

# HQ

## HEALTHLINE QUARTERLY

GLENDALEADVENTIST.COM  
AN AWARD-WINNING PUBLICATION

S U M M E R 2 0 1 4

### GAMC EVENTS

#### NEW ON HEALTHLINE!

Tune in to learn more from GAMC doctors about staying healthy. Show airs the last Sunday of each month from 1:30 to 2 PM on:

- Charter Communications channels 21, 29 and 388
- Time Warner channel 600
- Cox Communications channel 485
- Globecast channel 758

#### BLOOD DRIVE

Tuesday, Sept. 23

GAMC Main Auditorium

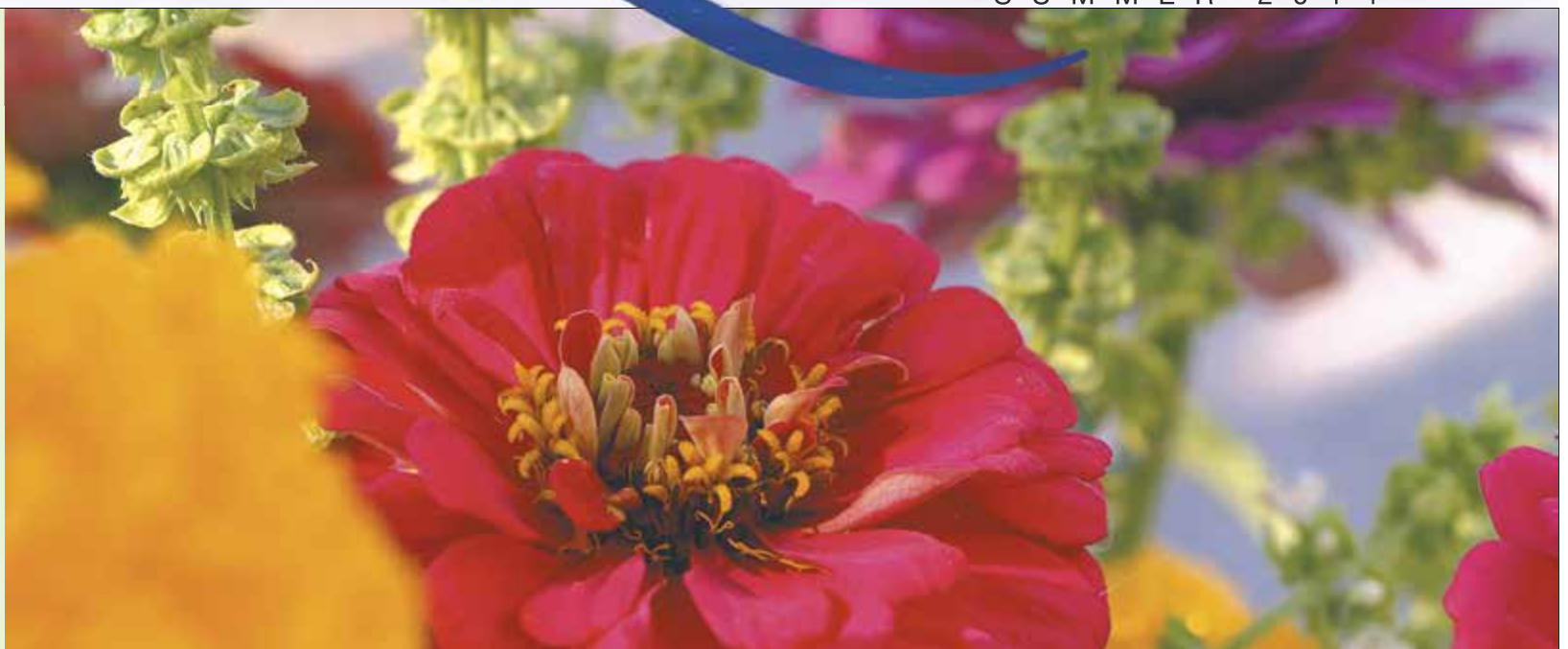
7:30 AM to 7:45 PM

Your generous blood donation can help save up to three lives! To make your appointment, visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code "glendaleadventist."

#### JOIN OUR ONLINE CONVERSATION

Visit us at [Facebook.com/GlendaleAdventist](https://www.facebook.com/GlendaleAdventist) or follow us on Twitter at [@GAMCHealth](https://twitter.com/GAMCHealth).

- Get our latest news and updates.
- Share what GAMC means to you and your family.
- Like our page.



### Allergic rhinitis

# THE BIG SNEEZE

The nose knows when allergic rhinitis comes to call. ♦ This allergic reaction causes inflammation inside the nose—and those tell-tale signs of sneezing, itching, dripping and congestion. ♦ So what exactly is behind that

sniffly drip? Here's what you need to know.

**What is an allergy?** "An allergy is a reaction of your immune system to something in the environment or food that you may consume," says Michael Bublik, MD, otolaryngologist at Glendale Adventist Medical Center (GAMC). "People who have allergies often are sensitive to more than one thing. Approximately 1 out of 5 Americans suffers from allergies, and symptoms range from mild to severe."

**Invasion alert.** It all starts with the body's immune response to an allergen, such as pollen. The immune system tries to fight the foreign invader. Part of that reaction is the release of a substance called histamine—the trigger of those pesky (and often persistent) nasal symptoms. Other symptoms



Michael Bublik, MD

can crop up too, such as:

- Itchy eyes
- Headache
- Scratchy throat
- Asthma
- Eczema

Seasonal allergic rhinitis, or hay fever, received its name when workers developed nasal and sinus congestion when they worked around hay in the fields. This type

—Continued on page 2

**Allergy tests can reveal the sources of your sneezes. Call (818) 409-8100 to make an appointment with a GAMC physician.**

## INSIDE

**3 CANCER** 3 STEPS THAT CAN HELP YOU PREVENT IT  
**6 CHOLESTEROL** HOW MUCH DO YOU KNOW?

**Cardiac arrest! A story of quick action and successful recovery—see page 4.**



## Latino Association names GAMC Business of the Year

Glendale Adventist Medical Center (GAMC) has received a significant honor—the Glendale Latino Association's (GLA) 2014 Business of the Year award. The award was presented at the GLA's annual Community Awards and Installation Luncheon, attended by local elected officials and business and organization leaders, at Oakmont Country Club in Glendale.

"It is a privilege to select Glendale Adventist as our Business of the Year," says GLA President Nancy Guillen. "GAMC's mission, vision and service resonates with the mission of the GLA. The hospital's generous sponsorships of GLA events have enabled us to support local youth by awarding scholarships to deserving students. GAMC is a fine example of an organization that invests in the community."

GAMC President and CEO Kevin A. Roberts accepted the award on behalf of the hospital.



**MANY THANKS:** President and CEO Kevin A. Roberts accepts the 2014 Business of the Year award from Glendale Latino Association President Nancy Guillen.

## The big sneeze

—Continued from front page

is usually caused by outdoor allergens such as pollens from weeds, grass and trees.

Chronic allergic rhinitis—also known as perennial allergic rhinitis—can happen anytime, may last all year, and is caused by indoor allergens like dust mites, animal dander and mold.

**Treat the sneeze.** "Several methods can help combat allergic rhinitis—and it often takes a combination to get symptoms under control," says Dr. Bublik. "The first step is to figure out what allergen is causing the problem and then do your best to avoid it."



**VALUABLE PLAYERS:** Michelle Jocson, RN, GAMC stroke program manager (left), and Lance Lee, MD, accepted awards on behalf of the Neuroscience Institute.

## GAMC scores a home run at stroke forum

Glendale Adventist Medical Center enjoyed major league status at Adventist Health System's National Stroke Forum in San Diego, as awards were presented at Petco Park, home of the Padres Major League Baseball team. Representing the hospital's Neuroscience Institute team, Lance Lee, MD, medical director, and Michelle Jocson, RN, stroke program manager, accepted first-place honors as Best Primary Stroke Center for 2013 in the second annual Door-to-Needle Challenge.

Adventist hospitals throughout the nation competed for the fastest average door-to-needle time and the most tissue plasminogen activator (TPA) medication administered in any size facility. TPA is generally used immediately after stroke symptoms begin to prevent disability after a stroke.

"The national average door-to-needle time is about 96 minutes," Jocson explains. "The treatment target time is 60 minutes, but at Glendale Adventist, we are consistently below that...our fastest time in 2013 was 35 minutes!"

GAMC also received annual Quality Achievement awards and designations from the American Heart Association and American Stroke Association during the 2014 International Stroke Conference, held concurrently. Among these are the Gold Achievement Plus award for highest-quality treatment, Target Stroke Honor Roll and designation of GAMC as an Advanced Primary Stroke Center.

You can also:

- Rinse your nasal passages with saline solution or use a saline spray to help rid your nose of allergens.
- Try over-the-counter or prescription medications. These can include nasal sprays, antihistamines and decongestants.
- Consider allergy shots (immunotherapy). This series of shots, given over a period of time (usually three to five years), helps reduce sensitivity to an allergen and may reduce or even eliminate symptoms. It can be a good option when medications aren't providing relief.

"Patients who suffer from other nasal symptoms that can be related to allergy, like chronic sinusitis and nasal polyps, show significant improvement after undergoing immunotherapy," Dr. Bublik says.

## Feed your brain well

Here's some food for thought: What you put in your stomach can affect your brain. Good nutrition can help protect against a number of diseases—including heart disease, diabetes and obesity—that can also affect brain health. A diet that's good for your brain is most effective when you combine it with a healthy dose of **physical** and **mental activity** and **social interaction**.



Physical



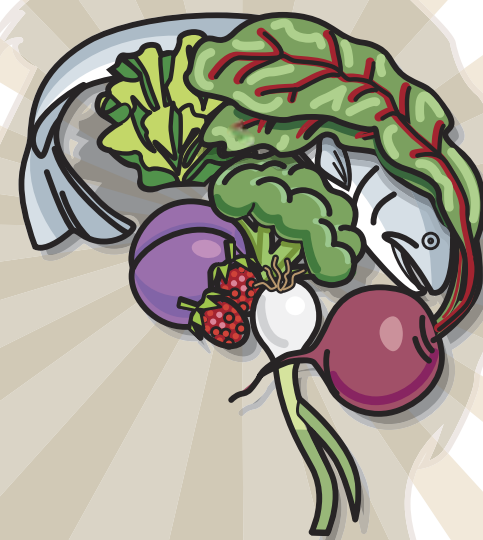
Mental



Social



Diet



### Keep the pounds in check

Studies show that if you're overweight or obese in middle age, you increase your risk of developing dementia later in life.



### Eat fewer foods high in fat and cholesterol

Your risk for Alzheimer's disease goes up if your diet is high in saturated fat and cholesterol. Foods that have both include beef, lamb, butter and full-fat dairy products.



### Eat more protective foods

Filling up on these foods may lower your risk of heart disease and stroke and protect your brain cells:

- Dark-skinned fruits and vegetables, including kale, spinach, onions, Brussels sprouts, broccoli, beets, red bell peppers, eggplant, corn, raisins, blueberries, blackberries, strawberries, oranges, red grapes, plums and cherries.
- Cold-water fish, such as halibut, salmon, trout and tuna.
- Some nuts, including almonds, pecans and walnuts.

Coffey infographic with information from the American Academy of Neurology and the Alzheimer's Association





# FEEL BETTER

*Tips for coping with cancer fatigue*

**IT'S A FRUSTRATING** fact: Cancer and its treatment can take a serious toll on your energy. For some survivors, the fatigue can last for months or even years.

When you have cancer, an important part of taking care of yourself is taking steps to cope with fatigue.

Try asking yourself the questions below. The answers may help you find ways to recover some of your energy.

**What comes first?** To make the most of your energy, prioritize your activities and commitments. Focus on the most important and let other things go. Also:

- Ask for help, and let other people help you check things off your to-do list.
- Organize your space to keep things you use often within easy reach.
- Maintain a regular daily routine as much as possible.

It's okay to pace yourself and take rests. But try to avoid spending too much time in bed, which can make you weaker.

**What renews me?** Make time for a hobby or interest that restores your spirit and helps you cope with stress, such as walking, painting, reading, bird-watching, gardening, visiting with friends or volunteering. Fresh air may also help you feel renewed.

For some, deep breathing exercises and visualization provide a way to relax and recharge without leaving home.

**Am I taking care of my body?** Healthy habits may improve your energy level and your mood. For example:

- Get regular exercise. Talk with your doctor before starting an exercise program. He or she may refer you to a physical therapist who works with cancer patients.
- Eat a balanced diet. If you're feeling nauseated or have no appetite, your doctor or a registered dietitian may be able to offer suggestions that can help.
- Get enough sleep. Rest briefly when you need it between taxing activities. A few breaks during the day are better than one long nap, which may make it harder to sleep at night. Try to stick to a regular nighttime sleep schedule, and tell your doctor if you're sleeping too much or not enough.

**INFO** If you continue to find yourself struggling with fatigue, GAMC helps patients and families cope with psychological, social, spiritual and physical distresses of cancer through survivorship programs. To learn more about Cancer Services at GAMC, call (818) 409-8100 or visit [GlendaleAdventist.com/Cancer](http://GlendaleAdventist.com/Cancer).

Source: American Cancer Society



## CANCER PREVENTION FOLLOW THIS 3-STEP PLAN

**COULD PREVENTING CANCER** be as easy as 1, 2, 3?

According to physicians and other experts, in many cases the answer is yes.

After reviewing thousands of studies, it has been determined that cancer isn't always something that just happens. Often, it can be linked to behaviors and lifestyle. That means our everyday choices may lessen our cancer risk.

Certainly that's true with choosing not to smoke. Lung cancer—for which smoking is a main risk factor—remains the No. 1 cause of death in the United States.

Glendale Adventist Medical Center (GAMC) is committed to fighting this disease and offers low-cost lung cancer screenings to the general public.

The U.S. Preventive Services Task Force recommends an annual low-dose CT screening for asymptomatic adults ages 55 to 80 who have a minimum smoking history of 30 "pack years" or who have quit within the past 15 years.



**To set up an appointment for your low-cost lung cancer screening at GAMC, call (818) 409-8192.**

Prevention doesn't end with not smoking. According to the American Institute for Cancer Research, taking these three steps may also go a long way toward staying cancer-free:

**1 Eat mostly plant foods.** Fruits, vegetables, whole grains and legumes contain phytochemicals that may bolster the body's ability to fight cancer by preventing cancer-causing substances from becoming active in the body or triggering the death of cells that are cancerous.

Aim for a colorful variety of at least five servings of fruits and vegetables each day. At mealtime, strive to fill at least two-thirds of your plate with plant foods.

Animal foods, such as meat, should make up no more



than one-third of your meal. But try to limit red meat to 18 ounces or less each week, and avoid processed meats.

**2 Be physically active at least 30 minutes each day.** GAMC physicians suggest that physical activity promotes the quick passage of waste which could reduce the risk of colon cancers. In women, regular exercise may lower the levels of hormone production that raise cancer risk.

**3 Maintain a healthy weight.** In the body, fat may produce hormones that promote cell growth. They also produce proteins that cause inflammation and insulin resistance, which may also promote cell growth and reproduction.

The more cells divide, the more chance there is for cancer to develop. Fat around your waist may be particularly dangerous. Speak with your doctor about what your healthy weight should be.

## FEATURE



# *Saving a heart*

**K**nowing CPR could help you save the life of a loved one—or perhaps the life of a stranger you may encounter on the sidewalk. Norair Chitechyan, father of Ruzanna Alexanian, MD, an internal medicine physician at Glendale Adventist Medical Center (GAMC), was fortunate that the individual who helped save him was well-prepared when he went into cardiac arrest. ♦ Also known as cardiopulmonary arrest or ventricular fibrillation, cardiac arrest is the cessation of blood circulation due to failure of the heart to contract effectively. Immediate emergency help can usually reverse a cardiac arrest, but without any intervention, the consequences can be very serious. ♦ On March 3, Chitechyan was taking his daily morning walk around his neighborhood. Because of his age, he understood the importance of maintaining a healthy lifestyle, including routine exercise and healthy eating. It was a day like any other. But on this March morning, he unexpectedly collapsed to the ground.

**QUICK ACTION** Fortunately, a good Samaritan who was quick to respond ran over and began conducting CPR while paramedics rushed to the scene.

Medical assistance arrived in less than five minutes of the initial 911 phone call. Chitechyan had gone into cardiac arrest. Paramedics shocked Chitechyan three times before he was taken to the

Emergency Department at GAMC.

Emergency medical staff responded quickly. Anthony Cardillo, MD, emergency room physician, began intubation—the process of inserting a tube into the mouth and then into the airway—allowing the placement of a ventilator to assist Chitechyan with breathing. Within 10 minutes of the emergency treatment, Eric Lee, MD,

“WE WERE TRULY BLESSED WITH A TOP-NOTCH TEAM OF GLENDALE ADVENTIST MEDICAL CENTER PHYSICIANS AND NURSES.”

—RUZANNA ALEXANIAN, MD



cardiologist, performed an angiogram to view the arteries near the heart in order to determine if there was any narrowing or blockage in the blood vessel affecting blood flow.

**Be prepared! To learn more, visit [GlendaleAdventist.com/Heart](http://GlendaleAdventist.com/Heart).**

**GRATEFUL TO THE TEAM**

Dr. Alexanian was extremely pleased with the care that the physicians and other members of the team provided to her father.

“I am so happy that my father was in such good hands,” says Dr. Alexanian. “We were truly blessed with a top-notch team of GAMC physicians and nurses, which included cardiologists Harry Balian, MD, John McKenzie, MD, and Sanjay Sharma, MD; Michel Zakari, MD, nephrologist; Lance Lee, MD, neurologist; and Zulfigar Ahmed, MD, pulmonologist.”

Dr. McKenzie implanted a defibrillator while Chitechyan was in the hospital. This device provides defibrillation—which consists of delivering a therapeutic dose of electrical energy to the heart—when needed. This depolarizes the heart muscle and allows normal sinus rhythm to be re-established by the body’s natural pacemaker, the sinoatrial node of the heart.

Chitechyan is now on dialysis and making progress every day. The rehabilitation team at GAMC will be assisting him in his return to the activities he loves—including his daily morning walk.



**HERE WHEN YOU NEED US** To learn more about the comprehensive cardiac care available at GAMC, visit us at [GlendaleAdventist.com/Heart](http://GlendaleAdventist.com/Heart) or call (818) 409-8100.

**When seconds count: CPR can save lives**

If someone you love suddenly collapsed and stopped breathing, would you know what to do?

Call 911, of course. You would also want to start cardiopulmonary resuscitation (CPR), because your loved one is likely in cardiac arrest. Quickly starting CPR may be the only way to save your loved one’s life. And using your hands is often enough.

Traditional CPR involves a combination of chest compressions and rescue breathing. However, research shows that in the case of cardiac arrest, you can skip the rescue breathing and just do rapid chest compressions—or what the American Heart Association (AHA) calls Hands-Only CPR. Here’s why:

In cardiac arrest, the heart abruptly stops pumping. Blood and oxygen quit flowing to the brain and heart. Breathing stops.

The most important thing to do is force the heart to start pumping again, which can happen with forceful compressions to the chest. The

lungs of people in cardiac arrest often contain enough oxygen to keep vital organs healthy for several minutes, so there is no need to do rescue breathing.

Swift, effective chest compressions from a bystander can more than double a person’s likelihood of surviving cardiac arrest, notes the AHA. Most of the time, however, no one steps forward.



**Top heart care: GAMC receives Chest Pain Center accreditation**

Glendale Adventist Medical Center received full Chest Pain Center accreditation from the Society of Cardiovascular Patient Care (SCPC) in February.

Time is critical for anyone experiencing the symptoms of a heart attack. Every minute that passes without treatment can mean the difference between full recovery and permanent disability or death. The accreditation process ensures that patients who arrive at the hospital complaining of chest pain or other symptoms of a heart attack receive the treatment necessary during the critical window of time when the heart muscle can be preserved.

SCPC’s goal is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment,



and increase the accuracy and effectiveness of treatment.

“We are extremely proud of this accreditation,” says Karen Brandt, vice president of Ancillary Services at GAMC. “As one of the leading hospitals in the San Fernando Valley and the only hospital in the area to have both an Advanced Primary Stroke Center and Accredited Chest Pain Center, we are committed to improving our cardiac care. With the organized response between paramedics

and our hospital, we are providing a higher level of excellence in service for our community.”

The accredited Chest Pain Center at GAMC has demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and undergoing an on-site review by a team of SCPC’s accreditation review specialists.



The GAMC Chest Pain Center encompasses the entire continuum of care for the heart patient and includes such focal points as dispatch, emergency medical services system, the Emergency Department and the Cardiac Catheterization Lab. GAMC is one of the few chest pain centers in the area. For more information, visit [GlendaleAdventist.com/Chestpain](http://GlendaleAdventist.com/Chestpain) or call (818) 409-8100.



**Put your heart in good hands**

Risks for a number of health problems increase as people age. These include chest pain and heart attack. Sometimes a combination of genetics and environmental factors—including your lifestyle—puts you at risk as well.

By working with your doctor at Glendale Adventist Medical Center, you can better

understand your specific risks. Just as important, you can learn how to head off those things that pose some of the greatest risks.

For example, your doctor might recommend that you stop smoking, improve your diet, get moving and—in some cases—take medication. He or she might also recommend screening tests, such as cardiac catheterization to find out if you have heart disease.

**A WAY TO YOUR HEART**

GAMC physicians believe the benefits of cardiac catheterization aren’t limited to diagnosing heart disease. If they find a blockage in an artery during the test, they may be able to

open it at that time with a procedure known as angioplasty.

During angioplasty, a slender balloon-tipped catheter is inserted into an artery—usually in the groin—and threaded to the area of the obstruction. The balloon is then inflated. This compresses the plaque that is causing the blockage and restores blood flow to the heart. Often, a wire mesh tube, called a stent, is also inserted at the same time to help the blood vessel stay open.

**KEEP IN TOUCH WITH YOUR DOCTOR**

If you already have a health problem such as heart disease, it’s important to continue working closely with your doctor. Doing so can help you manage your condition and live a healthier life.



**GAMC is an Accredited Chest Pain Center.** For a referral to a GAMC physician, call (818) 409-8100. To get more expert tips and friendly advice, visit [GlendaleAdventist.com/Chestpain](http://GlendaleAdventist.com/Chestpain).

Sources: AGS Foundation for Health in Aging; National Institutes of Health; National Heart, Lung, and Blood Institute





## THE BASICS OF CHOLESTEROL

**WHAT IS THE** difference between your HDL and your LDL? If you don't know, read on. It is important to discuss basic topics pertaining to cholesterol.

“Controlling your cholesterol is one of the best things you can do to help prevent a heart attack or stroke,” says Joseph Lee, MD, cardiologist at the comprehensive Heart & Vascular Institute at Glendale Adventist Medical Center (GAMC).

**Atherosclerosis.** This is the most common form of arteriosclerosis, a general term for thickening or hardening of the arteries. Plaque—made up of cholesterol and other substances—can build up in the inner lining of an artery,

**Controlling your cholesterol is one of the best things you can do to help prevent a heart attack or stroke.**

damaging the artery and impeding the flow of blood and its oxygen to your heart, brain and other organs. Plaque can rupture and cause blood clots, resulting in a heart attack or stroke.

**Cholesterol.** This is a fatty material that travels through the blood in particles called lipoproteins—fat wrapped in protein.

“The body needs some cholesterol, and the liver produces what it needs naturally. However, excessive amounts in our blood from the foods we eat, namely those high in saturated fat, trans fat or dietary cholesterol, can be harmful,” says Dr. Lee.

Your cholesterol levels are measured in milligrams per deciliter of blood, or mg/dL.

**High-density lipoprotein (HDL).** This specific type of cholesterol is considered to be the good kind because it can act as a cleanser, sweeping excess cholesterol out of arteries.

“A high HDL number of 60 mg/dL and above is considered protective against heart disease,” continues Dr. Lee. “A low HDL level—less than 40 mg/dL in men and less than

50 mg/dL in women—is a risk factor for heart disease.”

Obesity, smoking and a sedentary lifestyle can all contribute to having low HDL, so lifestyle changes can often help raise it.

**Low-density lipoprotein (LDL).** LDL is known as the bad cholesterol because it is the driving force behind atherosclerosis—a leading cause of heart attack or stroke.

“It's best to have an LDL level of less than 100 mg/dL to prevent such cases,” says Dr. Lee. “Making dietary changes, getting regular exercise and controlling your weight can help lower LDL cholesterol.” If those lifestyle changes aren't enough, your doctor may recommend that you take a cholesterol-lowering medication.

To learn more about the GAMC Heart & Vascular Institute, visit [GlendaleAdventist.com/Heart](http://GlendaleAdventist.com/Heart).

Sources: American Heart Association; National Heart, Lung, and Blood Institute

### Diabetes numbers to know

**How would you know if you had diabetes or might be headed that way?**

**You can't count on symptoms—prediabetes and diabetes usually have none at first. But a blood test can reveal whether your glucose level is normal or high.**

**These tests may be used to measure blood glucose in either milligrams per deciliter (mg/dL) or percentages. See how your numbers compare.**

	Fasting plasma glucose test (mg/dL)	Oral glucose tolerance test (mg/dL)	A1C test (percent)
<b>Normal</b>	99 or below	139 or below	about 5
<b>Prediabetes</b>	100 to 125	140 to 199	5.7 to 6.4
<b>Diabetes</b>	126 or above	200 or above	6.5 or above

Sources: American Diabetes Association; National Diabetes Information Clearinghouse

### HEPATITIS B

## VACCINE HELPS PROTECT PEOPLE WITH DIABETES

**IF YOU HAVE** diabetes, you should take a shot at protecting your health by getting the hepatitis B vaccine.

The vaccine is strongly recommended for anyone between the ages of 19 and 59 who has either type 1 or 2 diabetes and has not been vaccinated against hepatitis B, according to government officials. The vaccine is safe and is given as a series of shots. It should be given as soon as possible after a diabetes diagnosis.

Studies show that people under the age of 60 with diabetes are twice as likely to be infected with hepatitis B in comparison to those without the disease.

Hepatitis B is a serious infection caused by a virus that affects the liver. A lingering infection can damage the liver or cause cancer. Every year hepatitis B kills as many as 4,000 people nationwide.

The Diabetes Care Center draws upon Glendale Adventist Medical Center's expertise in medical treatment and lifestyle changes to give patients the education and support they need to control their diabetes and live a healthy lifestyle. To learn more about the center, call (818) 409-3548.

**CHECK WITH A DOCTOR** If you are older than 60 and have diabetes, ask your doctor if you should be vaccinated against hepatitis B. For a referral to a GAMC physician who can help you with your diabetes concerns, call (818) 409-8100.

Source: Advisory Committee on Immunization Practices





## We Specialize in Your *Emergencies*

We are Emergency Department physicians at Glendale Adventist Medical Center – front line of 24/7 emergency care for you and your family. Working alongside specially trained nurses and technicians, we take pride in staffing the finest ED in Glendale.

GAMC's Emergency Department is recognized by *L.A. County Emergency Medical Services* for fast heart attack treatment times. We are proud to provide you with:

- The ONLY Certified Chest Pain Center *and* Joint Commission Certified Advanced Primary Stroke Center in L.A. County
- A stroke alert team available 24/7 to offer immediate care
- Fast door-to-treatment times
- High patient satisfaction experience



HEALTHCARE *at a Higher Level*





# CALENDAR OF *Events*

JUNE THROUGH  
SEPTEMBER 2014

Our focus at Glendale Adventist Medical Center is on your family's health. Check out the many opportunities below to improve and preserve your health. Come by and visit or call us at **(818) 409-8100** for more information.



## SUPPORT GROUPS

### Adult Grief Support

- Mondays, 6 to 7:30 PM
- Wednesdays, 11 AM to 12:30 PM

Chaplain's Office

One-time registration, \$25

Have you recently lost a loved one? Struggling with your grief? Let us help! Call **(818) 409-8008** to register.

### Anonymous Support Groups

Glendale Adventist Medical Center provides a variety of free anonymous support groups through our Behavioral Medicine and Glendale Adventist Alcohol and Drug Services. Call **(818) 409-8100** to learn more about dates, times and locations.

### Cancer Support Group

Wednesdays, 11 AM to 12:30 PM  
Cancer Center Conference Room  
Free

This group is for survivors at any stage of cancer, from those with a new diagnosis to those with years of survivorship. The group focuses on providing support, encouragement and education to each other. Call **(818) 409-3530**.

### Stroke Medication Management and Education Clinic

- Mondays, 9 AM to noon and 1 to 3 PM
- Wednesdays, 8 AM to 1 PM

Call for location

Find answers to your stroke medication questions at a **free** one-hour consultation with a clinical pharmacist. Call **(818) 409-8100**.

## FITNESS

### Boot Camp Wellness Program

- Monday through Thursday, 5 to 6 PM
- Friday, 4 to 5 PM

Therapy & Wellness Center  
\$120/month

Classes start on the first day of the month. Schedules are subject to change. Call **(323) 255-5409**.

### Cancer Fitness Program

Tuesdays and Thursdays, 10 to 11 AM  
Therapy & Wellness Center  
FREE to cancer survivors

Call **(323) 255-5409** for more information.

## PREPARING FOR CHILDBIRTH

### Baby Care Basics

Meets monthly

If you are a little nervous about changing diapers or giving your baby that first bath, this class is for you. Please call **(818) 409-8100** to register.

### Childbirth Preparation

Main Auditorium

Learn what to expect during labor and delivery, as well as relaxation and breathing techniques. We encourage parents-to-be to register during the fifth month of pregnancy. For dates and times or to register, call **(818) 409-8100**.

## EDUCATIONAL CLASSES

### Diabetes Community Education Class

First Tuesday of each month, 1 to 2 PM

Learn about how diabetes develops, healthy eating strategies, food groups, portion sizes and blood glucose monitoring. Call **(818) 409-8100** to learn more and to reserve a space.



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