How 3D Mammography May Have Saved Philanthropist’s Life

You Don’t Have to Live with a Leaky Bladder

Taking a Look at Gestational Diabetes

Feeling Weak in the Knees?

Read us online at sjhnews.org/mission
For the past 24 years, Lisa Dale, 53, of Coto de Caza, has been a dedicated supporter of women’s health. From donating funds, competing in a three-day, 60-mile walk twice, to serving as board chair of the Valiant Women Group at Mission Hospital, she has always felt a calling to help advance resources to improve early detection of breast cancer and find a cure.

In fact, Lisa’s company, Seabreeze Management Company, has been the title sponsor for the annual Valiant Women Luncheon for years. The funds raised by this event helped Mission Hospital purchase a third tomosynthesis (3D mammography) machine for the Women’s Wellness Center. However, Lisa never expected that the very machine her efforts helped fund would ultimately save her life. After visiting the Women’s Wellness Center for her annual mammogram in November 2014, doctors discovered Lisa had breast cancer.

“For years, I had been passionate about raising awareness for breast cancer and never imagined that I would be fighting my own battle,” said Lisa. “As scary and upsetting as it is to be told you have cancer, the excitement my doctors expressed when they caught my cancer in its earliest stages and their confidence in my full recovery, overshadowed any sadness I might have felt.”

Because tomosynthesis produces more detailed and accurate images of the breast, it allows doctors to more effectively pinpoint the size, shape and location of abnormalities that may be hidden using 2D mammography alone. Tomosynthesis provides doctors the ability to look through and around tissue structures they weren’t able to see before. In Lisa’s case, the 2D mammogram looked normal, but the tomosynthesis images clearly showed a small tumor.

“Until a cure is found, early detection remains the most powerful tool we have against breast cancer, and tomosynthesis finds 41 percent more invasive cancers than 2D mammography alone,” said Stephen Simon, MD, board-certified diagnostic radiologist at Mission Hospital. “It might have been several years until Lisa’s hard-to-locate cancer would have been visible on the traditional 2D mammography image. At that point, the cancer would have had a chance to grow and possibly spread, making it harder to treat and reducing her chance of a full recovery.”

Immediately after Lisa’s cancer was detected, Mission Hospital’s multidisciplinary clinical team, including her radiologist, surgeon, oncologist, nurse navigator and genetic counselor, began working collaboratively to help her through her diagnosis, treatment and recovery. Kenneth Kushner, MD, board-certified general surgeon at Mission Hospital, first counseled Lisa about her treatment options and performed surgery to remove her cancer.
“Through surgery, we hope to eradicate cancer by completely removing it,” said Dr. Kushner. “Surgery also helps us determine the exact type, size and extent of cancer so other members of the care team have all the information needed for further treatment and recovery.”

“Due to early detection and genetic testing of the tumor itself, Lisa has been able to avoid chemotherapy,” said Dr. George Miranda, MD, board-certified medical oncologist at Mission Hospital. “Once surgery was completed and we knew more about her cancer, I worked closely with Lisa to choose the most appropriate therapies to minimize her risk for recurrence. By finding the cancer early, Lisa is able to treat it with radiation and oral medicine — something that might not have been possible without such optimal screening technology.”

While Lisa’s breast cancer journey is ongoing and hasn’t been easy, she finds comfort in knowing that a machine she helped bring to Mission Hospital is making a difference in the lives of many women.

“How the prognosis for breast cancer is better the earlier it is diagnosed, tomosynthesis has given me and many others a chance at a full recovery — something we may not have had otherwise,” Lisa said.

Current guidelines recommend women receive annual mammograms starting at age 40, even if they have no symptoms or family history of breast cancer.

A tomosynthesis exam will not feel any different than a standard mammogram. The machine looks similar, but rather than staying still, the X-ray tube moves in an arc to acquire a 3D rendering of the entire breast, which allows radiologists to see areas from all angles.

To schedule a mammogram at the Mission Hospital Women’s Wellness Center, call (949) 347-6062. For more information about the Mission Hospital Cancer Center, visit mission4health.com/cancer.
It might happen when you sneeze or maybe when you exercise. It might happen so fast you aren’t able to make it to the bathroom. Living with a leaky bladder, also known as urinary incontinence, can be frustrating at the very least. While as many as 13 million Americans are affected, oftentimes women are too embarrassed to seek treatment. Knowing the causes and options available to you may provide you with the courage and understanding you need to talk with your doctor.

The most common type of urinary incontinence is stress incontinence, which occurs when urine expels due to pressure on the bladder caused by movement such as coughing. Other women may have urge incontinence, or an overactive bladder. This kind causes a sudden, unexpected urge to urinate.

Urinary incontinence may be associated with pelvic organ prolapse — a condition that occurs when the muscles and tissues in your pelvis weaken, causing the feeling of pressure and bulging. In some cases, the uterus can drop through the vaginal opening. This condition affects nearly 40 percent of women over 65 and 30 percent of women under 65.

“Prolapse and incontinence can significantly impact a woman’s quality of life,” said Patricia Wallace, MD, FACOG, board-certified gynecologist and female pelvic medicine and reconstructive surgeon at Mission Hospital. “While it often stems from pregnancy or childbirth, as having a baby can weaken a woman’s pelvic muscles, other health problems such as stroke or brain injury can also cause incontinence.”

While these conditions may keep you from feeling comfortable during everyday activities, the good news is there are different treatment options available.

Your doctor can help you address the cause of your leaky bladder, and may suggest treatments as simple as lifestyle changes. For some women, certain medicines or bladder training may be the answer, which can help you gradually hold more urine over time. If non-surgical treatment options do not offer relief, your doctor may recommend a minimally-invasive procedure, such as botox for the bladder muscle, urethral bulking agents or a sling procedure, where a small piece of tissue or mesh is added under the urethra (the tube that moves urine out of your body) to help it close properly.

“There are many different treatments for incontinence and pelvic prolapse, most of which are done in the outpatient setting,” Dr. Wallace said. “If prolapse surgery is required, it is typically done vaginally — more advanced prolapse can be repaired using the robotic da Vinci Surgical System, which reduces incision size and post-operative pain.”

If you are experiencing a leaky bladder and are ready to discuss treatment options with your physician, ask for a referral to the Pelvic Support Institute at Mission Hospital or call (949) 364-4400.

Patricia Wallace, MD
Gynecology and Female Pelvic Medicine and Reconstructive Surgery
Hormonal changes and weight gain are part of a normal pregnancy, but for three out of every 100 pregnant women, these changes cause a rise in blood sugar levels, resulting in gestational diabetes.

With gestational diabetes, hormones produced during pregnancy can cause insulin resistance, which results in hyperglycemia (high blood sugar). If left untreated, gestational diabetes can increase a woman’s risk of developing Type 2 diabetes post pregnancy, as well increase the baby’s risk of developing obesity and/or Type 2 diabetes later in life. Poorly controlled or untreated gestational diabetes can also have immediate effects on the baby during birth, including damage to the shoulders, low blood glucose levels or breathing problems.

“Fortunately, treating gestational diabetes can help prevent complications, which is why it’s so important for all pregnant women to be screened regardless of risk factors or family history.”
— Viken Melkonian, MD

Finding gestational diabetes early can limit its harmful effects. National guidelines recommend all pregnant women be screened for gestational diabetes after 24 weeks of pregnancy, when the disease most often shows up.

According to Dr. Melkonian, if gestational diabetes is detected, these simple steps can help mom and baby stay healthy during pregnancy and after delivery:

- Be aware of your daily nutrition habits.
- Eat three small meals, one to three snacks a day, and limit sugary foods and drinks.
- Choose smaller portions of healthy foods such as fruits, vegetables, whole grains and low-fat dairy products.
- Get physical activity, such as walking or swimming, for 30 minutes or more at least five days a week.
- Your doctor will let you know if you need to take insulin or other medications to manage gestational diabetes.

“In most cases, gestational diabetes goes away after childbirth,” Dr. Melkonian said. “As hormones level out, insulin production and blood sugar levels return to normal. Yet, women still face a higher risk of developing Type 2 diabetes, so it’s important for their blood glucose to be monitored after childbirth.”

To find a Mission Hospital OB/GYN, call (877) 459-3627.

ADDRESS YOUR RISK
While any woman can develop gestational diabetes during pregnancy, there is a higher risk if any of the following apply to you:

- You had gestational diabetes during a previous pregnancy.
- You had a very large baby or a stillbirth with a previous pregnancy.
- Previous tests showed you had abnormal blood sugar levels.
- You are overweight.
- You are African-American, Hispanic, Native American, or Pacific Islander.
- You are 26 years old or older.
- You have a family history of diabetes.
Most people will experience joint pain at some point in their lifetime. The knee is an especially vulnerable joint that bears a great deal of stress from everyday activities such as lifting and kneeling, and from high-impact activities such as jogging and aerobics. Many knee problems are a result of the aging process and continual wear and stress on the knee joint, or injuries. Osteoarthritis, the most common knee ailment, develops progressively as joint cartilage slowly wears away. While there is little evidence that a knee injury directly causes arthritis later in life, we do know that arthritis is more likely to occur years after a torn meniscus, injury to a ligament or fracture to the knee.

“Joint pain in the knee has a variety of causes and treatments,” said Stephen Gardner, MD, orthopedic surgeon and sports medicine specialist at Mission Hospital. “If you develop arthritis, simple movements can become difficult or impossible. You will most likely notice pain and possibly restricted range of motion when you climb stairs or participate in impact athletic activities.”

While nearly 50 million people in the U.S. have some form of arthritis or chronic joint symptoms, nagging pain in your knee does not necessarily mean you’re destined for this diagnosis.

“The prognosis of a typical patient who comes in with knee pain is usually good, and rarely requires surgery,” Dr. Gardner said. “Unless you’ve experienced an acute injury or severe pain, I recommend rest, ice and elevation for a week or two, which will usually help the pain subside.”

To keep your knees healthy, Dr. Gardner also suggests modifying your exercise routine to include swimming or cycling, which provide cardiovascular health and motion to the joint, as opposed to running or jumping, which are high-impact and may cause more pain and swelling.
If you or your loved ones are facing a serious or chronic illness, you may need extra support to relieve any distressing symptoms and help establish your care goals. Palliative care can help you understand your condition and treatment options, as well as provide assistance so you and your family can carry on with everyday life.

**What is Palliative Care?**

Palliative care is specialized care that helps patients feel as comfortable as possible by preventing and relieving suffering. While many people believe palliative care to be a place where people go, it is actually a special type of care for patients with a life-changing diagnosis. Palliative care can be provided at any place and any time during the illness.

“At Mission Hospital, we take a team approach to palliative care and aim to start it as early as possible after diagnosis,” said Margie Whittaker, RN, MSN, palliative care coordinator at Mission Hospital. “A doctor, nurse, palliative care specialist and many others partner with the patient, their family and physicians to support them through every step of illness. This may mean addressing psychological, spiritual and social issues, as well as physical symptoms experienced in the hospital and at home.”

Although it can be part of end-of-life care, palliative care is much broader with a focus on respecting the dignity of the patient and improving their quality of life by:

- Improving comfort
- Reaching the best possible function (for example, daily activities, physical activity, self care)
- Helping with decision-making about potential end-of-life care
- Providing emotional support to patients and their families

“Our goal is not only to focus on relieving symptoms such as pain, fatigue, nausea, difficulty sleeping and depression, but also to help patients gain the strength to carry on with daily life,” Margie said. “Palliative care improves the patient's ability to tolerate medical treatment and also gives them more control over their care.

Palliative care benefits people suffering from serious and chronic illnesses such as cancer, cardiac disease, chronic obstructive pulmonary disease (COPD), kidney failure, Alzheimer’s, Parkinson’s, Amyotrophic Lateral Sclerosis (ALS) and many more. If you or a loved one has been diagnosed with a serious illness, you may benefit from the support palliative care can provide.

For more information, visit mission4health.com/palliativecare.
Classes and Events
MISSION HOSPITAL  FALL 2015  REGISTER TODAY  (877) 459-DOCS

CLASS LOCATIONS
Art & Creativity
For Healing Studio
26079 Getty Dr.
Laguna Niguel

CardioPulmonary
Rehab Center
26732 Crown Valley Pkwy.
Suite 281
Mission Viejo

CHEC Family
Resource Center (CHECFRC)
27412 Calle Arroyo
San Juan Capistrano

Mission
Conference Center
26726 Crown Valley Pkwy.
Mission Viejo

Mission Hospital
Laguna Beach
21872 Coast Hwy.
Laguna Beach

Mission Women’s
Wellness Center
26732 Crown Valley Pkwy.
Mission Viejo

Norman P. Murray
Community Center
24932 Veterans Way
Mission Viejo

South Orange County Family
Resource Center (SOCFRC)
23852 Rockfield Blvd.
Suite 270
Lake Forest

Susie Q Community
and Senior Center
380 3rd Street
Laguna Beach

COMMUNITY EDUCATION
Understanding Insomnia
Thursday, September 10, 1 p.m.
Susie Q Community and Senior Center
AND
Thursday, November 5, 1 p.m.
Norman P. Murray Community Center
Mission Hospital Psychiatrist and Sleep Medicine Physician Ravindra Chand, MD, will discuss the classifications of insomnia, psychiatric conditions that often accompany insomnia and treatments options.
Register: (877) 459-3627

Have Your Everyday Fears Crossed the Line Into Anxiety?
Thursday, September 10, 1 p.m.
Norman P. Murray Community Center
AND
Tuesday, September 29, 1 p.m.
Susie Q Community and Senior Center
Mission Hospital's Executive Director of Behavioral Health Services Fred Richmond, MBA, PhD, will discuss the various types, symptoms, causes and treatments for anxiety disorders.
Register: (877) 459-DOCS

Do You Suffer from Headaches?
Tuesday, October 13, 1 p.m.
Norman P. Murray Community Center
Join Mission Hospital Neurologist Joey Gee, MD, to learn about the various types of headaches, their causes and treatments. He will also discuss a variety of neurological issues, such as dementia, Alzheimer’s and memory loss.
Register: (877) 459-DOCS

Dispelling 10 Myths Regarding Sunscreen
Thursday, October 8, 1 p.m.
Susie Q Community and Senior Center
Mission Hospital Affiliated Dermatologist Victoria Wang, MD, will give a brief overview of the sun’s harmful effects on skin, tips for sun protection and an interactive discussion about common sunscreen myths.
Register: (877) 459-DOCS

DIABETES SERIES
Diabetes Medications
Tuesday, October 20, 7 – 8:30 p.m.
Mission Conference Center
A pharmacist will explain the medications frequently used to treat diabetes and other co-existing conditions. Free

Diabetes Overview
Tuesday, October 6, 7 – 8:30 p.m.
Mission Conference Center
Join us as we discuss the basics of managing diabetes. This is a great class for newly diagnosed patients, and for those who would like to learn how to manage diabetes more effectively. Free

Eating Well with Diabetes
Tuesday, October 13, 7 – 8:30 p.m.
Mission Conference Center
Learn how to eat sensibly to help control your weight and blood sugar. The difference between carbohydrates, fats and proteins will be emphasized, and guidelines on planning and preparing meals will be provided. Free

Fitness with Diabetes
Tuesday, October 27, 7 – 8:30 p.m.
Mission Conference Center
Mission Hospital’s exercise physiologist will discuss the role exercise plays in managing diabetes. Specific exercises and handouts will be provided, including low-impact exercise options for people with limited mobility. Free

Living with Diabetes
Tuesday, November 10, 7 – 8:30 p.m.
Mission Conference Center
Join the discussion about how to manage stress, handle social situations and parties, and work through the ups and downs that many people with diabetes often experience. Free

MIND AND SPIRIT
Someone I Love Has Memory Loss: A Family Orientation
Tuesday, September 15, 6 – 8 p.m.
Norman P. Murray Community Center
Presented by the Alzheimer’s Association, Orange County Chapter, this free class for family caregivers will provide an overview of mild cognitive impairment, memory loss and the various dementias, including Alzheimer’s disease. Learn about the symptoms, diagnostic process, available services and more. RSVP required. Call (800) 272-3900. Free

MATERNITY
Babies Multiplied
Monday, November 30, 6 – 8:30 p.m.
Mission Women’s Wellness Center
This class covers the unique challenges and needs for parents expecting multiple babies. Learn tips from a registered nurse and board-certified lactation consultant on how to prepare your body for birthing multiples, breastfeeding, caring for your babies, organizational tips and community resources. Fee: $30 Per Couple

Boot Camp for New Dads
Saturdays: 9 a.m. – noon
September 19, October 10, December 12
Mission Conference Center
This interactive, men-only workshop is for first-time dads-to-be. Fueled by the advice of Veteran Dads (new dads who bring their two- to eight-month-old babies) showing Rookie Dads how to navigate becoming a father. Spend small-group time with a veteran dad and baby discussing how to support new moms, troubleshooting crying babies, handle family and visitors, and parent as a team. Registration required: tiny.cc/OCBootcamp.
Fee: $35 – Includes Crash Course Book

Breastfeeding Basics
Wednesdays: 10 a.m. – 12:30 p.m.
September 16, October 21, November 18, December 16
Mission Women’s Wellness Center
Meet with our certified lactation specialist to learn about the advantages of breastfeeding before you deliver.

DIABETES SERIES
Diabetes Medications
Tuesday, October 20, 7 – 8:30 p.m.
Mission Conference Center
A pharmacist will explain the medications frequently used to treat diabetes and other co-existing conditions. Free

Diabetes Overview
Tuesday, October 6, 7 – 8:30 p.m.
Mission Conference Center
Join us as we discuss the basics of managing diabetes. This is a great class for newly diagnosed patients, and for those who would like to learn how to manage diabetes more effectively. Free

Eating Well with Diabetes
Tuesday, October 13, 7 – 8:30 p.m.
Mission Conference Center
Learn how to eat sensibly to help control your weight and blood sugar. The difference between carbohydrates, fats and proteins will be emphasized, and guidelines on planning and preparing meals will be provided. Free

Fitness with Diabetes
Tuesday, October 27, 7 – 8:30 p.m.
Mission Conference Center
Mission Hospital’s exercise physiologist will discuss the role exercise plays in managing diabetes. Specific exercises and handouts will be provided, including low-impact exercise options for people with limited mobility. Free

Living with Diabetes
Tuesday, November 10, 7 – 8:30 p.m.
Mission Conference Center
Join the discussion about how to manage stress, handle social situations and parties, and work through the ups and downs that many people with diabetes often experience. Free

MIND AND SPIRIT
Someone I Love Has Memory Loss: A Family Orientation
Tuesday, September 15, 6 – 8 p.m.
Norman P. Murray Community Center
Presented by the Alzheimer’s Association, Orange County Chapter, this free class for family caregivers will provide an overview of mild cognitive impairment, memory loss and the various dementias, including Alzheimer’s disease. Learn about the symptoms, diagnostic process, available services and more. RSVP required. Call (800) 272-3900. Free

MATERNITY
Babies Multiplied
Monday, November 30, 6 – 8:30 p.m.
Mission Women’s Wellness Center
This class covers the unique challenges and needs for parents expecting multiple babies. Learn tips from a registered nurse and board-certified lactation consultant on how to prepare your body for birthing multiples, breastfeeding, caring for your babies, organizational tips and community resources. Fee: $30 Per Couple

Boot Camp for New Dads
Saturdays: 9 a.m. – noon
September 19, October 10, December 12
Mission Conference Center
This interactive, men-only workshop is for first-time dads-to-be. Fueled by the advice of Veteran Dads (new dads who bring their two- to eight-month-old babies) showing Rookie Dads how to navigate becoming a father. Spend small-group time with a veteran dad and baby discussing how to support new moms, troubleshooting crying babies, handle family and visitors, and parent as a team. Registration required: tiny.cc/OCBootcamp.
Fee: $35 – Includes Crash Course Book

Breastfeeding Basics
Wednesdays: 10 a.m. – 12:30 p.m.
September 16, October 21, November 18, December 16
Mission Women’s Wellness Center
Meet with our certified lactation specialist to learn about the advantages of breastfeeding before you deliver.
Our educators also discuss prenatal preparation, baby’s first feeding, mothers expectations and family relationships. Attend this during your seventh or eighth month of pregnancy. Mother’s support person is encouraged to attend. Fee: $40 Per Couple

Caring For Your Baby
Wednesdays: 10 a.m. – 12:30 p.m.
September 2, October 7, November 4, December 2
Mission Women’s Wellness Center
Designed for expectant, adoptive and new parents who wish to learn the basics of newborn care. Infant temperament and personality, crying, calming, growth and development are also included. Fee: $40 Per Couple

Prep for Birth
Tuesdays: 12:30 – 3 p.m.
September 15, October 13, November 17, December 15
Mission Women’s Wellness Center
Best started in the seventh month of pregnancy, this maternity series gives information about the anatomy and physiology of labor, prepared childbirth techniques (Lamaze), pain management, and medication options for labor and delivery. Taught by a labor and delivery nurse. Includes code for e-learning course. Fee: $65 Per Couple

Warm Beginnings Package
This package includes three key classes at a reduced rate: Prep for Birth, Breastfeeding Basics and Caring For Your Baby. Fee: $95 Per Couple

Welcome Baby Tour Night
Thursdays: 6 – 8 p.m.
September 10, October 8, November 12, December 10
Mission Conference Center
You are cordially invited to our Welcome Baby Tour Night to prepare for your birth at Mission Hospital. Take a tour, learn about Mission’s Maternity Services, education classes, support groups, baby-friendly designated breast feeding services and key items to complete prior to your admission. Meet our vendors for massage, newborn photography, baby hand/foot impressions and more. Attendees receive a free gift and enjoy appetizers and desserts. Enter a raffle for prizes, process your pre-registration and enjoy a “belly” photo shoot by Bella Baby Photography. The photo shoot begins 45 minutes prior to the presentation. Contact Bella Baby to set up an appointment: (877) 752-5350 or customerservice@bellababyphotograph.com. Free

WELLNESS

Skin Cancer Screening
Thursday, September 17, 6 – 8 p.m.
Laguna Presbyterian Church
415 Forest Ave., Laguna Beach, CA 92651
Skin cancer is the most common form of cancer in the United States. Make an appointment today for a free skin cancer screening with a dermatologist. Appointment required. Call (877) 459-DOCS. Free

Heart Health Program
By Appointment
Mission Women’s Wellness Center
This personalized, comprehensive cardiac risk assessment for men and women includes a lipid panel, EKG, BMI, lifestyle education, physician referral as needed and more. Two appointments: The first includes a lipid panel, vitals, BMI and 12-lead EKG. The second is with a cardiovascular registered nurse and includes results, confidential consultation, education and physician referral if needed. Call (949) 364-0511 and select option 3, then option 4 to schedule an appointment. Fee: $75

Women’s Bone Health Program
Tuesday, November 10, 10 – 11:30 a.m.
Mission Women’s Wellness Center
Taught by experts in the field — learn about osteoarthritis, osteopenia and osteoporosis, including prevention and treatment, dietary influence, safe movement, balance and injury prevention, pilates and yoga. Free

MASSAGE AND SKIN THERAPY

Clinical Aromatherapy for Postpartum Depression
By Appointment
Mission Women’s Wellness Center
Clinical aromatherapy affects the brain and various body systems to help moms suffering with postpartum depression. Our team works closely with Mission Hospital’s Postpartum Depression Support Group. For more information or to schedule an appointment, call (949) 365-3846. 30-minute session is $99 80-minute session is $135

Oncology Massage
By Appointment
Mission Women’s Wellness Center
For women with lymphedema and/or those undergoing cancer treatment. Performed by specially trained and certified therapeutic massage therapists. For more information or to schedule an appointment, call (949) 365-3846. 30-minute session is $50 50-minute session is $90 80-minute session is $125

Postpartum Massage
By Appointment
Mission Women’s Wellness Center
Designed to bring your abdominal muscles back together and help flatten the “bulge or shelf” left after pregnancy. Helps relieve your body of the physical and emotional strains that carrying and caring for a newborn creates. To schedule an appointment, call (949) 365-3846. 30-minute session is $90 50-minute session is $120 80-minute session is $170

Pregnancy Massage
By Appointment
Mission Women’s Wellness Center
Provided by specially certified pregnancy massage therapists, prenatal massages allow moms a greater range of motion and activity longer into pregnancy. Since our therapists know how to position mom correctly, mom and baby are perfectly safe with us during all three trimesters. Call (949) 365-3846 to schedule an appointment. 30-minute session is $40 50-minute session is $75 80-minute session is $95

Restorative Healing Massage
By Appointment
Mission Women’s Wellness Center
For those undergoing cancer treatment. Our licensed estheticians who are specially certified in oncology esthetics offer head-to-toe treatments that will leave your skin glowing and revitalized. We provide oncology, pregnancy, traditional, ultimate and caregiver facials, foot and hand treatments customized for your specific needs. For more information or to schedule an appointment, call (949) 365-3846. Call for pricing.

Sports Massage
By Appointment
Mission Women’s Wellness Center
A traditional massage combined with compressions, stretches, and cross-friction techniques that focus on muscles relevant to a particular athletic activity. This massage encourages higher intensity training with less chance of injury. 30-minute session is $45 50-minute session is $80 80-minute session is $125

Wellness Massage
By Appointment
Mission Women’s Wellness Center
Designed for relaxation, improved circulation, and body, mind and spirit wellness. For more information or to schedule an appointment, call (949) 365-3846. 30-minute session is $40 50-minute session is $75 80-minute session is $95

Camino Health Center Auxiliary Fashion Show
November 24, 2015, 10 a.m.
The Ritz-Carlton Laguna Niguel
For information, call (949) 364-7783.
Classes and Events
MISSION HOSPITAL FALL 2015 REGISTER TODAY (877) 459-DOCS

FOR YOUR FAMILY

CHEC Family Resource Center
9 a.m. – 5 p.m.
Evenings: by appointment only
CHECFRC offers information and resource services, application assistance for health care programs such as Medi-Cal and Covered CA, CalFresh (food stamps), groups and workshops, first-time home buyer information and financial counseling. Call (949) 489-7742

Children’s Support & Parenting Program
Thursdays: 5 – 7 p.m.
September 3 - November 5
SOCFRC
Orange County Health Care Agency provides parents with the support they need to build strong families and give family members valuable tools to become a healthy family. Free

Family Support Network
Friday, September 25, 9 – 11 a.m.
SOCFRC
Developmental Screening for children five years old and younger living in Orange County. Screenings include: cognitive, behavioral and health concerns. First come, first served. Free

Skills for Life
5:30 – 7 p.m.
Thursdays: September 17 – October 22
SOCFRC
AND
Wednesdays: October 28 – December 2
CHECFRC
Join the Skills for Life classes at the Family Resource Centers to learn about the following topics: self-esteem, anger management, communication, depression, anxiety and healthy relationships. Free Register: (949) 364-0500 SOFCRC (949) 489-7742 CHECFRC

Legal Advocacy Services
Tuesdays: 2 – 5 p.m.
SOCFRC
By appointment only.
Human Options Legal Advocacy Program will be accepting intakes to provide information pertaining to domestic violence and the legal system. For more information or to schedule an appointment, please call (949) 364-0500. Free

Mental Health Counseling
By appointment only
SOCFRC and CHECFRC
Available in English and Spanish, this program offers low-cost, brief, individual, couples or family counseling for families living between Lake Forest and San Clemente. Fee based on sliding scale.

Mommy and Me
Thursdays: 9:30 – 10:30 a.m.
September 10, 17, 24
SOCFRC
MOMS Orange County invites you and your child (between the ages of six to 11 months) to enjoy learning and recreation. Fun games, songs and stimulation exercises will be explored. Free

Personal Empowerment Program (PEP)
Please call for dates
SOCFRC and CHECFRC
PEP is designed for victims of domestic violence, in an effort to provide support and education to end the cycle. Register: (949) 380-6931. Free

CANCER SUPPORT GROUPS

A Step at a Time
Second and fourth Monday of every month, 6 – 8 p.m.
Mission Women’s Wellness Center
For women living with breast cancer. Free

Dayan Qigong
Thursdays: 6:30 – 7:30 p.m.
Mission Conference Center
A complementary mind/body health form that has been practiced in China for 1,700 years. Includes stretching, acupressure, self-massage, meditation and a 64-movement flow imitating wild geese. Women Only. Free

Live Well with Cancer
First and third Monday of every month 6:30 – 8 p.m.
Mission Conference Center
Support group for individuals and their caretakers who have experienced all types of cancer treatment. Free

Look Good, Feel Better
Mondays: 1 – 3 p.m.
October 19, December 21
Mission Women’s Wellness Center
This program, offered through the American Cancer Society, helps women develop skills to enhance their appearance while undergoing cancer treatment. Registration is required, and all cosmetics and skin care products are complimentary. Free

Needle While You Work
First Monday of every month, 10 – 11 a.m.
Mission Women’s Wellness Center
Join other knitters in making hats, scarves and blankets for women undergoing chemotherapy, and for breast cancer awareness fundraising.

Our Journey Together
Second and fourth Tuesday of every month, 11:30 a.m. – 1 p.m.
Mission Women’s Wellness Center
This group supports individuals with recurrent/metastatic breast cancer. Free

Yoga for Women Living with Cancer
Tuesdays: 6:30 – 7:30 p.m.
Mission Conference Center
Yoga is a gentle way to exercise and heal the body and mind. Boost your energy and build strength, awareness and flexibility through stretching, breathing and sound. Bring a mat or towel and water. Free

SUPPORT GROUPS

Better Breathers
Second Thursday of every month 12:30 – 2 p.m.
Mission Conference Center
Support group for patients with chronic lung disease and their families. Free

Breastfeeding Workshop
Wednesdays: 1 – 3 p.m.
Mission Women’s Wellness Center
For moms and babies of all ages to discuss breastfeeding joys and challenges, returning to work, nutrition and other topics. Hands-on help is not available during these meetings. Facilitated by a board-certified lactation consultant. Group setting. Free

Gary’s Place For Kids
First and third Monday of every month 6:30 – 8 p.m.
Mission Conference Center
Support group for children and adolescents who have experienced the loss of a parent. For more information, visit gpfk.org. Free

Gift of Heart
Monday, October 26
7 – 8:30 p.m.
For patients and families who have had or are waiting for organ transplants. Free

Foster/Adoptive and Kinship Parents
Second Wednesday of every month 6:30 - 8:30 p.m.
September 9, October 14, November 11, December 9
SOCFRC
Training meets the annual minimum state and federal requirement. Includes parenting skills, permanency planning, grief and loss, and emotionally disturbed children. Presented by Saddleback College. To register, call (949) 582-4884. Free

Healing Hearts
First and third Monday of every month 7 – 9 p.m.
Mission Women’s Wellness Center
An ongoing support group for families who have experienced the death of a baby through miscarriage, stillbirth or infant death. Free

Mended Hearts
Third Wednesday of every month 7 – 8:30 p.m.
Mission Conference Center
A national group for patients and families who have had cardiac events. Monthly speakers on various topics. Free
HEART & LUNG

Healthy Heart and Lifestyle Series
Wednesdays: 10 – 11 a.m.
CardioPulmonary Rehab Center
An educational series designed to help you learn the basics for developing a healthy lifestyle. Topics include modifying behaviors, how the heart works, risk factor modification, diabetes update, exercise/activity guidelines, stress management techniques and nutritional information. You are welcome to come to individual classes, although the entire series is highly recommended. Free

Pulmonary Rehab Education Program
Second Thursday of every month
Noon
September 10, October 8, November 12, December 10
Mission Conference Center
Learn the proper way to exercise if you have COPD (chronic obstructive pulmonary disease), plus how to enhance your quality of life and daily activity. Call (877) 459-3627 for more information.

FREE MEDICARE SEMINARS

Understanding Medicare
Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You’ll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at stjhs.org/medicare or call (877) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

Mission Conference Center
6 p.m. Tuesday October 6
6 p.m. Wednesday November 4
6 p.m. Wednesday December 9
6 p.m. Friday October 16
2 p.m. Tuesday October 20
10 a.m. Saturday October 24
6 p.m. Wednesday October 28
10 a.m. Saturday November 7
6 p.m. Wednesday November 11
2 p.m. Thursday November 19
6 p.m. Monday November 23
6 p.m. Friday December 4

Medicare Benefits
Covered by Medicare? Join our informative, no pressure meeting where representatives from our partner health plans will discuss their benefits so you can determine the best plan for you. Make a reservation online at stjhs.org/medicare or call (877) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

Mission Conference Center
6 p.m. Friday October 16
2 p.m. Tuesday October 20
10 a.m. Saturday October 24
6 p.m. Wednesday October 28
10 a.m. Saturday November 7
6 p.m. Wednesday November 11
2 p.m. Thursday November 19
6 p.m. Monday November 23
6 p.m. Friday December 4

Medicare has neither reviewed nor endorsed this information. Sales persons will be present with information and applications at the Medicare Benefits meetings. For accommodation of persons with special needs at benefit sales meetings, please call (877) 459-3627. Hearing impairment, call TTY (949) 381-4947 (Monday – Friday, 8 a.m. – 5 p.m.).

“Like” Mission Hospital on Facebook, follow us on Twitter and visit mission4health.com/calendar for additional community education events.

Mentoring Moms
Tuesdays: 9:30 – 11 a.m.
September 15 – October 13
SOCFRC
Designed for new moms who need support. Each class will feature a guest speaker providing helpful tips that will benefit all moms. Every attendee will be paired with a Mentor Mom for additional one-on-one support. Space is limited and advance registration is required. Register: (877) 459-DOCS. Free

Mommy Matters
Second and fourth Wednesday of every month, 10:30 – 11:30 a.m.
Mission Women’s Wellness Center
Ages newborn – 12 months
Join our interactive and fun group for new moms and babies. Share your joys and concerns that life with a new baby brings, and learn about your new role as a mother. Free

Postpartum Depression
Tuesdays: 10 – 11 a.m.
Mission Women’s Wellness Center
An ongoing support group that discusses the unexpected feelings of anxiety, isolation and depression that may be experienced after the birth of a baby. Free

Upbeat Cardiac Devices Discussion Group
Second Tuesday of odd numbered months 6 – 7 p.m.
September 8, November 10
Mission Conference Center
For families who have or are considering a pacemaker or defibrillator device. Free

Women’s Support Group
Thursdays: 11 a.m. – 12:30 p.m.
September 17 – November 5
SOCFRC
In this eight-week group series, you will learn how to better manage your stress and depression, gain motivation to change your negative thoughts, and find support and hope by interacting with others. Presented by Irma Garcia, LCSW, mental health counselor. (Childcare will be provided. Space is limited). Register: (949) 421-3404. Free

HEART & LUNG

Healthy Heart and Lifestyle Series
Wednesdays: 10 – 11 a.m.
CardioPulmonary Rehab Center
An educational series designed to help you learn the basics for developing a healthy lifestyle. Topics include modifying behaviors, how the heart works, risk factor modification, diabetes update, exercise/activity guidelines, stress management techniques and nutritional information. You are welcome to come to individual classes, although the entire series is highly recommended. Free

Pulmonary Rehab Education Program
Second Thursday of every month
Noon
September 10, October 8, November 12, December 10
Mission Conference Center
Learn the proper way to exercise if you have COPD (chronic obstructive pulmonary disease), plus how to enhance your quality of life and daily activity. Call (877) 459-3627 for more information.

FREE MEDICARE SEMINARS

Understanding Medicare
Turning 65? Help eliminate the confusion and guesswork around Medicare by attending one of our no-cost education meetings. You’ll learn about the different parts of Medicare, enrollment windows and timing. Make your reservation online at stjhs.org/medicare or call (877) 459-3627. Hearing impairment, call: TTY (949) 381-4947.

Mission Conference Center
6 p.m. Tuesday October 6
6 p.m. Wednesday November 4
6 p.m. Wednesday December 9
6 p.m. Friday October 16
2 p.m. Tuesday October 20
10 a.m. Saturday October 24
6 p.m. Wednesday October 28
10 a.m. Saturday November 7
6 p.m. Wednesday November 11
2 p.m. Thursday November 19
6 p.m. Monday November 23
6 p.m. Friday December 4

Medicare has neither reviewed nor endorsed this information. Sales persons will be present with information and applications at the Medicare Benefits meetings. For accommodation of persons with special needs at benefit sales meetings, please call (877) 459-3627. Hearing impairment, call TTY (949) 381-4947 (Monday – Friday, 8 a.m. – 5 p.m.).

“Like” Mission Hospital on Facebook, follow us on Twitter and visit mission4health.com/calendar for additional community education events.
A Ministry founded by the Sisters of St. Joseph of Orange

ST. JOSEPH HEALTH SYSTEM
3345 MICHELSON DRIVE
IRVINE, CA 92612

The information in this publication is intended to educate readers about subjects pertinent to their health. Information should not be considered medical advice or treatment, nor should it be used as a substitute for a physician consultation. You can request to be removed from our mailing list by sending an email containing your name and address to “RemoveMe@stjoe.org.”

Go to StJosephHoagHealth.org or call (877) 459-DOCS (3627) to choose your doctor.