more than a job for me. Now it is my pleasure to welcome Dr. Jenrette to the Cedars-Sinai family, as he brings his exceptional skills to directing our fast-expanding network of physicians.

A nationally recognized healthcare leader, John has served in numerous management roles over the past three decades — all focused on providing accessible, patient-centered healthcare. For more than 20 years, John was pivotal to shaping strategies for the Sharp HealthCare System as part of its executive team. He also has been responsible for guiding the growth and operations of the Sharp Community Medical Group, which includes more than 250 primary care physicians and 800 specialists.

John graduated summa cum laude from the Ohio State University School of Medicine. Following a family medicine residency at the Northeastern Ohio University College of Medicine, he completed a family medicine geriatric fellowship at the East Carolina University School of Medicine. He began his management career as program director of the Family Practice Residency for the Northeastern Ohio University College of Medicine, where he also served on the academic faculty.

Please join me in welcoming John to the Cedars-Sinai Medical Network. And, from the bottom of my heart, thank you for having given me the privilege of leading the Cedars-Sinai Medical Network for so many years.

With warmest regards and best wishes,

Thomas D. Gordon
The Importance of Antibiotics Restraint

It happens every day: Patients come to Cedars-Sinai with a broad range of symptoms, thinking a short course of antibiotics will quickly solve the problem. Yet, evidence increasingly shows that an overreliance on antibiotics is not only ineffective but also can be extremely harmful.

To be sure, antibiotics are a powerful weapon, and in the right circumstances can save lives. Less than 100 years ago, when they were first developed, these drugs filled a critical need in the fight against dangerous and deadly bacteria. Potentially devastating infections of the respiratory system, the urinary tract and other parts of the body were suddenly treatable, and patients could breathe a sigh of relief knowing they were likely to get well soon.

But antibiotics cannot cure all disorders, and their misuse and overuse can potentially cause serious health problems. When patients take antibiotics for viral infections that the drugs cannot heal, like the common cold or the flu, their bodies adapt and can become resistant. Then, later on, if they acquire a bacterial infection that can be treated by an antibiotic, their bodies may have built up a resistance, rendering the standard antibiotic treatment less effective or even useless.

When colds, flus and other viruses are on the rise, it is particularly tempting to see antibiotics as a cure-all. But we have good reason to take special care before taking an antibiotic for these conditions.

An excellent resource for more information on antibiotic drug resistance is Choosing Wisely, an initiative of the American Board of Internal Medicine’s ABIM Foundation, which helps physicians and patients make informed decisions about medical care.

By working together, we can maximize good health and preserve antibiotic effectiveness today and for future generations.
In our ongoing effort to offer patients exceptional medical care close to where they live and work, we’ve been expanding the number of doctors and medical groups affiliated with Cedars-Sinai. The Cedars-Sinai Medical Group counts more than 180 primary care physicians and specialists. These new relationships give patients a broader range of choices when it comes to selecting healthcare providers, and they enhance patient convenience by bringing services to local neighborhoods across Los Angeles.

With this growth, our primary care services have expanded over the past year. Most recently, Access Medical Group in Marina del Rey joined the Cedars-Sinai family with eight internal medicine physicians. In addition, Valley Internal Medicine and Nephrology Medical Group is now part of Cedars-Sinai, providing comprehensive care to patients in the San Fernando Valley. Both groups come to Cedars-Sinai after long tenures in their local communities.

The availability of Cedars-Sinai specialty care also continues to increase rapidly across the region. Cedars-Sinai Gastroenterology in Santa Monica is a practice of five highly qualified gastroenterologists who have served their community for more than 28 years.

Two of the nation’s most prominent orthopedic and sports medicine physician groups — Kerlan-Jobe Orthopaedic Clinic and Santa Monica Orthopaedic & Sports Medicine Group — now are affiliated with Cedars-Sinai. This includes the groups’ clinics, imaging and surgery centers, and research and fellowship training programs. By enhancing the capacity of the renowned Cedars-Sinai Institute for Sports Sciences, these partnerships pave the way for expanded clinical trials and research as well as collaborations on complex cases.

The Cedars-Sinai Samuel Oschin Comprehensive Cancer Institute provides radiation oncology services and treatment planning for patients at the Angeles Clinic and Research Institute in Santa Monica and at Tower Hematology Oncology Medical Group. Both of these additions strengthen our ability to expertly treat a wide range of cancers.

Cedars-Sinai also features an impressive roster of partnering cardiology medical groups. The physicians at California Heart Center, a group of pre- and post-heart-transplant specialists, were the first medical group to join with Cedars-Sinai, in 2009. Not long after, the physicians at Los Angeles Cardiology Associates, located primarily in downtown Los Angeles, became affiliated with Cedars-Sinai, providing expert care in interventional cardiology, electrophysiology and noninvasive cardiology. Since then, many other regarded cardiologists from the Los Angeles area have joined the growing cardiology department at Cedars-Sinai Medical Group.

Our commitment to providing expert care to the community continues as we bring services closer to your neighborhood. We look forward to serving you in any of our growing number of locations. Check with your insurance provider to verify coverage and benefits.
Vaccines: Not Just for Children

Most of us know the value of childhood vaccines. Inoculations for measles, mumps, rubella, polio and more have largely eradicated these potentially fatal diseases, keeping us healthy and making our communities safer. But the need to stay up to date with vaccines does not end at adulthood. In fact, vaccines can play an important role in good preventive health throughout our lives.

Jelena Lewis, PharmD, a clinical pharmacist who oversees the Cedars-Sinai Medical Group’s Injection Center and works in the Travel Clinic, emphasizes the importance of adult vaccines. “A lot of people don’t know they need vaccines as adults,” she says. “They think, ‘I was vaccinated as a child, and now that I’m an adult, I’m immune to everything,’ which is simply not true.” Lewis and her colleagues at the Injection Center work to educate patients and providers about vaccines recommended for adults.

For those planning global travel, the Travel Clinic can recommend specific vaccines based on the patient’s itinerary. “We give two main vaccines to people traveling abroad: hepatitis A and typhoid,” Lewis says. “For some itineraries, we also recommend the yellow fever vaccine.” In addition, the Travel Clinic can provide patients with a prescription for an antibiotic in case of travelers’ diarrhea as well as prescriptions to prevent altitude sickness and malaria.

To make an appointment at the Injection Center for a routine vaccine, talk to your primary care physician. If you are planning to travel abroad and would like to schedule an appointment with the Travel Clinic, call 310-385-3534, option 3.

### Adult Immunization Schedule

<table>
<thead>
<tr>
<th>VACCINE</th>
<th>WHO</th>
<th>RECOMMENDATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Influenza</td>
<td>Every adult regardless of age</td>
<td>1 dose annually</td>
</tr>
<tr>
<td>Tdap (tetanus, diphtheria and pertussis, otherwise known as whooping cough)</td>
<td>Adults</td>
<td>1 lifetime dose</td>
</tr>
<tr>
<td></td>
<td>Pregnant women</td>
<td>1 dose during each pregnancy</td>
</tr>
<tr>
<td>Td (tetanus, diphtheria)</td>
<td>Adults who have had Tdap vaccine and are due for a booster</td>
<td>Every 10 years</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>Adults 65 and older; younger individuals with certain medical conditions</td>
<td>Consult your physician</td>
</tr>
<tr>
<td>HPV9</td>
<td>Females 9–26 years; Males 9–26 years</td>
<td>3 lifetime doses</td>
</tr>
<tr>
<td>Zoster (shingles)</td>
<td>Adults 60 and older</td>
<td>1 dose</td>
</tr>
</tbody>
</table>

Source: Centers for Disease Control and Prevention
A Few of Our Newest Primary Care Physicians

Our roster of primary care physicians is growing. Meet a few of our newest recruits:

**Esther Ahn, MD**
**Internal Medicine**
Family is an important theme in Ahn’s life and in her medical practice. Inspired by her parents, who immigrated to the United States from South Korea and worked hard to help their daughter succeed, she pursued a career as a primary care physician. “[I love the idea of developing long-term trust and relationships with patients so I can help them take ownership of their health],” Ahn says. “Working with her Cedars-Sinai team, she explains, is extraordinary: ‘The sense of family within the medical group is just incredible.’”

**Molly Koehler, DO**
**Internal Medicine**
Koehler finds fulfillment in taking care of entire families, from babies to grandparents. Her goal, she says, is to help her patients stay healthy and happy — allowing them to spend “less time in the doctor’s office and more time doing the things they love.” The relationships she builds keep her going, she says. “I am humbled by the opportunity to be a part of patients’ lives.”

**Carl Violano, MD**
**Family Practice**
A strong interest in science, a love of helping others and a fascination with hearing people's stories led Violano to a career in medicine. It is a choice, he says, that is reaffirmed every day. “[I am continually rewarded by the difference I am making in people’s lives],” he says. He chose family medicine for its focus on the whole patient and its emphasis on prevention and health promotion.

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**Cedars-Sinai Health System President’s Award Winners**

**Terri Cejka**
**Physician Billing Coordinator**

A native Bostonian, Cejka came to Southern California in search of warmer weather; what she found was an exciting new career. Nearly 25 years later, she is still passionate about her work in the medical field. “I love helping patients,” she says of her role as a physician billing coordinator, “and I am committed to making a difference in their overall experience.”

Cejka supports two reconstructive hand surgeons, two orthopedic surgeons and a hematology/oncology physician. Her responsibilities include insurance verification and counseling patients about their benefits — a job that forces her to stay on her toes. “The ever-changing world of insurance can be extremely confusing, so I spend a lot of time with patients trying to help them understand,” she says.

Cejka is an avid world traveler but is always happy to make her way back home. “I work with a great group of people, and the doctors are fantastic,” she says. “I feel lucky to be where I am!”

**Olga Slavinskaya, RN**
**Nurse Practitioner**

As part of the Enhanced Care Program nurse practitioner team, Slavinskaya partners with physicians to support patients in skilled nursing facilities, focusing on patient progress, reconciling medications, following labs and test results, and providing a safe transition home. She appreciates the autonomy and the constant learning. “It is so rewarding to see patients go back home in stable condition,” she says.

Slavinskaya first came to Cedars-Sinai as she was completing her education as a registered nurse. She accepted a position on the Telemetry Unit while also pursuing a master’s degree in nursing. Six years ago, she began working as a nurse practitioner.

“I love the great working environment, the wonderful people I work with, and the sense of satisfaction and pride I feel in what I do,” she says.

Outside of work, Slavinskaya enjoys spending time with family, traveling, hiking and dancing.

**Tara Smith**
**Surgical Coordinator**

Smith serves as surgical coordinator for two general surgeons in the Cedars-Sinai Medical Group. Whether she is scheduling office consults or making outside appointments for mammograms, biopsies, ultrasounds or MRIs, Smith is dedicated to helping patients stay focused and positive. “I meet with patients in my office, one-on-one — and no matter what their diagnosis is, I remain encouraging and hopeful,” she says.

Born and raised in the San Fernando Valley, Smith currently resides in Northridge, where she exercises three to four days per week and pursues her interest in documentary films. She also balances her busy job with a full academic course load, as she completes a bachelor’s degree in health administration. She plans to continue on for a master’s in public health.

Smith has a passion for coming to work each day. “The management staff and employees are my family,” she says. “I can’t see myself at any other place.”
Same-Day Care for Your Urgent Needs

Cedars-Sinai Urgent Care is designed to help you meet your unexpected medical needs when your primary care doctor or pediatrician is not available. Urgent Care's internal medicine and family practice physicians, pediatricians and urgent-care-trained physician assistants 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 or minor injury that needs immediate attention.

Same-day and after-hours care is available at Urgent Care at both locations Monday through Friday, noon–9 p.m., and Saturday and Sunday, 9 a.m.–6 p.m. Of course, if you have a serious health problem, call 911 or go to the Cedars-Sinai Medical Center Emergency Department.

Learn More About Us

At Cedars-Sinai, your good health is our first priority. We view ourselves as your partner, here 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 groups, physicians, specialty services, wellness classes, physician office locations and phone numbers, please visit our website at cedars-sinai.edu/medicalnetwork.

Or call our Patient Services Department at 800-700-6424, Monday through Friday, 8 a.m.–5:30 p.m.

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 group, you benefit from convenient access to more than 180 physicians and allied health providers and seamless coordination of your care among 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.

Cedars-Sinai now has urgent care centers in Beverly Hills and Culver City.

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What’s in Store…
In this issue of Well-Being, get the latest from your partners in good health.

All Hands on Deck
A comprehensive approach for managing heart failure patients fosters better outcomes and personalized care.
See page 1

Fight Against Arthritis
A novel technique helps patients recapture critical mobility in their hands and wrists.
See page 1

Expanding Our Network of Care
New affiliations give patients a broader range of choices and enhance convenience.
See page 4

New Physicians
Meet a few of our new primary care physicians.
See page 6

JOIN OUR PATIENT ADVISORY PANEL
As a leader in delivering quality care, Cedars-Sinai is always looking for new ways to enhance our patients’ experiences. This involves paying close attention to your opinions about what we’re doing right and how we can do better. We invite you to share your unique perspective through our online Patient Advisory Panel.

This is an opportunity to influence the future of healthcare in ways that can have far-reaching benefits — for you, your family and many others. Plus, participation has additional perks. When you join our panel, you will have the chance to win $100 prizes every time you choose to complete a survey.

Go to cedarssinapanel.com/joinnow to join our panel by completing a simple introductory survey.