



Sutter Tracy
Community Hospital
A Sutter Health Affiliate
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your health

Fall 2009

Bringing Wellness and Health News to Northern California

Community Based, Not For Profit



COVER STORY

Hope and a Fresh Start on Life | 4

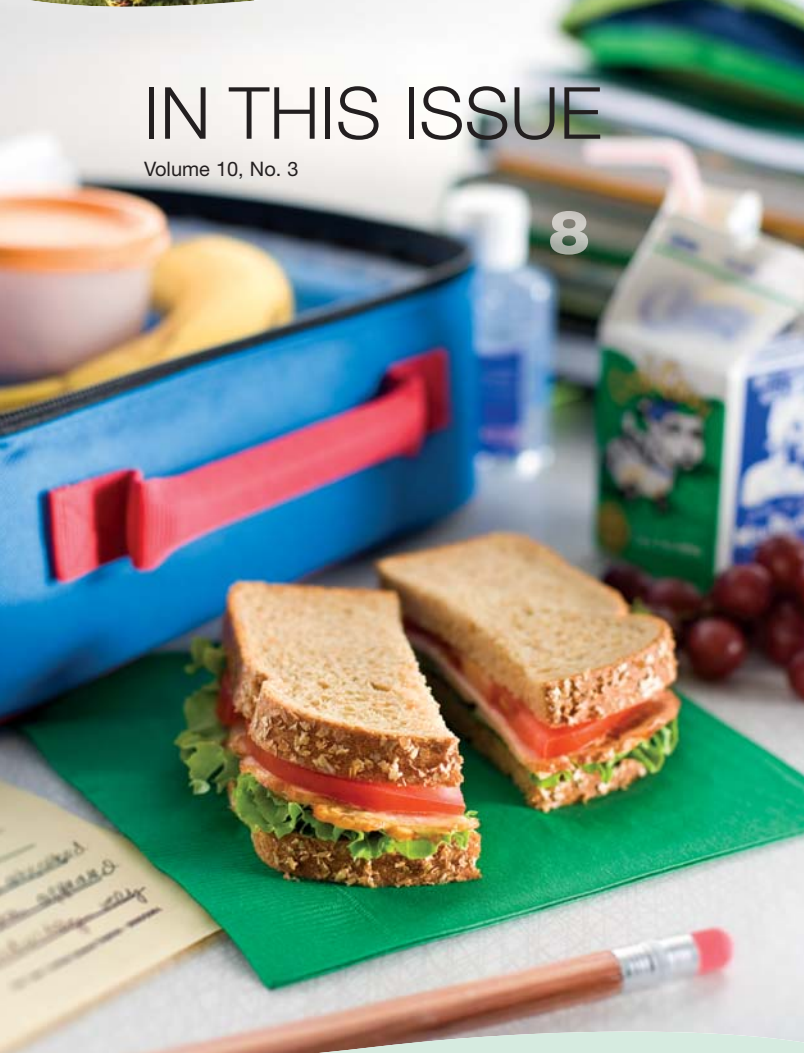
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Your Health from Sutter Tracy

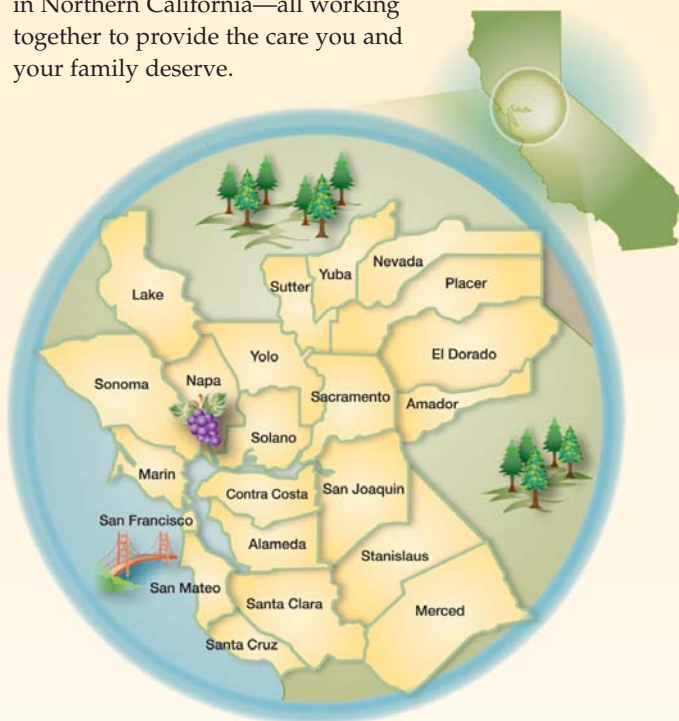
Sutter Tracy Community Hospital is part of Sutter Health, a family of doctors, not-for-profit hospitals and other health care service providers that join resources and share expertise to advance health care quality and access for patients in more than 100 Northern California cities and towns. The Sutter Medical Network includes many of California's top-performing, highest-quality physician organizations as measured annually by the Integrated Healthcare Organization. Sutter-affiliated hospitals are regional leaders in cardiac care, women's and children's services, cancer care, orthopedics and advanced patient safety technology.

For questions or comments about *Your Health*, please call Karen Mudd at 209-835-1500.

Please note that while the information in *Your Health* is gathered from a wide range of medical experts, it may not apply to your particular situation. If you have specific questions about your health, contact your personal physician. Nothing contained in this publication is intended to be for medical diagnosis or treatment.

Your Sutter Health Network

Sutter Health includes some of the most respected doctors, hospitals and other health care providers in Northern California—all working together to provide the care you and your family deserve.



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Healthy Connections Provides Hope and a Fresh Start on Life

Good Samaritan Dinner and Resource Fair

Inspired by Terry Talent's story, Healthy Connections launched its first dinner and resource fair for the homeless in 2007.

Hosted by the Tracy Apostolic New Life Center Church, the fair is held three times a year and features representatives from county and community agencies who help people in need.

"We had more than 100 people attend our fair this past January, and we're happy to report several success stories as a result," says Healthy Connections case manager Patricia Alvarez-Palma. "Terry is our chief recruiter. People see how he turned his life around and believe they can, too."

Never in a thousand years did Terry Talent think he would be living on the streets scraping together enough change to buy food. But after a series of unfortunate events, including losing his factory job, Talent became homeless in 2006.

Plagued by a work shoulder injury, Talent was in constant pain and couldn't find a new job. Without a job, he had no health insurance and no way to pay for shoulder surgery or medication to control his pain and high blood pressure.

As his life continued to spiral out of control, Talent became depressed and found it impossible to get back on his feet. Then he met Patricia Alvarez-Palma from the Sutter Tracy Healthy Connections Resource Center. The case worker put together a Family Success Team for Talent made up of professionals from private and public social service agencies.

"There are many resources in the community designed to help people through rough times, but most people don't know about them or how to access them," says Alvarez-Palma. "Our Family Success Teams put families in touch with organizations that can help them. We also give them the tools, support and encouragement they need to get their lives back on track."

Talent's team helped him prioritize his needs and develop a plan of action with concrete steps he could take to reach his goals. Today the 54-year-old receives food stamps, counseling and medical care through different county agencies. He also had surgery on his shoulder and applied for Social Security Disability Insurance, which will help him pay for permanent housing.

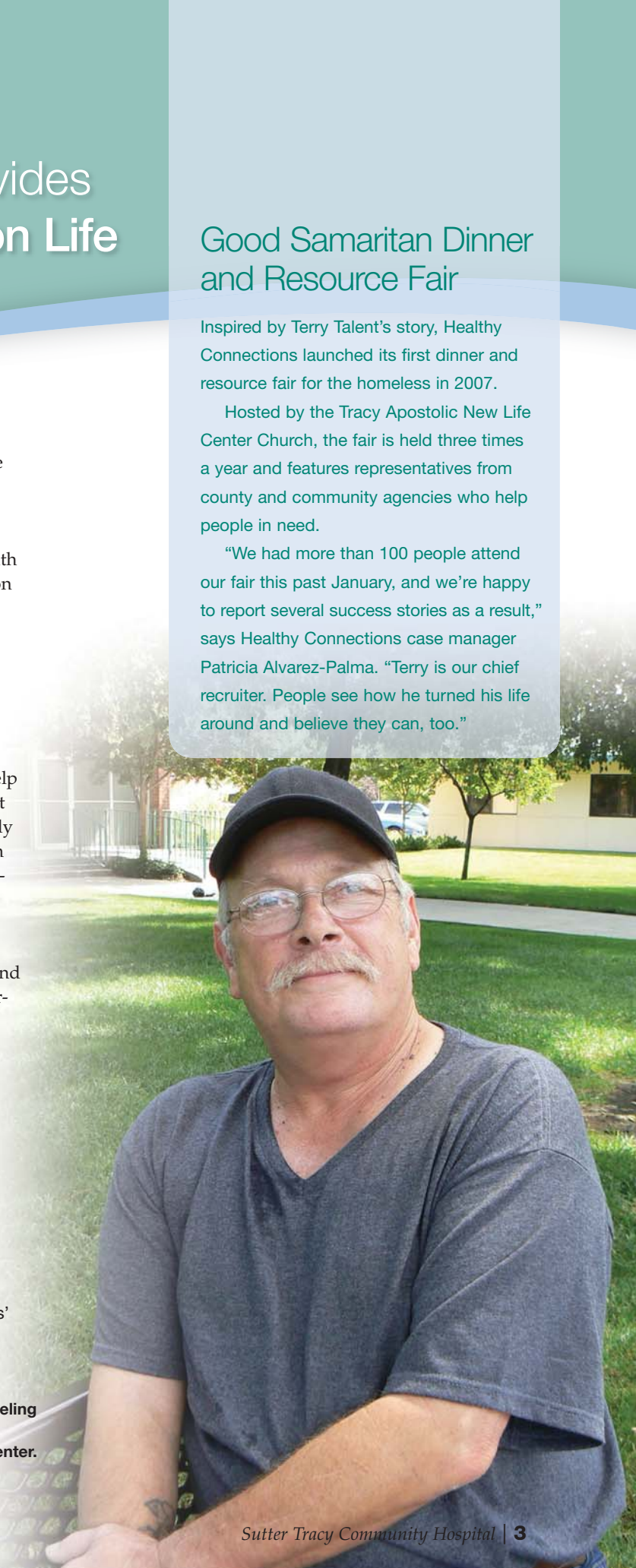
"I feel better about myself than I have in years. Now I know where I am going, and I have some hope," says Talent. "I can't thank Patricia and the team enough. They have been there for me every step of the way. They helped save my life."

Alvarez-Palma credits Talent for his success. "Terry took responsibility and followed through on his action plan. We just pointed him in the right direction," she says.

Can Healthy Connections Help You?

If you or someone you know may benefit from Healthy Connections' Family Success Team program, please call **209-833-2420**.

Terry Talent is now content and feeling well since going to Sutter Tracy's Healthy Connections Resource Center.





Your Doctor and You:

A Partnership for Good Health

When choosing a doctor, there's a lot to think about: experience, specialty, location, health plans accepted and more. It pays to take your time with this decision. The best doctor is "a good fit"—someone you like, trust and can talk to about even the most personal issues. Once you find that doctor, your medical care, including routine exams, preventive care and treatment, will go more smoothly.

At Sutter Health, doctors partner with you. This means listening to your needs and providing reliable advice and treatment—with attention to quality and results, as well as to understanding and compassion.

Once you choose your doctor, it's important to take an active role in your care. Primary care physician Lisa Masson, M.D., of Sutter Gould Medical Foundation, offers the following three suggestions for making the most of your visits.

1 Plan ahead. "Bring a list of two or three main concerns," says Dr. Masson. "If you have a dozen minor issues, something important may not get the attention it deserves." She also encourages dressing in a manner that allows a doctor to easily examine you. For example, if you have knee pain, wear loose-fitting pants rather than tight jeans.

2 Be open about your concerns. If you feel embarrassed or reluctant to talk about a health issue, Dr. Masson suggests writing it down on paper and handing it to the physician. "Whatever you do, don't wait until the visit is almost over to bring it up." Discussing it early is the best way to get all of your questions answered.

3 Ask questions. Speak up if you don't understand something. Your doctor may assume you understand the information unless you indicate otherwise. "Communication is the key to the relationship," says Dr. Masson. "Our job is to teach you something that can help you." That goal is lost if you leave the office with unanswered questions.

Need to Find a Doctor?

It's easy—go to TheDoctorforYou.com! There, you can search for a doctor based on what is important to you, such as gender, location, specialty and languages spoken.



Everyone Has a Story . . . Our Story Is You

Sydney (far right) plays soccer with her mom Stephanie and sister Paige.

Fourth-Grader Fights Cancer . . . and Wins Sutter care team brings hope and healing to Sydney Stevens



Sydney Stevens

"We are very happy that Sydney is doing so well now. She was brave throughout her diagnosis and treatment, displaying wisdom and humor that delighted us. Her parents were also very supportive. The teamwork among her providers and her family was seamless."

—YiSheng Lee, M.D., Ph.D.,
oncologist, Children's Center at
Sutter Medical Center,
Sacramento

"Your daughter has cancer." The words are devastating for any parent to hear, but especially when your daughter is 9 years old. In June 2006, that was the grim news Stephanie Stevens struggled to absorb just days after her seemingly healthy daughter Sydney complained of a painful side ache.

After running numerous tests, doctors found a softball-sized tumor on Sydney's kidney. Further testing revealed that it was stage 4 cancer that had also spread to her lungs and into a major vein, only an inch from her heart. Sydney was immediately admitted to the pediatric intensive care unit of the Children's Center at Sutter Medical Center in Sacramento—where an aggressive battle to beat the disease began.

Before it was over, Sydney would undergo three surgeries, multiple rounds of chemotherapy and radiation treatment at Sutter Medical Center, Sacramento. "Ask anyone—it's amazing. Never once did Sydney complain. Never once did she make it more difficult or cry. She was such a champ," says Stephanie.

The comforting presence of golden Labrador retrievers Hazel and Millie—therapy dogs at the Children's Center—was a bright spot for Sydney. "I remember a lot of bad things, but I remember good things too, like visiting with Millie at the hospital," she says. "Millie helped me learn

to walk again after surgery. They even let me paint her toenails."

Stephanie adds, "I had complete confidence in the doctors. The Sutter team was great with everyone in our family. Their support made a terrible situation much more bearable. On Jan. 30, we celebrated two years since Sydney's last treatment. It's so nice to have my healthy daughter back."

Today Sydney is feeling great and enjoying gymnastics, soccer and art classes. "The doctors and nurses at Sutter saved my life so I can run around and play like a regular kid," she says. "I'm Sydney, and that's my story."

Watch Sydney's Story

Don't miss the online video of Sydney Stevens, part of our 2008 Annual Report at sutterhealth.org/annualreport. While there, we hope you'll browse the report to meet more patients and see our commitment to quality, compassionate care in action.

What Every Woman Should Know About Prostate Health

Prostate health is a man's issue, but it's still important that women know about the potential problems that can arise with this gland. The prostate is responsible for making part of the fluid for semen in men.

"Women are generally more in tune with their bodies than men are," says Salman S. Razi, M.D., a board certified urologist who performs free annual prostate screenings at Sutter Tracy Community Hospital. He serves as a spokesperson for the *Your Health* television program.



SALMAN S. RAZI, M.D.
Urology
SUTTER TRACY
COMMUNITY HOSPITAL

In many cases, it falls to the woman in a man's life to encourage him to have his prostate health evaluated. "Often, men put up with symptoms because they don't like to admit there's a problem. The key is to detect any issues early with annual prostate screenings. Treatments

for prostate problems are widely available, and they're very easy to perform with excellent results."

"Men may experience prostate issues beginning at age 20 or 30 and increasing to age 50 and beyond," Dr. Razi reports. "It's important to tune in to the symptoms that they're having and decide if they are a normal part of the aging process or indicate an underlying health issue."

Prostate Problems

Because the prostate sits just below the bladder, symptoms of a problem often involve changes in the frequency or urgency of urination. "Getting up at night, a weak urine stream, dribbling after finishing and difficulty starting to urinate may also occur," Dr. Razi notes.

One or a combination of these symptoms can signal an enlarged prostate, which can become a serious health problem if it prevents urination. "With aging comes an enlarging prostate,"

he says, "but just because a man is old doesn't mean he will have problems."

Medication may help open or shrink the prostate, but minimally invasive procedures performed in a physician's office, such as using radio frequency to ablate or shrink the prostate, are usually more effective, Dr. Razi says. Other minimally invasive treatments can be performed with lasers and microwave therapy. Surgery performed in a hospital environment is another option.

In some cases an enlarged prostate is a symptom of prostate cancer, which involves the abnormal growth of cells in the prostate gland and is most common in men older than 65.

Screening

"Prostate cancer can be diagnosed with a prostate-specific antigen blood test, or PSA test, and a digital exam," Dr. Razi adds. A biopsy—surgical removal of part or all

New Option for Prostate Cancer

Men now have a minimally invasive option for treating prostate cancer: seed implants. Performed on an outpatient basis, seed therapy—also called brachytherapy—involves the implantation of 100 tiny radioactive "seeds" into the prostate through hollow needles. Each seed releases safe doses of radiation directly into the prostate, next to cancerous cells, for three to six months.

One recent study found that 93 percent of men with early-stage prostate cancer who received seed implants lived at least eight years cancer-free after treatment.

Other benefits over traditional prostate surgery include:

- Less damage to your body
- No hospital stay
- Lower risk for impotence

Your doctor can help you decide if seed implants are right for you.

of a tumor to determine whether it is cancerous—can confirm prostate cancer.

Men should be screened for prostate problems on a yearly basis beginning at age 50.

Most cases of prostate cancer are treatable because they're detected with screenings before the cancer has spread to other parts of the body. Treatment is based on the individual patient's needs and may include surgery, radiation, hormone therapy or a combination.

Although an enlarged prostate isn't typically associated with definitive risk factors, age appears to increase a man's risk, and if a father has prostate cancer or an enlarged prostate, the son's risk is increased, Dr. Razi says.

"Screening is important because it allows us to identify those who have no symptoms of prostate cancer, so we can detect the cancer in its earlier stages, possibly reducing overall problems or complications," Dr. Razi notes.

Preventing Prostate Cancer

Some risk factors for prostate cancer are unavoidable. These include being older, having a father or brother with this type of cancer and being African-American. Fortunately, you may be able to avoid some other risk factors, though, by taking these steps.

- Choose lean meats or vegetable dishes instead of meals high in animal fat.
- Eat foods with selenium (rice, wheat, seafood), vitamin E (vegetables, nuts, egg yolks) and lycopene (pink grapefruit, raw or cooked tomatoes, watermelon). Studies show these nutrients may help prevent prostate cancer or slow the growth of prostate tumors.
- Keep your weight in a healthy range.
- Exercise regularly. Consult your health care provider before starting a vigorous exercise program.
- Ask your doctor about taking aspirin. Older men who regularly used aspirin had fewer cases of prostate cancer, researchers found. However, aspirin also can increase your risk for internal bleeding, so be sure to ask your doctor first.
- Quit smoking.

Free Prostate Cancer Screenings

Saturday, Aug. 29, 8:30 a.m. to 12:30 p.m.
Sutter Tracy Community Hospital
Surgical Services Entrance
(corner of Bessie Avenue & Beverly Place)

No appointment necessary!

Call 209-832-6511 for more information.



This School Year, Trade Up at Lunchtime

Your Child + Healthy Foods = All-Day Fuel

Packing your kids' lunches every day is extra insurance that they'll get the nourishment they need to do their best in school. Here are some ideas for creating nutritious and enticing lunches.

Keep it safe. Buy an insulated lunch box and use a small cold pack or frozen juice box to keep cold foods cold.

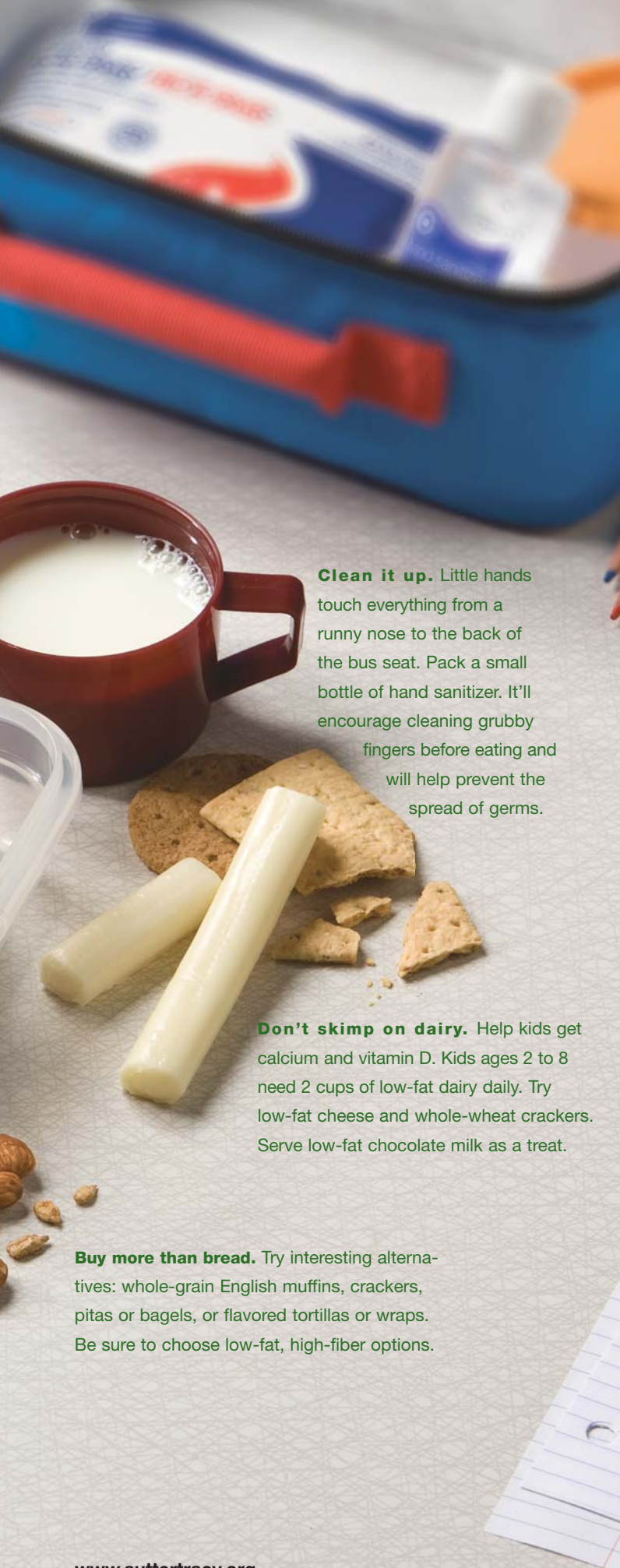
Pick plenty of produce.

Growing bodies need the nutrients from several servings of fruits and vegetables every day. Cut produce into small, finger-sized pieces and add a low-fat dressing or nonfat yogurt for dipping. For veggie-phobic kids, mix shredded zucchini or carrots into soups, muffins or pasta.

Get creative. Think in terms of food categories: protein, dairy and fruits or vegetables. Try low-fat granola and strawberry yogurt or cherry tomatoes with hummus. Dish up a whole-grain tortilla roll-up with lean turkey and low-fat cheese or with peanut butter and fruit.

Pack in protein. While a sandwich made with low-fat, low-sodium meat is a fine choice, think outside the bun. Nuts, seeds, hard-boiled eggs and beans are also tasty, heart-healthy choices.





Clean it up. Little hands touch everything from a runny nose to the back of the bus seat. Pack a small bottle of hand sanitizer. It'll encourage cleaning grubby fingers before eating and will help prevent the spread of germs.

Don't skimp on dairy. Help kids get calcium and vitamin D. Kids ages 2 to 8 need 2 cups of low-fat dairy daily. Try low-fat cheese and whole-wheat crackers. Serve low-fat chocolate milk as a treat.

Buy more than bread. Try interesting alternatives: whole-grain English muffins, crackers, pitas or bagels, or flavored tortillas or wraps. Be sure to choose low-fat, high-fiber options.

Don't Skip Out on Breakfast

Over the summer, it may have been easier to manage what your kids ate and when. But what's a parent to do when they go back to school? "The key is to establish a foundation of healthy eating habits, starting with breakfast," says Kim Vagt, R.D., director of food and nutrition services for Sutter Amador Hospital.

Arnold Gold, M.D., a pediatrician with Sutter North Medical Foundation, agrees, especially for school-age kids. "Children who don't eat a morning meal don't learn or remember as well as kids who do have breakfast," he says. "They also tend to overeat later in the day."

Vagt adds, "Parents have a big influence on their children's eating habits and food choices." At home, keep nutritious items on hand in the pantry, refrigerator and freezer. Then talk with your kids about making healthy choices so they learn which foods deliver optimum nutrition and energy.

Get Snacking . . . the Smart Way

The key to smart snacking isn't labeling foods "good" or "bad," says Vagt. It's about portion control and not grazing constantly. "We have to allow kids to get hungry," she says. "Increase their physical activity, and offer a selection of healthy foods, such as fresh fruit or yogurt. Aim for 100-calorie snacks."

Vagt has this suggestion for a quick snack you can make with your kids. At just 77 calories a pop, it's a sweet and healthy winner.

Yogurt Popsicles

- | | |
|------------------|--|
| 1 tsp. vanilla | 1 cup plain low-fat or fat-free yogurt |
| 1 banana, sliced | 1 cup fruit juice or fruit chunks |

Directions

1. Blend ingredients together and pour into small paper cups.
2. Put in freezer. When yogurt mixture is half frozen, place a plastic spoon or popsicle stick in each cup.
3. To serve, turn cup upside down. Yields four or five pops.

Improve Your Family's Diet

Visit sutterhealth.org/yourhealth and read *Changing Your Family's Eating Habits*.

Women and Perimenopause: A Season of Change

Midlife is a time of transition for women, as children leave the nest and new priorities come into focus. Inside your body, change is also happening, prompting new and sometimes uncomfortable symptoms. Talking candidly with your health care provider will help you better understand and manage common medical issues during this time.

Easing the Transition

Perimenopause takes place when women are in their mid-40s to mid-50s. During this time, most women experi-

ence new symptoms and body changes due to shifting hormone levels. It ends with menopause, which occurs once a woman has gone 12 months without a menstrual period.

"The hallmark of perimenopause is irregular, unpredictable periods, often associated with hot flashes, sleep disturbances and vaginal dryness," says Risa Kagan, M.D., a physician with Sutter East Bay Physicians Medical Group and clinical professor, Department of Obstetrics, Gynecology and Reproductive Sciences, University of California, San Francisco. "Because other conditions, such as thyroid disorders, can cause similar symptoms, it's a good idea to see your doctor to rule out other causes."

Depending on how severe your symptoms are, you may want to consider short-term hormone replacement therapy or other treatments.

Pregnancy Is Still Possible

Your chance of becoming pregnant drops off quickly after age 35. But pregnancy can still occur up to the time that you reach menopause. Birth control continues to be important for women who don't want to conceive. Popular methods of prescription birth control are the pill and the vaginal ring. These hormonal options not only prevent

pregnancy, but can also ease hot flashes and protect you from bone loss.

Many women choose continuous-use birth control pills so they can have fewer or no periods. "They're just as safe as the traditional use of the pill," says Dr. Kagan. "The only difference is that you take an active pill the entire month."

Intimate Concerns

Low libido is one of the biggest concerns Dr. Kagan sees among women. "There's a huge mind-body connection here," she notes. "Stress, parenting, relationship issues and depression all can affect a woman's interest in sexual intimacy. Medications, such as antidepressants, birth control pills and high blood pressure medicine, can also affect sexual desire."

While libido may naturally decline with age, your doctor can work with you to identify any underlying causes so you can feel more like yourself again, says Dr. Kagan.

Access Candid Advice from Home

For more articles, tips and facts related to women's sexual health, visit MyLifeStages.org





Answers to Your Top 5 Flu Questions

The flu season is looming and with it, questions are rising about the possible return of the H1N1 virus. Here Toni Brayer, M.D., internal medicine specialist and chief medical officer for Sutter Health West Bay Region, shares her insights and advice on prevention, symptoms and treatment.

1 How do I know if I have the flu?
Influenza is always respiratory (in your chest). A 'stomach bug' is not the same as the flu. If you have a cough with fever, fatigue, runny nose, sore throat, body aches and chills, then you likely have the flu.

2 If I get the flu, should I see a doctor?
For most healthy people, the flu will get better with rest and plenty of fluids. However, if you have difficulty breathing, shortness of breath or a high fever that doesn't break, feel confused, or don't start to feel better in three to four days, you should call your doctor.

3 Is H1N1 still a concern?
Yes. All flu strains, including H1N1, aren't spread as easily in hot weather, so they tend to quiet down. But they may come back when the weather cools. A vaccine specifically for H1N1—separate from the regular flu vaccine—is currently in development. At press time the government

aimed to have it ready by fall, when the regular flu vaccine becomes available.

4 How can I prevent the flu?
Getting a flu shot is the best way to avoid illness. Anyone can get the vaccine, but children, pregnant women, older adults and people who have a chronic condition, such as diabetes, should have a flu shot every fall.

To stay well, regular hand washing is very important. For on-the-go cleaning, keep a small bottle of hand sanitizer in your car, purse or briefcase. And try to avoid people who are sick. An infected person stays contagious up to seven days after symptoms first appear—and up to 24 hours after symptoms have ended.

5 Will a prescription antiviral medicine cure the flu?
No. Antiviral medications will greatly lessen the symptoms of flu, but won't cure it. To be effective, this medicine must be taken within 48 hours of the onset of the flu.

Stay Up to Date on the Flu!

For current information on the flu, H1N1 and flu vaccines, go to the Web site for the Centers for Disease Control and Prevention, at cdc.gov.



Saluting Our Supporters

We wish to acknowledge all the friends of Sutter Tracy Community Hospital who have made contributions and pledges through the Tracy Hospital Foundation. Gifts and pledges were received from March 25, 2009, through June 23, 2009, to support Foundation projects. We are grateful to these generous donors and honor their commitment to the many programs that benefit the hospital and the community. Please call us at **209-832-6052** with any corrections.

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What do you know about estate planning, retirement planning, Social Security, long-term care insurance, reverse mortgages or charitable giving? For a better understanding of these topics, attend the

October Community Financial Education Forum
Wednesday, October 21, at the Tracy Community Center

For more information please call the Tracy Hospital Foundation Executive Director, Robert Green, at **209-832-6052** or e-mail greenrd@sutterhealth.org.

Introducing the Newest Members of the Tracy Hospital Foundation Board of Trustees



ROBERT V. ELLIOTT

Robert Elliott is manager of Global Installation Services for GE Security Homeland Protection and has more than 15 years of leadership and management experience. Prior to joining GE, he served in the U.S. Army for 30 years and retired as a colonel. During his Army career, Elliott held various leadership and staff positions, culminating in an assignment as Chief of the Force Development Division in the U.S. Special Operations Command. He spent nearly six years abroad in diplomatic posts at various U.S. embassies. A Tracy resident for nearly five years, Elliott is currently president of the Sister City Association of Tracy and a member of the Tracy Breakfast Lions Club.



ROCHELE M. LAWSON

Rochele Lawson is co-owner and CEO of All Day Cable, Inc., a telecommunications installation company in the Silicon Valley and Tracy. Her company was named one of the Top 50 Women-Owned Businesses in the Silicon Valley four years in a row, and she was invited to speak on Capitol Hill about issues affecting women- and minority-owned small businesses. In addition to working in the business field, Lawson spent nearly 20 years as a nurse and continues to maintain her nursing license. A Tracy resident for 15 years, Lawson served on the Sutter Tracy Community Hospital Board, and she volunteers for many community organizations.



DAVID C. MOLINE, O.D.

David Moline, O.D., is founder and president of the Tracy Optometry Group, where he has practiced for the past 26 years. He also serves as president and CEO of the Premier Laser Eye Center in Stockton, which provides laser refractive surgery to patients within the Central Valley area. Dr. Moline was an active member of the Tracy Lions Club for many years and continues to help the Tracy Breakfast Lions Club provide eye care services at a nominal cost to low-income families. His optometry group is the only practice in Tracy offering both eye health examinations and spectacle services for Medi-Cal patients.

Who We Are

The Tracy Hospital Foundation Board of Trustees is made up of 17 dedicated community leaders, business executives and physicians who volunteer their time and expertise to help improve the health of our community. Together, they develop the policies, procedures and regulations used to govern the Foundation, monitor the Foundation's finances and performance, and create opportunities for individual and corporate giving.

Sutter Tracy Community Hospital

Health Education

▶ Upcoming Events

Free Prostate Cancer Screening

Saturday, Aug. 29, 8:30 a.m. to 12:30 p.m.

To help kick off Prostate Cancer Awareness Month, Sutter Tracy Community Hospital will be offering its annual free screening for men. Annual exams are highly recommended for men older than age 40 and for men with a family history of cancer. Prostate cancer is the second leading cause of cancer death in American men, after lung cancer. Tell all the men you know about this important preventive screening.

- ▶ This free screening will take place at Sutter Tracy Community Hospital Surgical Services Entrance (corner of Bessie Avenue and Beverly Place). No appointment necessary! Call **209-832-6511** for more information.

Community Health Fair

Saturday, Sept. 26, 9 a.m. to 1 p.m.

Please join us for an event dedicated to your health and well-being. Sutter Tracy Community Hospital will be offering various health screenings for all ages, valuable health information, and bountiful resources to help our community be healthy for life.

▶ General Health Education

Asthma Classes

Learn how to effectively manage asthma so that you can enjoy an active lifestyle. You'll receive a free peak-flow meter and personalized asthma action plan.

- ▶ Free class will meet Wednesday, Oct. 21, 6:30 to 8 p.m. For more information or to register, call **209-832-6516**.

Break Free from Smoking!

During this free seven-week course, trained facilitators use behavior-modification tools to help smokers quit for good. A strong student support network helps everyone become tobacco-free.

- ▶ Classes meet Wednesdays, 7 to 9 p.m. Series dates are Sept. 23 to Nov. 4. To register, call **209-832-6009**.

Diabetes Education Class

This free four-week series is offered once every quarter. Nursing, dietary, rehabilitation and pharmacy staff cover a variety of different topics to help patients with diabetes.

- ▶ Classes meet Thursdays at 6 p.m. Call **209-833-2405** for class dates and to register.

Free Senior Safety Home Inspections

To ensure that older adults in Tracy live in a safe environment, free home-safety inspections are offered to anyone older than age 65, regardless of income. A certified inspector will identify any safety hazards in the home. For more information, call **209-833-2420**.

Look Good ... Feel Better!

This class helps cancer patients realize that looking good can help you feel better. Meet specially trained cosmetologists to learn more about skin care, wigs, scarves and make-up techniques.

- ▶ Classes meet on the third Tuesday of every month, 6 to 8 p.m. For more information, call the American Cancer Society at **1-800-227-2345**.

▶ Childbirth Preparation

Preregistration is required for the following classes.

- ▶ To register for these classes, call **209-833-2321**, visit www.suttertracy.org or e-mail rinaldd@sutterhealth.org.

Breast-Feeding

- ▶ This free class, led by a lactation consultant, meets Mondays, Aug. 17, Sep. 28 and Nov. 16; 7 to 9 p.m.

Childbirth Education

- ▶ Four-week series meets Wednesdays, Sep. 16 to Oct. 7 and Nov. 4 to 25, 7 to 9 p.m.
- ▶ A one-day Saturday class is available on Aug. 15, Sep. 26, Nov. 14 and Dec. 5; 9 a.m. to 4 p.m. Fee is \$50—waived for those delivering at Sutter Tracy.

Calendar

The Tracy Hospital Foundation is proud to announce the 15th Anniversary celebration of the Festival of Trees, scheduled for Friday, November 20 through Sunday, November 22. The Festival will feature our favorite sights and sounds of the season—from the Premiere Night Gala to the Teddy Bear Teas to Breakfast with Santa and all the beautiful trees. Visit suttertracy.org/foundation or call **209-833-2345** for more information.



Childbirth Review

This free one-day refresher class is for couples who have already been through childbirth.

- ▶ Class meets Wednesday, Oct. 14 or Dec. 2, 7 to 9 p.m.

Sibling Preparation

This class helps big brothers-to-be and big sisters-to-be welcome a new baby to the family.

- ▶ Classes meet Tuesdays, Aug. 4 and Nov. 3, 7 to 9 p.m.

Support Groups and Classes

Alzheimer's Support Group

- ▶ This group meets on the second Wednesday of every month at 10 a.m. For more information, call **1-800-540-3340**.

Bereavement and Grief Support Group

- ▶ An informal support group meets Thursdays, 10:30 a.m. to noon, and Tuesdays, 7 to 8:30 p.m. For more information, call Rev. Becky Cameron at **209-833-2475**.

Down Syndrome Support Group

Relatives, caregivers and teachers of people with Down syndrome are invited to join this informal group.

- ▶ This group meets on the second Tuesday of every month, 7 to 8:30 p.m., at Sutter Healthy Connections Resource Center. For more information, call Raquel O'Keefe at **209-830-1712**.

Fibromyalgia Support Group

- ▶ This informal support group meets on the first and third Tuesday of every month. Call Juanita McHugh at **209-321-9396**.

Mommy and Me

This free group provides a place for moms of children from birth to age 2 to talk, share ideas and ask questions. This group meets at Sutter Healthy Connections and is led by a lactation educator and social worker. For more information, call **209-833-2420**.

NAMI

National Alliance on Mental Illness (NAMI) Recovery Support Group offers support for people with mental illness and their family members.

- ▶ This group meets Mondays at 7 p.m. and Wednesdays at 10:30 a.m. at Sutter Healthy Connections. For more information, call Karen at **209-834-2313**.

Parent and Me Playgroups

Sutter Healthy Connections offers two free playgroups for parents and their children ages 5 and younger. These interactive, parent-involved groups offer a fun learning environment that both children and parents enjoy. Call **209-833-2420** for a current class schedule.

P.R.I.C.E. Parenting Class

This free class series is for parents with children ages 12 and younger and meets at Sutter Healthy Connections. Learn strategies to help you become a more effective parent. These strategies include encouraging kids to do their best, changing behavior through appropriate consequences, focusing on having positive attitudes and more. To register, call **209-833-2420**.

Stroke Support Group

- ▶ This group meets on the third Thursday of every month, 3 to 5 p.m. For more information, call **209-830-2137**.

Teen Classes

- In this free series, teens ages 13 to 18 learn to "Build a Teen Toolbox." Teens will learn important life strategies to help build healthy relationships, communicate effectively, gain confidence and manage stress. Space is limited.
- ▶ This fun class meets Wednesday evenings for six consecutive weeks. Call **209-833-2420** for upcoming dates.

Tracy Area Cancer Support Group

- ▶ This group meets on the second and fourth Tuesday of every month at 6:30 p.m. For more information about this group and other services offered through Tracy Cancer Support Services, call **209-833-2338**.

Just for Today: Be Your Best!

When it comes to juggling work, family and home responsibilities, we could all use a little help. Visit MyLifeStages.org for fresh, practical tips on managing everyday life—and optimizing your health and well-being. And be sure to check out the [MyLifeStages](http://MyLifeStages.org) health-risk assessment survey. Answer our online questionnaire for instant results on your health risk factors. Register today at MyLifeStages.org. Membership is always free.



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Sutter Tracy Volunteers: *Thanks for Your Commitment*

Sutter Tracy Community Hospital would like to thank our volunteers for helping us meet the health care needs of our community.

At Sutter Tracy, our volunteers are true partners in achieving our mission of providing health care services with compassion, pride and excellence. Volunteers contribute every day by greeting guests, answering questions, transporting patients and reconnecting families after outpatient surgery and childbirth. Our volunteers also work in the hospital Gift Shop to raise money for scholarships and medical equipment,

lead hospital tours for schoolchildren, produce handmade gifts for young patients and visitors, and assist staff with clerical tasks, admission packets and community events.

Thank you, volunteers, for your dedication and commitment to Sutter Tracy's community-based, not-for-profit health care services.

If you would like to join this special group of volunteers, please call **209-833-2328** or visit suttertracy.org.



Sutter Tracy volunteers at the annual Volunteer Appreciation Luncheon hosted by Sutter Tracy in April.