



Community Based, Not For Profit

*Sutter Tracy
Community Hospital*

A Sutter Health Affiliate

With You. For Life.

your health

Fall 2008

Bringing Wellness and Health News to Northern California



Harvest the Season

Eat your fruits
and veggies!

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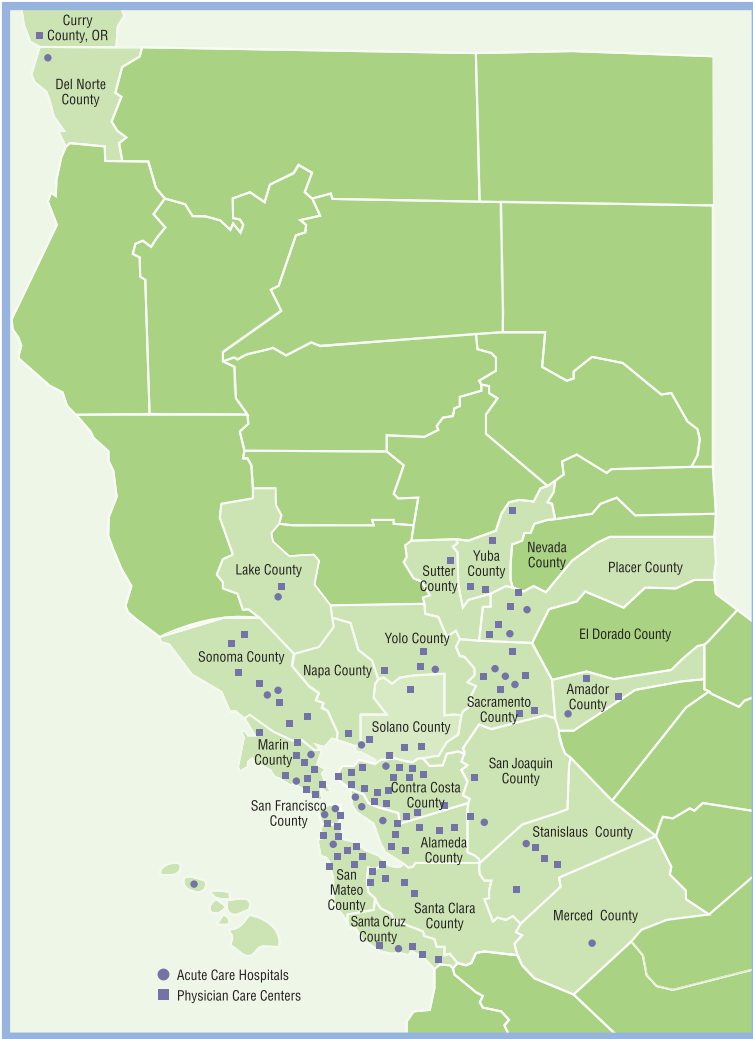
Compassion and Enthusiasm at Work

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The Sutter Health Network

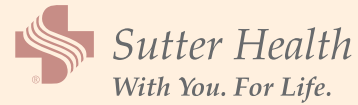


Welcome to *Your Health*

Sutter Tracy Community Hospital is part of a family of not-for-profit hospitals, physician organizations and other health care service providers that share resources and expertise to advance health care quality and access. Providing care in more than 100 communities throughout Northern California, the Sutter Health network is a regional leader in cardiac care, cancer treatment, orthopedics, obstetrics, and newborn intensive care, and is a pioneer in advanced patient safety technology. *Your Health* is designed to help you and your family make informed decisions about your health care.

For questions or comments about *Your Health*, please call Jacquelin Simmons at 209-832-6010.

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.




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Want to learn more about healthy lifestyles? Visit us online at www.suttertracy.org. Our Web site contains hundreds of health topics, the latest news on our programs and services, and a directory to help you find a physician.



Left to right: Sharalon Bonzo, department manager; Antoinette Garcia, R.N.; and Bob Green, executive director of the Tracy Hospital Foundation

The Gift of Health

I invite you to join us in supporting Sutter Tracy Community Hospital and the health needs of our community by donating to the Foundation. A gift to the Tracy Hospital Foundation on behalf of the hospital is a gift to our community for generations to come. To make a donation or learn more, please call the Foundation at **209-832-6052**.

Enthusiasm and Compassion at Work

“A gift to the Tracy Hospital Foundation on behalf of the hospital is a gift to our community for generations to come.”

*—Bob Green,
Executive Director,
Tracy Hospital
Foundation*

As executive director of the Tracy Hospital Foundation, I spend most of my time outside the hospital engaged in fund-raising activities. Last month, I spent some time inside the hospital, as an observer. I wanted to witness firsthand the daily life of our physicians, nurses and patients. After all, the purpose of the Foundation is to support the hospital and health needs of the community.


I started in the hospital’s telemetry unit and shadowed a nurse who skillfully cared for a number of patients with a variety of health problems, each in a different stage of treatment. I marveled at her diverse skills as she described the various equipment, treatment protocols and safeguards used to care for our patients.

As the nurse patiently reviewed medications, hygiene and other important information, I noticed discomfort, loneliness and apprehension in the patients’ eyes. The hospital was not where they wanted to be, yet most were grateful for the excellent care our nurses and physicians provided. I left the unit with sore feet and a healthy respect for the manner and magnitude of the care our patients receive.

In Good Hands

Next, I followed a physician in our Emergency Department, where I quickly learned to expect the unexpected at all times. The sound of sirens and the arrival of emergency vehicles with injured or seriously ill patients made for a very fast-paced environment. Despite the critical health issues and injuries, each patient was cared for in a timely, effective and systematic way. I was privileged to observe the medical team’s skill and the technology they had at their disposal, but most of all, I was impressed by their concern for the patients.

I share these experiences with you as a reminder of the valuable services Sutter Tracy Community Hospital provides our community. Having such an outstanding medical facility in our own backyard enhances the quality of life for everyone in our area.



Have You Chosen Your Primary Care Doctor?

If a persistent cough was keeping you up

at night, where would you turn for prompt, caring medical attention? If you're stumped, then it's time to find a primary care doctor—a doctor you can depend on for quality care through the years. Even if you rarely get sick, illness and injuries can happen to anyone, at any time. If you choose a primary care doctor now, when you are well, you have time to consider your options.

In Your Corner, on Your Team

Primary care doctors are typically general or family practitioners or internists (specializing in internal medicine). Obstetricians/gynecologists sometimes serve as primary care doctors for women. No matter what their area of expertise, primary care doctors benefit their patients in several ways:

They keep detailed records. Can't remember when your last tetanus shot was? Your doctor will keep important medical data on file for you, including medications you're taking and test results.

They coordinate specialty care. If you need to visit a specialist, your primary care doctor can recommend whom to see—and arrange for any referrals your health plan requires.

They keep your health on track. Your primary care doctor will provide important preventive care—from regular checkups to screening tests to identify health problems early on when they are more treatable. Some serious conditions—such as hypertension—can be identified only through a doctor's tests.

Find a Doctor Who Fits Your Life

If you haven't already chosen a doctor, take just a few minutes and do so today. Within the Sutter Health network, you can find a doctor who will partner with you in sickness and in health.

The not-for-profit network includes thousands of doctors from some of the most prestigious hospitals and medical organizations in Northern California. What's more, they share their expertise and best practices across the network to ensure that you receive the highest-quality health care available, close to home.

Get ready to choose a primary care doctor!

Visit www.thedoctorforyou.com to search our network of more than 3,500 doctors associated with Sutter Health. Start with our ZIP code feature to find the doctors closest to you!



“Thank you for saving my life.”

Sutter Health’s electronic health record helps doctors diagnose breast cancer

When Julie Alvarez found out she needed surgery for a ruptured disk in her back, she immediately followed up with her physician for a routine physical to be cleared for the procedure.

Because her physician was on leave, Alvarez scheduled an appointment with Barbara Renwick, M.D., of Sutter West Medical Group. Within a week, Dr. Renwick had ordered a series of tests, including blood work and a chest X-ray. While ordering the tests through Sutter Health’s electronic health record (EHR), a special “alert” also informed Dr. Renwick that Alvarez was due for her first mammogram.

The Pictures Tell the Tale

“I wasn’t expecting to get a mammogram, but because I just turned 40, I thought it would be great to get all of the tests done at one time, in one location,” says Alvarez, a molecular biologist who lives in Woodland with her two kids and husband. “I was very focused on preparing for my back surgery . . . until I had my mammogram.”

“The technician kept taking pictures,” adds Alvarez. “Breast cancer doesn’t run in my family, at least not in the last four generations, so I thought there’s no way something could be wrong. But I knew something was wrong by the time I left.”

A biopsy later confirmed that Alvarez had stage 1 breast cancer.

“I immediately changed my focus of having back surgery to becoming a breast cancer survivor,” says Alvarez.

Today, after undergoing a series of operations and chemotherapy, Alvarez is cancer-free. Alvarez also had back surgery and is on the road to recovery. “Dr. Renwick and Sutter’s electronic health record saved my life,” says Alvarez. “If I had waited any longer to get a mammogram, then the diagnosis could have been much different.”

Lifesaving Information

“The EHR is an important tool because it provides me with information that helps me deliver the best care for my patients. I have access to lifesaving information, such as alerts and potential drug interactions,” says Dr. Renwick. “Sutter’s EHR is a major advancement in health care.”

The EHR initiative is just one example of Sutter Health’s ongoing efforts to further improve patient care by adopting innovative technologies that support caregivers in their work. The EHR will eventually connect more than 5,000 physicians, 27 hospitals and millions of patients across our Northern California network. Sutter Health has also implemented patient safety technologies such as medication bar coding and the electronic intensive care unit system.

Debunking the Mammogram Mystique

Getting your first mammogram can be scary if you do not know what to expect. “Does it hurt?” “Do I have to take my clothes off?” You—and your friends and family—can get the answers to these questions and more by visiting www.sutterhealth.org/yourhealth.



Barbara Renwick, M.D., (left) and Julie Alvarez review her chart through the EHR.



Now Showing

Watch Julie tell her story. You can see this inspiring story at www.sutterhealth.org/annualreport.

Sutter Tracy Celebrates 60 Years of Excellence



The entrance to Sutter Tracy today (far left) and in 1948

In December, Sutter Tracy Community Hospital will celebrate its diamond anniversary, marking 60 years of outstanding medical care.

Before the hospital opened in 1948, Tracy's 5,000 residents had to travel to Stockton for health care services. Many with life-threatening injuries or illnesses didn't survive the journey. A group of forward-thinking citizens responded by raising \$554,000 to build Tracy Community Memorial Hospital. The hospital started out small with 42 beds, 12 bassinets and a handful of physicians.

"I was physician number 10 when I joined the hospital in 1954," recalls retired physician John Kimball, M.D., who served as hospital chief of staff four times. "Back then, everyone had to pitch in and wear different hats. We didn't have any specialists, so I performed surgery and delivered babies in addition to practicing general medicine. The X-ray technician even served as ambulance driver and general handyman."

Fast-Forward to 2008

Today, Sutter Tracy Community Hospital is a fully accredited, 81-bed, full-service medical center featuring state-of-the-art technology and more than 150 highly skilled physicians from nearly every medical specialty. Almost 120,000 people in the Tri-Central Valley area depend on Sutter Tracy for their medical needs, including 24-hour emergency care.

In 60 years, the hospital has gone through four major expansions, doubling its size. Along the way, we've added countless new services, including our top-rated Family Birth Center, which delivers nearly 800 babies a year.

Ahead of Our Time

Obstetrics Manager Joanne Slayter, RNC, joined the hospital in 1966, an era in which women gave birth in drab, sterile hospital rooms and husbands couldn't participate in the delivery. The idea of "family-centered care"—involving the whole family in



Our modern operating rooms (left) feature the latest technology. Below: Surgeons operated without the assistance of computers in 1948.



The spacious rooms in our Family Birth Center (above) are a significant improvement over the crowded nursery of the 1950s (right).



the birth process in a homelike atmosphere—hadn't gained widespread acceptance yet.

"We were one of the first hospitals in the area to implement a birthing room by redesigning one of our delivery rooms to look like a bedroom in a home," says Slayter. "We also allowed fathers to be in the delivery room. Involving fathers in the birth process creates a stronger family unit and is one of the best things to happen in OB care."

Technology has also come a long way, adds Slayter. "In 1966 there were no fetal monitors or ultrasounds. Today we can monitor the fetal heart rate throughout labor. The high quality of modern ultrasounds also enables physicians to identify anomalies and problems prior to birth, which helps improve safety."

Joining Forces

Some of the hospital's biggest advancements came in 1993, when we affiliated with Sutter Health and changed our name to Sutter Tracy Community Hospital. One of the nation's leading not-for-profit health care organizations, Sutter Health

has infused millions of dollars into the hospital for facility improvements, new equipment, new services and community projects.

"The hospital has always invested in new equipment and services to meet the health care needs of the community, but even more so since Sutter Health came on board," says radiologist Walter Pepper, M.D., who started at the hospital in 1975. "Because of their support, we were the first hospital in the area to have a fully digital imaging center offering the latest in digital X-ray, mammography, computed tomography, stereotactic biopsy and magnetic resonance imaging. You don't usually find such advanced technology in a hospital our size."

Modern Technology, Classic Kindness

Health care technology has changed tremendously over the past 60 years, but the tradition of personalized quality care and service continues at Sutter Tracy.

"The hospital has been a blessing for the community and a wonderful place to work," says Dr. Kimball. "I feel privileged to have been part of it for so many years."

A Bounty of Benefits

Why you should eat your fruits and



Easy Recipes Are a Click Away!

To find delicious, healthy recipes your whole family will enjoy eating, log on to www.sutterhealth.org/yourhealth.

This time of year, Northern

Californians can take their pick of fresh, affordable produce. And inside every fruit and vegetable is a healthy bonus: natural plant chemicals that improve and protect your health, says Susan Zipin, R.D., CDE, clinical dietitian with the Palo Alto Medical Foundation, an affiliate of Sutter Health.

She explains, "Anytime we eat plant foods, we are consuming natural compounds called phytonutrients and phytochemicals. These are bioactive chemicals above and beyond vitamins and minerals. 'Bioactive' means they go to work in our body, providing protection against a number of health risks."

Studies show that eating a balanced diet rich in fruits and vegetables can:

- Reduce your risk for stroke, high blood pressure, heart disease and type 2 diabetes
- Protect against certain types of cancer, including mouth, stomach, lung, prostate, colon and rectal cancers
- Help prevent vision loss from age-related macular degeneration
- Slow down bone loss

Pass the Phytochemicals, Please

The phytochemicals in fruits and vegetables include antioxidants—powerful compounds that help prevent and repair damage to the body's cells. Research shows that antioxidants can strengthen the immune system, destroy cancer cells and even repair DNA damaged by environmental toxins. "Phytonutrients vary by color," notes Zipin, "so it's important to eat a wide variety of different colored produce."

Here's a look at how produce cropping up this time of year benefits you:

- Squash provides lutein, which is linked to healthy eyes and vision. The phytonutrients are concentrated in the outer skin, so try to eat it unpeeled.

veggies

- Watermelon is rich in the antioxidant lycopene. It's also high in potassium and vitamins A, B₆ and C.
- Spinach is a fat-free, cholesterol-free source of iron, folate, magnesium and fiber.
- Fresh berries, such as blueberries, are rich in antioxidants. Strawberries deliver fiber, folate and potassium.
- Broccoli is an excellent source of fiber and potassium.
- Corn brings an earful of vitamins A and C as well as the antioxidant beta-carotene.

Make Room on Your Plate

With these impressive health credentials, why are fruits and vegetables so often absent from our plates? Taste and time are two main reasons, says Zipin.

"Many people consider the taste of vegetables bland or unpleasant. And many of us no longer invest the time to cook from scratch," she says. To overcome these barriers, try these tips:

Add flavor. For strong-flavored veggies such as broccoli or cauliflower, mellow the taste by microwaving or steaming and then adding a tasty low-fat cheese sauce, salad dressing or dipping sauce.

Save time. Buy precut, prewashed and bagged vegetables and fruits. Many frozen vegetables can be microwaved and on the table in minutes. Try prewashed, bagged salad mixes.

Mix with favorite foods. If you usually have eggs in the morning, mix in mushrooms, tomatoes or spinach. Top cereal or yogurt with berries or bananas. Add slices of cucumber, tomato or romaine lettuce to a sandwich. Drink a glass of 100 percent juice and add a small salad to your dinner. Once you get in the fruit and veggie habit, you'll wonder how you ever managed without their hunger-satisfying freshness.



Is Organic Healthier?

Buying organic produce will mean you get more nutrition and better flavor, right? In truth, probably not.

An "organic" label on produce means it has been grown without the use of conventional chemical fertilizers or pesticides. It also means the grower has followed certain rules concerning soil and water conservation.

"The number one reason to purchase organic is that it supports sustainable farming and is less harmful to fieldworkers and wildlife. But you do not get more health benefits," says Zipin. "The nutrition and taste of organic and nonorganic is essentially the same."

Many people also buy organic to avoid pesticides. The Environmental Working Group in Washington, D.C., a not-for-profit environmental research agency, publishes a list known as "The Dirty Dozen," which ranks the 12 most pesticide-contaminated fruits and vegetables. These are:

- | | | |
|------------|--------------|----------------------|
| ■ Peaches | ■ Celery | ■ Strawberries |
| ■ Cherries | ■ Pears | ■ Potatoes |
| ■ Apples | ■ Nectarines | ■ Sweet bell peppers |
| ■ Lettuce | ■ Spinach | ■ Grapes (imported) |

So for health-conscious shoppers, what is the bottom line on organics?

"If organic is available at a reasonable price and it looks fresh, then buy it," advises Zipin. Otherwise, don't let the organic issue keep you from eating produce.

"The health benefits of fruit and vegetables outweigh the risks of any trace amounts of chemicals you may ingest," she says.

More Matters, No Matter How You Slice It

There's a new government-sponsored campaign urging Americans to eat their veggies! It's called "Fruits & Veggies: More Matters." On average, Americans consume only about three servings of fruit and vegetables a day—which is less than ideal for optimum health. "The focus of 'More Matters' is to get people to ask, 'How can I take small steps to add more fruits and vegetables to my diet?'" says clinical dietitian Susan Zipin. "It's a reminder that adding any amount of fruits and vegetables is important."

There's No Place Like a *Healthy Home*

Secure, safe and welcoming. You want your home to be all these things. But could your household be harboring hidden health and safety risks?

Here's a guide to spotting and eliminating some common health and safety hazards in your home.

Squelching the Sniffles

If allergies or asthma runs in your family, you may believe that staying indoors will keep you breathing easier. But allergens that trigger sneezing, wheezing and coughing are often found throughout a home, says Ronald Brown, M.D., a board certified allergy and immunology specialist with Solano Regional Medical Group, part of the Sutter Health network.

"A good place to start allergy-proofing is the bedroom, because that is where you spend the most hours," he advises. "To prevent allergy or asthma flare-ups from disrupting your sleep, two basic steps are shutting bedroom windows at night and keeping pets out of the room." He adds, "A no-smoking-inside-the-house rule will keep your home's air free of irritating secondhand smoke."

It also pays to take control of house dust mites—microscopic creatures that feed on flakes of skin and other small particles in the home. Droppings from these mites are the most common trigger of allergies and asthma. To minimize mites:

- Replace carpeting with vinyl, tile or hardwood flooring.
- Use a dehumidifier to keep indoor humidity below 50 percent.
- Wash bedding in hot water once a week.
- Seal pillows and mattresses in allergen-proof fabric covers.

Vanquishing Home Viruses

You keep your house tidy, but it's tough to clean what you can't see: invisible viruses that cause the flu or common cold.

When germey fingers touch a household surface, the virus-causing bugs can transfer there and linger. Objects frequently handled by family members—such as telephones, doorknobs, the TV remote or the keyboard for a shared computer—are often-overlooked viral "hot spots."

To help prevent the spread of viruses in your home:

- Wash hands often—especially before eating, after using the bathroom, and before and after cooking. A thorough wash takes at least 15 seconds of rubbing hands together with soap and water. A paper towel is best for drying.
- Clean household surfaces often with disinfectant spray or antibacterial wipes.
- Keep hands away from your eyes, mouth and nose. These are key body entry points for a virus.

Securing Safety Alarms

If a hazardous situation arises in your home, you want to be alerted immediately. Every household needs smoke detectors and carbon monoxide detectors. Carbon monoxide is a poisonous gas produced by heating or cooking appliances that run on oil, gas, coal, wood or propane. Because it is odorless and invisible, carbon monoxide is difficult to detect without a safety alarm.

- If you have fuel-burning appliances or equipment and/or an attached garage, install at least one carbon monoxide detector, preferably in a hallway outside bedrooms. Have your heating system, fireplace and chimney inspected yearly by a qualified technician.
- Place a smoke detector on each level of your home and outside each bedroom. Change batteries once a year and test alarms monthly. Keep a fire extinguisher on every floor of your home and train family members to use it.



Want to Learn More?

To find out how to make your home a safe haven for you and your family, visit www.sutterhealth.org/yourhealth.

BACK TO SCHOOL in 5 Easy Steps

As summer winds down, it's time to make the annual transition from pool days to school days. To help ease your kids back into the routine, Harry Wander, M.D., a pediatrician with Sutter North Medical Foundation, part of the Sutter Health network, encourages you to follow these five easy steps.

1 Check in with your child's doctor.

Are there immunizations your child will need before beginning school? Ask your doctor or visit www.sutterhealth.org/yourhealth. Your child may also be due for a check-up, so schedule any doctor visits right away. If your child takes medicine at school, make sure you have all the doctor-signed forms that the school needs. Always inform the school about any medical conditions your child has, such as asthma or food allergies.

2 Stock up on healthy foods.

Keep tasty, nutritious, easy-to-fix foods on hand for at-home breakfasts and take-along snacks and lunches. Stock up on low-fat yogurt, whole-grain cereals, low-fat cheese, dried or fresh fruit, and veggies and low-fat dip. A healthy diet—especially breakfast—may sharpen a child's attention and memory, boost energy, and improve school performance.

3 Prepare a backpack.

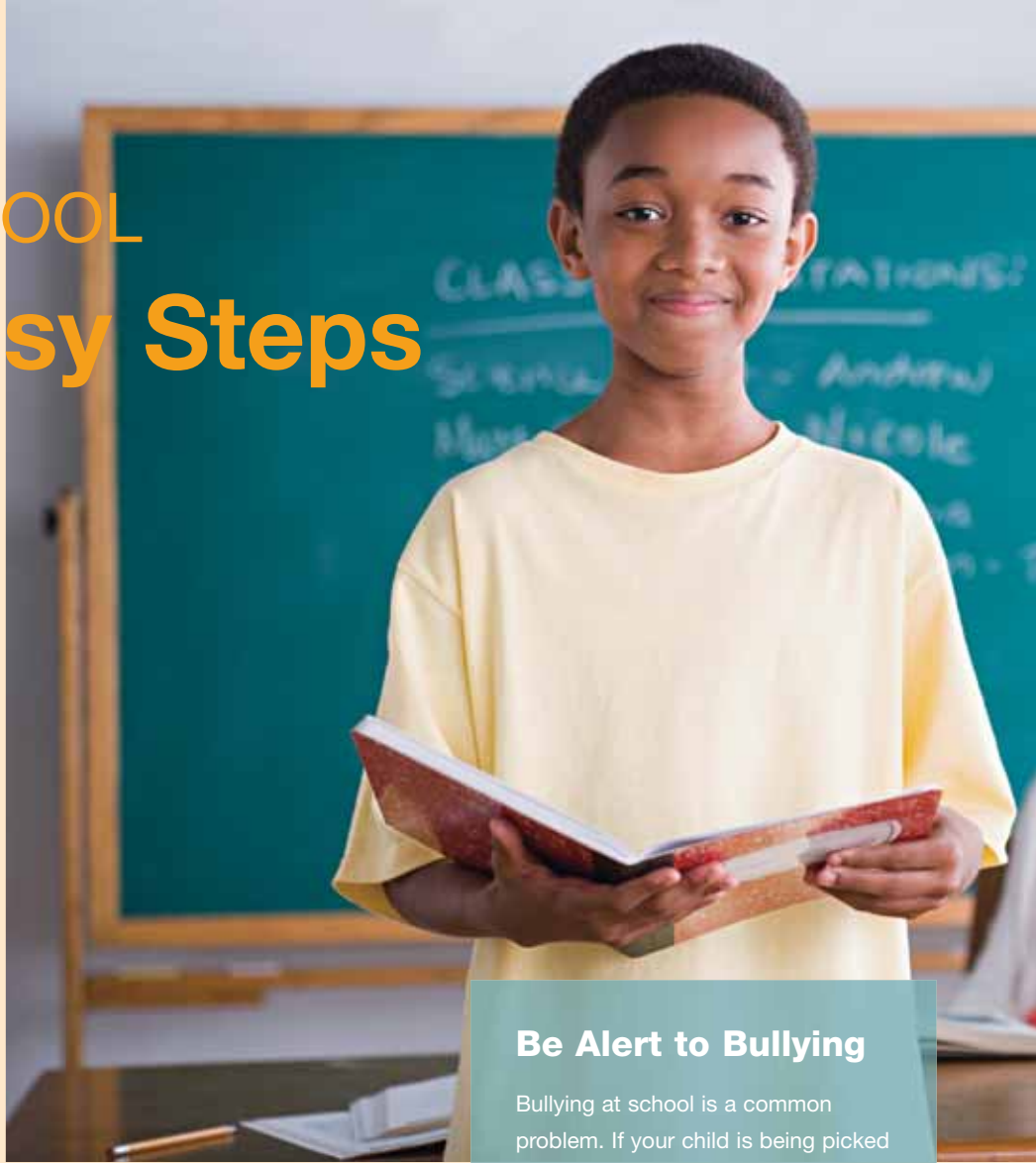
Lighten your child's load—and prevent back and shoulder pain—by choosing a good backpack. Pick a lightweight pack with two wide, padded shoulder straps; a padded back; and a waist strap. The backpack should rest in the middle of the back. Use all the compartments to spread the weight and make sure your child carries only necessary items.

4 Re-establish bedtime schedules.

A full night's sleep is vital for kids to feel and perform their best at school. Too little sleep can lead to problems with attention, memory, behavior and moods. Try to get your kids on a consistent bedtime and waking schedule. Younger school kids and preteens need between nine and 10 hours of sleep; teens need at least eight hours.

5 Set healthy ground rules.

What are your expectations for getting homework done; limiting telephone, TV, computer and video game time; and balancing after-school activities and free play time? Who will pick up your kids after school—and where are they allowed to go? Talk through these rules now so that there are no gray areas, explaining that your goal is to help your kids stay safe and healthy.



Be Alert to Bullying

Bullying at school is a common problem. If your child is being picked on, here's how you can help:

- Be supportive. Remind your child that it's not his or her fault.
- Contact your child's teacher and explain the problem.
- Be alert for "cyber-bullying"—kids posting or sending nasty comments online. Tell your child not to respond—and try using software to filter out such messages.

Want to learn more about bullying? For more information, go to www.sutterhealth.org/yourhealth.

New 64-Slice CT Scanner

Helps Doctors Get the Full Picture



Detecting problems inside the body is faster and easier than ever with Sutter Tracy's new 64-slice computed tomography (CT) scanner. The \$1.4 million GE LightSpeed VCT XT® scanner uses advanced digital technology to give doctors a three-dimensional look at the body's internal organs, blood vessels and bones.

Sutter Tracy was the first hospital in the area to convert to digital radiology and is the only local facility offering such sophisticated CT technology.

"CT technology has advanced tremendously in the past couple of years and is changing the face of medicine," says David Bowlsby, imaging services manager. "The LightSpeed scanner is five times faster and produces higher-

resolution images than the previous CT scanner we installed five years ago. It also has the ability to capture pictures of a beating heart, something our last CT scanner couldn't do."

Better Results in Less Time

Living up to its name, the LightSpeed scanner can scan the entire torso in as little as 10 seconds, taking up to 64 images at a time. The digital information is reconstructed by a computer, allowing the patient's anatomy to be seen from any angle. Images are immediately displayed on a computer screen and can be adjusted for brightness, contrast and several other features to provide greater detail and clarity.

"Because the scanner is so fast, it is less sensitive to motion, which is great when working with children and other patients who have trouble holding still," says T. Tejpal Singh, M.D., medical director for Sutter Tracy's Radiology Department. "It also provides clearer, sharper images and enables physicians to make faster, more accurate diagnoses. This is especially important when treating injuries to the head and vital organs, where every second counts."

"The LightSpeed scanner is capable of many advanced applications that can be used to diagnose heart disease, stroke and pulmonary embolism."

—Dr. T. Tejpal Singh, M.D.

Improved Patient Safety

The new CT scanner uses significantly less radiation than CT machines of the past, which greatly increases patient safety, adds Dr. Singh. It can also be used on certain patients to view the blood vessels of the heart, brain and lungs.

"The LightSpeed scanner is capable of many advanced applications that can be used to diagnose heart disease, stroke and pulmonary embolism," says Dr. Singh. "In appropriate situations, it can offer a safer alternative to cardiac catheterization and other invasive procedures commonly used to detect blocked arteries and other vascular problems."



Patients have to spend less time inside our new CT scanner (left). It can capture images in as little as 10 seconds. Physicians can examine images of a beating heart (top) using the GE LightSpeed VCT XT scanner.

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 22 through June 20, 2008, to support Foundation projects. We are mindful of 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.



Donors

Adesa Golden Gate	Bob and Cheryl Matthews
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Memorial and Tribute Donors

<i>In memory of Vanda Borejko</i>	<i>In honor of Kuldeep Sidhu, M.D.</i>
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<i>In honor of Rollie Rosete, M.D.</i>	
Jesus and Magdalena Campos	

Sutter Tracy Community Hospital

Health Education Calendar



General Health Education

Look Good ... Feel Better!

This class helps cancer patients realize that looking better can help you feel better. Meet specially trained cosmetologists to learn more about skin care, wigs, scarves and make-up. Classes meet from 6 p.m. to 8 p.m. on the third Tuesday of every month at Healthy Connections Resource Center, 35 East 10th St., Suite B. For more information, call the American Cancer Society at 1-800-227-2345.

Diabetes Education Class

This four-week series is offered once every quarter. Nursing, dietary, rehabilitation and pharmacy staff cover a variety of topics. The next series meets every Thursday at 6 p.m., from Oct. 2 to 23. For more information or to register, call 209-833-2405.

Senior Safety Home Inspections

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

Break Free from Smoking!

This seven-week course meets every Wednesday, from 7 to 9 p.m. Trained facilitators and a strong student support network helps everyone quit for good. For more information or to register, call 209-832-6047.

Childbirth Preparation

Pre-registration is required for the following classes. Call 209-833-2321 or e-mail borgesr@sutterhealth.org. Register online at www.suttertracy.org.

Childbirth Education

This four-week series meets Wednesdays, Sept. 3 to 24, and Oct. 29 to Nov. 19, from 7 to 9 p.m. A one-day Saturday class is available on Sept. 20 and Nov. 1, from 9 a.m. to 4 p.m.

► Fee is \$50—waived for those delivering at Sutter Tracy.

Childbirth Review

This free one-day class is for couples who have already had a child. Join us on Oct. 1, from 7 to 9 p.m.

Sibling Preparation

This class helps older siblings welcome a new baby to the family. Classes meet Aug. 19 and Nov. 11.

► Fee is \$10 per family.

Breast-Feeding

This free class, led by a lactation consultant, meets Sept. 29 and Nov. 24, from 7 to 9 p.m.

Support Groups and Classes

Alzheimer's Support Group

Meets on the second Wednesday of every month, at 10 a.m. Call 1-800-540-3340 for more information.

Bereavement and Grief Support

An informal support group meets on Thursdays, from 10:30 a.m. to noon, and Tuesdays, from 7 to 8:30 p.m. Call Becky Cameron at 209-833-2475 for more information.

Fibromyalgia Support Group

Informal support group meets every other Thursday at Healthy Connections, Suite C. Call Juanita McHugh at 209-321-9396 for more information.

Kidney Disease Support Group

This group helps renal patients and their families cope with the physical and emotional impact of all kidney illnesses. For more information, call Jaque Dahl at 209-839-1181.

Stroke Support Group

Meets the third Thursday of every month, from 3 to 5 p.m. Call 209-830-2137 for more information.

Tracy Area Cancer Support Group

This group meets on the second and fourth Tuesdays of every month, at 6:30 p.m. Call 209-833-2338 for more information.



Mommy and Me Support Group

This free group gives mothers of children from birth to age 2 the chance to talk, share ideas and ask questions. It meets at Healthy Connections and is led by a lactation educator and social worker. For more information, call 209-833-2420.

Parent and Me Playgroups

These free playgroups meet on Wednesday mornings at Healthy Connections.

- ▶ The Jump Start playgroup is for children from birth to age 2.
- ▶ Leaps and Bounds is for children ages 3 to 5.

Call 209-833-2420 for times, more information or to register.

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

This free class is for parents of children ages 12 and younger and meets at Healthy Connections. Parents learn strategies to encourage a positive attitude and change bad behavior. For more information or to register, call 209-833-2420.

Free Prostate Cancer Screening

One in six men will develop prostate cancer at some point in his life. Early detection greatly increases your chances of beating this disease. Doctors recommend yearly screenings for all men ages 50 and older and men ages 40 and older with a family history of prostate cancer.

- ▶ Saturday, Oct. 8, 9 a.m. to noon
Surgical Services lobby at Sutter Tracy
No appointment is necessary.
For more information, call 209-833-2420.



Recipe for fun

Join Us for a Day of Fun, Fitness and Health!

Main Ingredient: YOU! Serving Size: Tracy Community

Free admission and free health screenings!

**Save the date for our first ever
Fun, Fit and Healthy Fair**

**Saturday, Sept. 27, 2008 10 a.m. to 2 p.m.
Sutter Tracy Community Hospital**

Embrace a healthy lifestyle and live well, for life!
Call 209-833-2420 for more information.

Sutter Tracy Community Hospital will be dishing out:

- Heaps of healthy cuisine and simple, tasty recipes
- A scorching firefighters' fitness challenge
- An amusing family fitness zone
- A vigorous variety show of fitness demonstrations and dazzling dance performances
- Tons of health and wellness information

Plus, you can:

- Chat with health and fitness experts
- Dunk the Daredevil
- Win fantastic prizes

All proceeds from this event benefit Tracy Cancer Support Services. A minimum donation for some activities is required.

CHEERS to Our Volunteers!



Left to right: Sharalon Bonzo, R.N.; Sal Tompkins, volunteer services manager; Dolores Gomes, volunteer fund-raiser chairwoman; Leona Sexton, volunteer gift shop chairwoman; and David M. Thompson, CEO

Want to Help?

You can make new friends while giving back to the community as a volunteer at Sutter Tracy. For more information, call **209-833-2328** or visit www.suttertracy.org/about/Volunteers.html.

At Sutter Tracy Community Hospital, our volunteers are true partners in achieving our mission of providing health care services with compassion, pride and excellence. Thank you, volunteers, for your dedication and commitment to Sutter Tracy's community-based, not-for-profit health care services!

40+ YEARS

Kathryn Edmonson, Letty Fornasero, Donna Stone

30+ YEARS

Janice Birkhahn

20+ YEARS

Dolores Borges, Elda Curtin, Darleen Fraker, Ida Geist, Dolores Gomes, Lois lascone, Lois Robinson, Leona Sexton, Dolly Silveira

15+ YEARS

Josephine Foley, Dorothy Gorr, Betty Hanson, Jody Jones, Margaret Murray, Marlene Reeves, Maryellen Tally, Betty Thompson

10+ YEARS

Barbara Bowman, Janice Harrell, Gloria Perry, Virginia Sprigg, Mae Wible

5+ YEARS

Mary Bacchetti, Laurie Bogetti, Diane Boots, Lorene Caporuso, Floraine Chappell, Paula Coleman, Bonnie Conner, Pat Dreisbach, Helen Evans, Mary Ferrell, Eva Gonsalves, Debra Grinstead, Christina Kingston, Alwynne Maier, Norma Maurer, Susan Mosteller, Aletheia Namahoe, Russ Ovalle, George Patel, Jane Peterson, Priscilla Randolph,

Charlotte Richardson, Doris Stanfield, Adeline Vahlensieck, Robbie Williams

1-4 YEARS

Brenda Adams, Tammie Albritton, Christy Andrade, Vilma Antonio, James Arroyo, Karen Bender, Edie Bowen, Jackie Bryant, Kerry Callihan, Robin Caruso, Lou Catron, Marilyn Chorley, Hilda Del Real, Ashleigh Denholm, Sue Finke, Tammy George, Sandy Jensen, Sukhvir Johal, Nancy Lovecchio, Mike Luciani, Shirley Machado, Linda Malarik, Le Ann Martinez, Evelyne McClelland, Shirley Morris, George Murphy, Aurora Nicolas, Karen Nichols, Menalynne Penales, Katy Quigg, Ellie Rhoades, Natasha Robinson, Dorothy Rodriguez, Wahab Saiyed, Michelle Seli, Errolynn Springer, Sandy Steele, Delores Taczala, Decy Turner, Marcia Umberger, Nora Varias-Zamora, Margo Waldschmidt, Patty Ward

NEWCOMERS

Ina Bland, Tom Blankenburg, Jeshika Chand, Ethel Christensen, Mary Crowley, Jacque Dahl, Bahadur Gill, Amy Kirch, Linda Lewis, Michelle Limtiago, Rick McCullough, Sandra Melcher, Alexandria Nevarez



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www.sutterhealthtv.com.

Call 1-800-4SUTTER or visit
www.thedoctorforyou.com to
find a physician affiliated with
Sutter Tracy Community Hospital.