

GOOD HEALTH

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 2 • FALL 2011



FLU SEASON
is upon us

**MOBILE
STREET MEDICINE**
with Doctors Without Walls

Advanced Techniques
ROBOTIC SURGERY

**BREATHING
EASY**
improving outcomes for
asthma patients

WEIGHT LOSS
when surgery is an option

90th anniversary



This year commemorates Sansum Clinic's 90th Anniversary. Since our early days, we have continued the tradition of healthcare first practiced in 1921 by Dr. William David Sansum, based on integrity, compassionate care and a commitment to superior service.

This year, as in the past, we were selected as the Santa Barbara News-Press "Reader's Choice" for Best Medical Facility. We are fortunate to live in a place where the level of medical care available far surpasses other communities of our size. To be the healthcare provider of choice among many wonderful local healthcare providers is gratifying.

While we continue to deliver the best care available using the latest advancements in the medical field, we

also strive to deliver the Sansum Clinic Promise in all that we do by treating each patient with kindness and compassion.

Our physicians, together with our nurses, medical technicians and other professional staff are united in our commitment to your good health.

Sincerely,

Kurt N. Ransohoff, MD
CEO and Medical Director

SANSUM CLINIC'S PROMISE TO YOU

Your care is our highest priority.

- We promise to make you feel welcome.
- We promise to treat you with dignity, courtesy and respect.
- We promise to serve your needs in a conscientious and professional manner.
- We promise to provide answers to questions about your care.
- We promise to perform to the highest professional and ethical standards.
- We promise to protect your privacy at all times and keep your personal and medical information completely confidential.

YOUR SATISFACTION IS A DIRECT REFLECTION OF OUR EFFECTIVENESS AS AN ORGANIZATION.

In our ongoing effort to serve you, we have created a number of ways for you to share your feedback with us: share your story through our website, complete a Compliment and Complaint Form, or take our Customer Service Survey after your next visit. We review all the feedback we receive, sharing praise with our staff and addressing all issues individually so that we can better serve you.

GOODHEALTH

A HEALTHCARE JOURNAL
FROM SANSUM CLINIC

ISSUE 2 • FALL 2011

Sansum Clinic is the largest independent nonprofit healthcare organization between the Los Angeles Basin and the San Francisco Bay Area, providing the full spectrum of services from primary care to more than 30 specialties.

Sansum Clinic is accredited by the Institute for Medical Quality

Kurt N. Ransohoff, MD
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 Design by Idea Engineering

Connecting You to Your Healthcare Information

This spring we introduced the initial phase of our new and innovative electronic health record system—the **Wave**—across all our locations. This was the first big step in our transition from paper charts to electronic charts. The Wave will improve the exceptional care you've come to expect from us by providing complete electronic documentation of the care you receive at Sansum Clinic.

One of the most exciting features of the Wave is **MyChart**, our secure patient portal that provides you with direct online access to key parts of your medical record. MyChart allows you to view important elements of your health information, such as lab results, appointment information, medications, immunization records and details about your doctor visits—from anywhere at anytime.



We have multiple locations to serve you and we are activating MyChart location by location. If you receive care at multiple locations, you will have access to your information on MyChart as each location is activated. Once all

the Sansum Clinic locations where you receive care are active within MyChart, you will have full access to your health information available through the system. During the rollout process, some features available to you on MyChart will be limited until your doctor's or other provider's location is activated. Visit our website for the MyChart rollout schedule by location.

At your next visit, please ask your doctor or the staff to give you a MyChart activation letter with detailed instructions and your unique activation code. You can also visit www.MyChart.SansumClinic.org, call the MyChart Response Team at (805) 898-3188, or stop in any of our sites in-person and request an activation code.

Access to your healthcare information via MyChart is completely voluntary—this is just one more way we are connecting you to your healthcare. For more information or for our MyChart rollout schedule, please visit our new and improved website at www.SansumClinic.org.

Sansum Clinic Selects First Visiting Professor of Surgery

John L. Cameron, MD, Professor of Surgery at Johns Hopkins Hospital and world famous pancreatic cancer surgeon has been selected as the first Visiting Professor of Surgery.



The Visiting Professor of Surgery Endowment Fund was established in December 2010. This fund will use the interest generated from its investments to underwrite the

expenses to bring an outstanding national or international surgeon to Santa Barbara for a week in residence every year. Dr. Cameron will be coming to Santa Barbara the week of February 27th. During the week he will interact, teach and mentor practicing surgeons in our community. He will be directly involved with teaching the surgical residents in training at Santa Barbara Cottage Hospital.

We have received \$260,000 in support towards our goal of \$500,000 from grateful patients, medical groups, individual surgeons and physicians, and corporate donors.

If you would like to support this outstanding educational endowment fund gifts of \$500 or more will be recognized on the donor wall in the Department of Surgery. Gifts at all levels will be greatly appreciated. Your donation is a commitment to sustaining Santa Barbara's high level of surgical expertise and the community's good health.

GOODHEALTH

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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

Doctors Without Walls

Dr. Laura Polito, mother of two, is board certified in Family Medicine and practices at our multi-specialty clinic at 215 Pesetas Lane. She feels blessed to have hooked up with Doctors Without Walls about a year ago because it allows her to step outside of her everyday job to practice with a ‘mobile street medicine clinic’ a couple times a week. “While I was in the military I got the chance to do humanitarian medical missions overseas to serve people in disaster areas and underserved populations by providing dental care, healthcare and medical education,” she says. “Which sparked my interest in this kind of work.”

Doctors Without Walls was founded in 2005 by three family physicians: Mark Stinson, MD, Sabina Diehr, MD, and Noemi “Mimi” Doohan, MD, PhD, who were inspired by the need for local humanitarian medical volunteerism in response to disasters both acute (such as 9-11 and Hurricane Katrina) and chronic (such as poverty and homelessness). Doctors Without Walls is based on a group in Boston called Boston Healthcare for the Homeless and a similar program in San Francisco, and the organization is growing at the speed of light.

“We are aiming to meet people’s healthcare needs where they are because a lot of underinsured and uninsured patients get primary healthcare at the emergency room, which is hugely expensive,” said Dr. Polito. When the most vulnerable people are able to get their healthcare needs met, it strongly contributes to the overall health of the community. “The community itself is only as strong as its most vulnerable population.”

Dr. Polito’s impact comes from backpack-based medicine. “We carry all of our equipment and medications with us and go where the patients are to meet whatever needs we can,” she said. Patients run the gamut from homeless, transient people coming through Santa Barbara to people who are just not hooked into the system. You may think of it as mobile urgent care. “I see



medical conditions including the standard viral upper respiratory infection, cancer, wounds, skin infections, dental infections, high blood pressure, and asthma and emphysema because there is a lot of tobacco use.” She also tries to help people get medications if they run out and cannot afford them.

For those who do not have a connection with a primary care physician, building trust can be a challenge. “We have outreach workers like social workers and psychologists who build the bridge of trust so the patients are more receptive to healthcare advice,” said Dr. Polito. It is especially tough with a population that often has substance abuse and mental illness. Acting on the side of prevention does not always come easy. “To really practice true preventative medicine, we talk about things like cutting out the salt in your diet to lower blood pressure. But when you do not know where your next meal is coming from, you do not have a choice about whether or not you will cut out the salt.”

Dr. Polito has learned that homelessness is often unexpected. It does not only happen to drug abusers or chronic alcoholics; she sees people with major medical illnesses that led to bankruptcy, and families with two minimum wage-earning jobs who are living in their car. Working in a challenging environment where you cannot always help everybody, she accepts any recognition. “I just want to encourage people to come see what we do because it is hugely rewarding,” said Dr. Polito. “Many people do not realize that to provide medical care to the underserved, you do not have to go to a disaster zone or an impoverished country. There are many communities with needs where one can make an impact.” 🌸



In addition to practicing family medicine and serving as Assistant Medical Director for Health Information at Sansum Clinic, Dr. Laura Polito is the Medical Director of the Street Medicine Teams for Doctors Without Walls.

Sock Drive To Support Doctors Without Walls

YOU CAN HELP THOSE WHO HELP OTHERS!



Socks are the first line of connection between the homeless and Doctors Without Walls/Santa Barbara Street Medicine team. Giving the homeless a pair of socks opens the line of communication for the Sansum Clinic doctors and medical staff that generously contribute their time.

We would like to acknowledge the humanitarian work of Doctors Laura Polito, John Elder and Mary-Louise Scully as well as Corey King, Aaron Lewis, Lynn Matis and Mary Lou Schroeder. The work you do in our community is very much appreciated.

LET'S BOMBARD THEM WITH SOCKS!

Pick up a six-pack (of socks) at Ross, Sears...or anywhere, bring them to either of our Santa Barbara Multi-Specialty Clinics located at 215 Pesetas Lane or 317 West Pueblo Street, and place them into the specially marked baskets in the main lobby. The more cotton in the sock (85%+) the better. Thanks for your consideration! 🌸



“I have been involved with Doctors Without Walls (DWW) for several years, doing outreach and social work. I try to get people into housing or the County Clinic or the Santa Barbara

Neighborhood Clinics if they need additional medical help. I am also the logistics person and handle triage of patients as we see them and sign them up in the park. I restock the hospitality packs and type in all our medical records. This is an incredibly meaningful volunteer job for me. I have always wanted to volunteer overseas and to have found this in my backyard has been great! Many of the homeless men and women have mental illness and substance abuse problems and are totally unable to care for themselves in the normal realm of society. It is very rewarding to be able to provide them with respect and help along their journey.”

— *Lynn Matis, Sansum Clinic Marriage and Family Therapist*



“My son Brian was a student in one of the classes taught by Dr. Mimi Doohan at UCSB. He told me about the work she was doing and that DWW was in need of nurses at the Women’s

clinic held at Transition House every other Friday. That sounded like a wonderful way to become involved in the community and also give me the chance to use my nursing skills. I could certainly afford to offer two mornings a month of my time to provide healthcare to the homeless. Well, I was hooked and soon I was going to Pershing Park every Wednesday in addition to the Friday clinics. That was one and a half years ago and I am now doing medical outreach in Isla Vista every Monday with DWW as well as the Women’s Clinic. I work with a fantastic group of professionals and students who don’t think twice about walking the streets in the cold and rain to find those who need their help. I love my work with the homeless and underserved members of our community. I learn so much from every encounter and realize how much work there is to do here. It is very humbling to have someone thank you profusely for treating an infected wound knowing that I was just using the skills that have been a gift to me.”

— *Mary Lou Schroeder, RN, Sansum Clinic Clinical Research*

Robotic Assisted Surgery

for Obstetrics/Gynecology

DR. CARIN CRAIG & DR. DAVID RAPHAEL WORK WITH
THE DA VINCI ROBOT FOR MINIMALLY INVASIVE OB/GYN



The da Vinci robot is now serving as a phenomenal tool for gynecologists to use in what are considered to be the more challenging surgical procedures. “Now we have a laparoscopic procedure using a robot which enables us to manipulate the tissues with more dexterity and precision than just doing a standard laparoscopy,” said Dr. David Raphael, obstetrician/gynecologist. Not only is the robot safe and effective, it is also minimally-invasive.

It is a common misconception that the robot actually does all the work. “There is a console where the surgeon sits and looks through a three-dimensional visualization which allows improved depth perception,” said Raphael. Only a few components are at the scene. “The robotic cart has three or four arms that hold the instruments that are attached to the patient, there is a camera and vision system that allows the three-dimensional imaging and there are instruments that attach to the robot and are controlled by the surgeon’s hands,” said Raphael. While the surgeon sits comfortably looking at the patient’s pelvis, he can send signals to the robot that controls the instruments. “The robot interprets your movements and moves the instruments as if you are moving them yourself,” said Raphael. The robot can easily access areas that would normally be hard for the surgeon to reach.

The robot is used in cases ranging from gynecologic cancers to fibroids that can be removed without making an incision. It can also be used to treat conditions including heavy uterine bleeding, excessive menstrual bleeding, uterine prolapse, vaginal prolapse



Carin Craig, MD and David Raphael, MD are both board certified by the American Board of Obstetrics and Gynecology. They practice at Sansum Clinic Obstetrics and Gynecology at 515 West Pueblo Street in Santa Barbara. For more information or to schedule an appointment, please call (805) 681-8911.

and bladder cancer. All parties involved are pleased with the results. “From a surgical standpoint, you have better visualization, improved depth perception and better dexterity and manipulation,” said Dr. Raphael. This equates to a better operation. “In addition to facilitating easier movement, the da Vinci system offers HD vision that allows you to see blood vessels and tissues up close, allowing more accuracy with the surgery,” said Dr. Carin Craig, obstetrician/gynecologist.

The robot is also helpful when it comes to suturing. “It enables us to sew things up inside the belly by using the robotic cams and it does suturing which in straight laparoscopy is more difficult,” said Raphael. For patients, the benefits are clear as well. “Using the da Vinci robotics system allows a gynecologist to minimize abdominal incisions resulting in shorter recovery, less pain and blood loss, and shorter hospital stays. This offers more surgical confidence to patients,” said Craig. As patients are usually anxious about procedures, having this information may help alleviate some stress.

The third-generation da Vinci robot used by Drs. Raphael

and Craig is a testament to just how advanced the department of obstetrics/gynecology is at Sansum Clinic. The robot is expensive so it is not available in many communities our size, and many doctors are not motivated to use it because it requires special training and certification. Raphael and Craig each have years of experience under their belts, and continue to learn how to adapt surgical procedures to accommodate new technology. This way they can continue to tackle cases that were traditionally done via larger abdominal incisions.

Gynecologists recommend the da Vinci because it allows patients to maximize their quality of life due to the speedy recovery. “It is extremely rewarding to watch your patients go home the next day and return to their regular activities within one to two weeks versus months,” said Craig. With the considerations of having less postoperative pain, less recovery time, blood loss reduction, fewer risks of postoperative complications such as infection and a shorter hospital stay, Raphael and Craig encourage readers to consider discussing the robot as an option for gynecologic surgery with their healthcare provider. 🌻

When Surgery is an Option

A CONVERSATION WITH DR. MARC ZEREY

WHEN IS SURGERY AN OPTION TO LOSE WEIGHT?

It is a question I am asked by both patients and healthcare providers.

We are lucky at Sansum Clinic to have several resources available to help us achieve a healthy lifestyle: our doctors, registered dietitians, Doctors' Weight Management Program, and, most recently, an employee initiative to help us shed some pounds.

Patients who seek surgery have typically been battling obesity their entire lives and have tried several diets with good short-term success. Unfortunately, the weight often comes back over time, especially in people who have more weight to lose. They may place very high expectations on themselves to succeed or have unrealistic goals. When those expectations are not met, they become discouraged and may give up on dieting despite having lost weight. The pounds re-accumulate and they may weigh even more than before. For people who are 10 or 15 pounds overweight, this is not much of an issue but in people who have 70 pounds or more to lose, it is. There is convincing evidence that as people become heavier the incidence of health problems (high blood pressure, high cholesterol, type II diabetes) increases substantially. As a result, obesity is now considered a disease, and rightly so.

It is at this point that patients (and their referring physicians) should consider weight-loss surgery. Here are the current National Institutes of Health criteria:

AGE: 18 years or older

BODY MASS INDEX: 40 or greater; OR 35 or greater with one of the following comorbidities: hypertension, type II diabetes, high cholesterol, metabolic syndrome, sleep apnea, or infertility.

To check your BMI ask your healthcare professional or visit our website and use our BMI Calculator at: www.SansumClinic.org/bariatric-surgery.



PHYSICIAN OR PROFESSIONALLY SUPERVISED PROGRAMS

The patient must have participated in a physician or professionally supervised weight-loss program over a prolonged period of time and has been unable to achieve sustained weight loss.

Several studies have shown that bariatric surgery is more effective than diet and exercise alone in long-term weight loss, reversal of health problems caused by obesity, and long-term survival. I always tell patients that surgery is a tool, not a cure to obesity. Like all other modalities, people can regain weight; although patients tend to be *more* compliant with recommendations knowing they have undergone the Lap Band, gastric bypass, or the sleeve gastrectomy. They appreciate that they can eat regular food and that many of their medications for chronic diseases can be stopped within the first year or earlier aside from daily multivitamins and Calcium with vitamin D.

Surgery is not for everyone even if they meet the basic criteria. Like any surgical procedure, there are risks involved in Bariatric Surgery and these should be considered when making one's decision. We organize a monthly information session on Obesity and Weight-loss Surgery at Sansum Clinic Pueblo and invite anyone who is interested in learning more to attend. 🌸

For more information or to register for our free Bariatric Surgery Orientation visit: www.SansumClinic.org

Sansum Clinic, Bariatric Surgery
317 West Pueblo Street
Santa Barbara, CA 93105
(805) 898-3472



Dr. Zerey is a board certified physician at Sansum Clinic specializing in bariatric weight loss surgery and advanced laparoscopic surgical techniques. Dr. Zerey has published extensively, including journal articles in American Surgeon, American Journal of Surgery, American Journal of Surgical Research and Surgical

Innovation and is an ASMBS Bariatric Surgery Center of Excellence® designee.

Center of Excellence

AWARD FROM AMERICAN SOCIETY FOR METABOLIC AND BARIATRIC SURGERY



Center of
Excellence
BARIATRIC SURGERY

The Sansum Clinic Bariatric Surgery program has been designated as a Bariatric Surgery Center of Excellence® by the American Society for Metabolic and Bariatric Surgery.

The ASMBS Bariatric Surgery Center of Excellence program recognizes surgeons and facilities that demonstrate an unparalleled commitment and ability to consistently deliver safe, effective, evidence-based care. The program is structured to help bariatric surgery providers continuously improve care quality and patient safety.

The ASMBS Bariatric Surgery Center of Excellence program's objective requirements and evaluation processes were developed in conjunction with leading bariatric surgeons, hospital administrators, health plans, researchers and patient advocates. A commitment to long-term patient care and success necessitates that the requirements be comprehensive, research-based and verified through a rigorous site inspection.

Truly excellent patient care is the result of both the individual surgeon and the facility at which the surgery is performed. The BSCOE designation is therefore awarded to both the surgeon and facility, which enables patients to distinguish specific

providers who have met the requirements for delivering high-quality perioperative and long-term follow-up care from those who do not.

The BSCOE designation currently enables reimbursement from major health insurers, including the Centers for Medicare & Medicaid Services (CMS), CIGNA, Humana, Kaiser Permanente, and Blue Cross and Blue Shield. More than 262 million Americans are insured by health plans that recognize the BSCOE designation.

“Earning the ASMBS Bariatric Surgery Center of Excellence designation signifies our ability to consistently deliver the safest, highest-quality care to bariatric surgery patients,” said Dr. Zerey. “The ASMBS BSCOE program fosters quality improvement in bariatric surgery, and participation has focused our team on exceeding clinical benchmarks and guidelines. But most importantly, our commitment to excellence improves the health and well-being of our patients.” 🌸

Bariatric Surgery Center of Excellence® is a registered trademark of the American Society for Metabolic and Bariatric Surgery (ASMBS). Used by permission of ASMBS. All rights reserved.

Doctor's Interactive Group Medical Appointments

Improve Outcomes for Asthma Patients

MYRON LIEBHABER, MD

ALLERGIST & IMMUNOLOGIST



Doctor's Interactive Group Medical Appointments (DIGMAs), sometimes called Drop-In Group Medical Appointments, are shared medical visits that enable physicians to deliver high quality and innovative medical

care to an increasing number of patients.

Sansum Clinic's asthma DIGMAs are designed to allow patients to interact with an allergist, a behaviorist and an asthma educator in a group setting. In the DIGMAs I lead, I address medical concerns, Robert Bannister, MFT, facilitates group discussion of psychosocial issues, and Wendy Raffetto, asthma educator, addresses specific questions regarding monitoring and equipment. Through this model I am able to evaluate asthmatic patients on a weekly basis and to provide patient education and disease self-management instruction without the limitation of a formal lecture.

DIGMAs typically last for 90 minutes and involve up to 10 patients. Family members are also encouraged to attend and it is not unusual to see two or three generations participating in a session.

Group medical appointments were born of two similar frustrations. (1) Patients felt that they didn't get to spend enough time with their physicians and (2) physicians felt that they didn't get enough time to spend with their patients. From these concerns, group appointments evolved.

In many ways, a DIGMA appointment is similar to a regular doctor's appointment. We review lab results; write, change or refill prescriptions; and answer questions. The ways in which DIGMAs are different offer some advantages.

Group visits allow patients to interact with one another in a mutually supportive environment where individual patient concerns are discussed as a group, leading to a dialog of experiences by other participants. Patients benefit from being

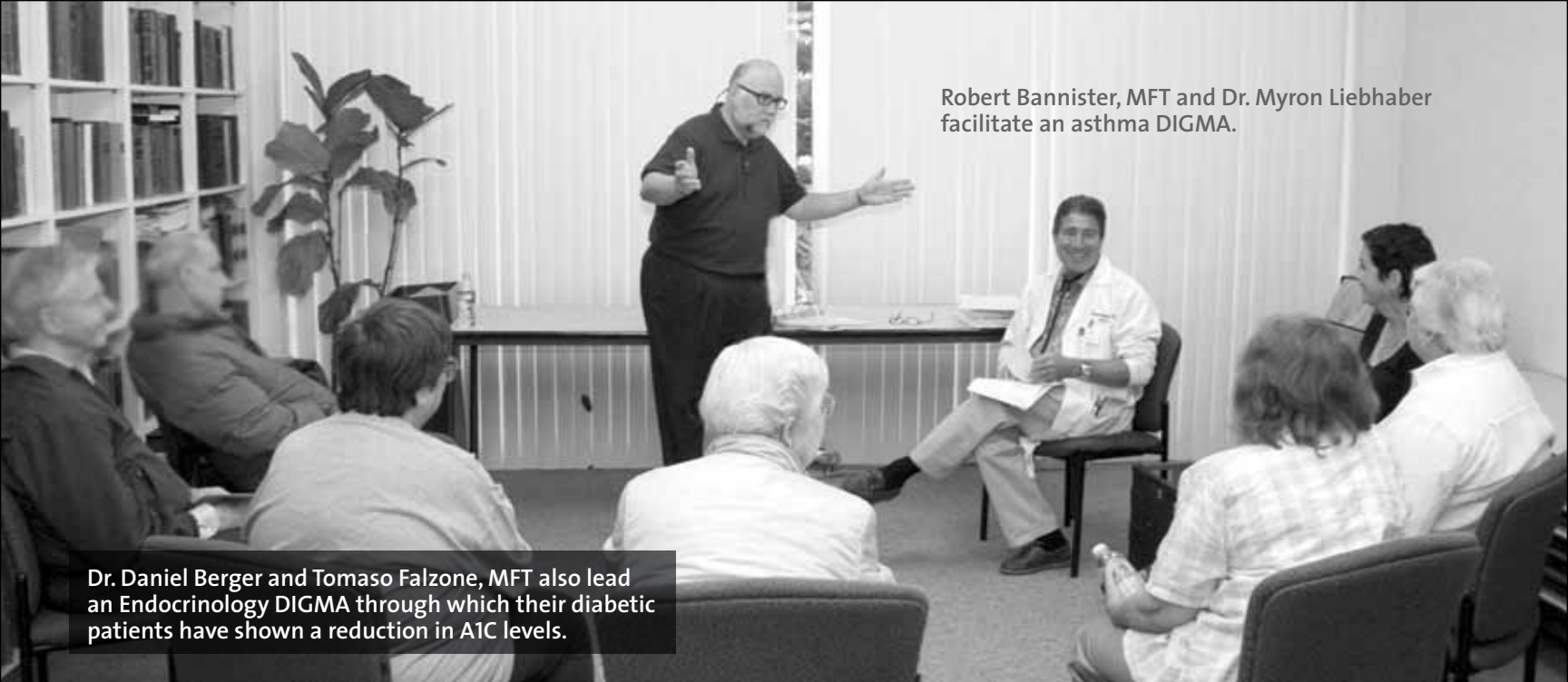
able to hear how others with a similar condition are treated, such as whether they have similar side-effects to medications. The group often discusses issues encountered by one patient that applies to other patients in the group.

DIGMAs remove barriers to healthcare access and provide extra value by allowing patients to attend any scheduled session. DIGMAs are great for peace of mind because patients can be seen within the week even if they don't have an appointment, which is important for someone with a chronic illness who doesn't know how they will feel from week to week.

Patients are encouraged to join a DIGMA once they are diagnosed with asthma and have a treatment plan. DIGMAs provide easy access to spirometry (measuring of breathing), vaccines, prescription renewals, and healthcare advice as often as weekly, if necessary. Treatment goals include symptom and exacerbation prevention, the maintenance of pulmonary function, optimized activity levels, meeting expectations of satisfaction with asthma care and the provision of optimal pharmacotherapy.

DIGMAs focus on behavioral change. Participants have proven positive outcomes, including improved compliance with treatment, and significantly fewer emergency room visits and hospital admissions. Outcomes were measured in accordance with the National Heart, Lung, and Blood Institute (NHLBI) 2007 guidelines and were published as an abstract and a journal article, which showed that we met all the published outcomes criteria as an effective way of treating asthma.

Another benefit of this model is that the group format virtually eliminates the feeling of isolation that can be caused by this chronic condition. Patients with diseases like asthma can often feel isolated, as if they are the only people dealing with this issue. When people come to this group and realize they are not alone, they feel better. They build their own community and reduce the sense of loneliness that can contribute to the problem and sometimes even lead to depression. Some people are apprehensive



Robert Bannister, MFT and Dr. Myron Liebhaber facilitate an asthma DIGMA.

Dr. Daniel Berger and Tomaso Falzone, MFT also lead an Endocrinology DIGMA through which their diabetic patients have shown a reduction in A1C levels.

at first, but once they attend the DIGMA, they love it. We have heard that even those who are not “group people” or “joiners” really enjoy the appointments.

Sansum Clinic is the first organization in Santa Barbara to introduce DIGMAs to our patients. Though many physicians throughout the country don’t yet know about the model, we have been elevating the level of care for our patients using DIGMAs for years. 🌻

Abstract - *American Academy of Allergy, Asthma and Immunology*
 Liebhaber, M.I., Banister, R.B., Raffetto, W., Dyer, Z.A., Gershenshorn, G.; Sansum Clinic, Santa Barbara, CA: Doctor Interactive Group Medical Appointments (DIGMA) For Patients with Asthma: A Four Year Outcome Study. *Journal of Allergy/Clinical Immunology*, Vol. 123, No. 2, PageS42, February 2009.

ISRN Allergy Journal
 Liebhaber, M.I., Bannister, R., Raffetto, W., Dyer, Z.: Drop-In Group Medical Appointments for Patients with Asthma: A Four-Year Outcomes Study. *ISRN Allergy*. Vol. 2011, Article ID 178925, June 2011.

DIGMA is a targeted intervention that fulfills the treatment goals of asthma care, as described by the National Asthma Education and Prevention Program (NAEPP) Guidelines.

“I was invited to attend the Doctor’s Interactive Group Appointment (DIGMA) by Dr. Liebhaber a couple of years ago. During the appointments, patients complete their one-on-one session with Dr. Liebhaber by attending this group meeting. Each patient shares their challenges, medication questions and successful behaviors with the others. Through this program I have learned so much about controlling my asthma and having more asthma-free days. My insurance company has a nurse call me to check in every few months. She has always been amazed at my understanding about asthma, my medications and the best way to use them. I know this is because of what I have learned at DIGMA. DIGMA is a wonderful program. Dr. Liebhaber can spend more time listening to our concerns and answering questions. It helps me feel like I am participating in my healthcare and I’m getting better.”

— *Claudia C., Asthma Patient*



I was approaching 80 and still learning new things, such as texting using my thumbs, tweeting my grandkids and Skypeing. Then came a malady called asthma

followed with hives from head to toe. What could teach me to cope?

I was offered DIGMA (Doctor Interactive Group Medical Appointment). I already understood after 80 years the terms Doctor, Medical, and Appointment. But what is with Interactive and Group when it comes to the healing process?

“Group” meant my checkup stretched over several hours instead of 15 minutes. Plus it was filled with tidbits from other members of the Group. “Interactive” meant we got to quiz the doctor on the spot for the latest information or better treatment of our symptoms. After a year my asthma was in excellent control and my hives had vanished. And I appreciate each and every part of the term DIGMA!

Sincerely,

Peter Coad

A Grateful Old Goat, who is still learning.

Cooking with Gerri

Grilled Fish with Thai Salsa

MAKES 4 SERVINGS

4 six ounce fish steaks (such as salmon, halibut, sea bass or tuna)

Marinade:

1 tablespoon peanut, grape seed or canola oil
2 tablespoons fresh squeezed lime juice
1 dash of red pepper flakes, or more to taste
2 tablespoons chopped fresh cilantro
1 tablespoon low sodium soy sauce
Fresh salsa

Prepare the grill.

Rinse the fish under cold water and pat dry with paper towels. Place fish in a shallow bowl or plastic zip-top bag.

Make marinade; combine oil, lime juice, cilantro, red pepper flakes and soy sauce. Pour over fish and let marinate for at least 15 minutes.

Remove fish from the marinade and arrange on a hot, oiled grill; do not move the fish on the grill for several minutes to prevent sticking or breaking. Grill fish, brushing with marinade, turning once about halfway through the cooking time. Allow a total cooking time of about 7 to 10 minutes per inch thickness of the fish. Transfer fish to plates and serve with Thai Salsa.

NUTRITION AT A GLANCE (PER SERVING)

140 Calories
13 g Total Fat
1 ½ g Saturated Fat
7 g Carbohydrate
1 g Dietary Fiber
47 g Protein 🌟

Fresh Thai Salsa

Makes 4 Servings

3 diced tomatoes
½ cup of diced cucumber
2 tablespoons slivered fresh basil (Thai basil if available)
2 teaspoons finely chopped fresh mint
2 tablespoons minced cilantro
1 tablespoon rice, red or cider vinegar
1 tablespoon fresh lime juice
1 to 2 tablespoons canola, grape seed or peanut oil
1 minced garlic clove
1 teaspoon finely minced fresh ginger
Fresh ground pepper to taste
Salt or salt substitute, if needed
Optional: 1 teaspoon low-sodium soy sauce

Combine all ingredients. Adjust seasonings and vegetables according to your preferences.

NUTRITION AT A GLANCE (PER SERVING)

60 Calories
3 ½ g Total Fat
0 g Saturated Fat
6 g Carbohydrate
1 g Dietary Fiber
1 g Protein 🌟

Salsa, which means “sauce” in Spanish, is typically made with hot chili peppers and onions, although it can be modified and adapted to the flavors of most cuisines. Creating your own “signature” salsa can be fun, and it’s a great present for guests. Your salsa can be spicy or sweet and sour. The texture can vary from chunky to smooth. Most salsas do not require cooking, but you can heat a salsa to be served warm. Colorful salsas are loaded with healthy antioxidants and can brighten a serving of grilled meat, fish, poultry or tofu. Salsa can be kept fresh in the refrigerator for about one week.

Have you tried...

- adding beans (red, white, black, lentils) to your salsa?
- adding corn to your salsa?
- adding avocado to your salsa?
- adding brown rice, barley or quinoa to your salsa?
- adding noodles to your salsa?
- serving it with fish or chicken?
- using it to marinate and flavor tofu?



Gerri French, MS, is a registered dietitian (RD) and certified diabetes educator (CDE) for Sansum Clinic. Gerri has been a clinical nutritionist and cooking instructor for 30 years. She is also a mother and enjoys sharing practical information and recipes with her patients and their families.

Carpinteria Family Medicine Offers Same Day Appointments to Better Serve Our Patients



We know that you can't always anticipate an illness or injury and it can be difficult to get an appointment at the last minute. Carpinteria Family Medicine at 4806 Carpinteria Avenue is now offering Same Day Appointments for urgent medical needs which enables you to schedule an appointment for care when unplanned conditions occur.

When the office is busy, patients often end up spending valuable time waiting to be seen. By changing from urgent care to Same Day Appointments within our Family Medicine department, you can call when you need care and make an appointment for that day, instead of waiting in our office. The advantage to you is a reduction in wait time. Everything else is the same including the doctors, the staff, and the conditions we treat.

The office will still take walk-ins, but the Clinic is scheduling appointments to accommodate the same kind of urgent medical needs we treat now. Through Same Day Appointments, Sansum Clinic will schedule appointments as soon as possible for problems such as:

- Fever
- Cold and flu symptoms
- Sore throat
- Rash
- Earache
- Cough
- Urinary tract infection
- Diarrhea
- Nausea
- Asthma
- Allergic reactions

How to Make a Same Day Appointment

To be seen for a Same Day Appointment, please call as soon as you recognize the need. We will make every effort to see you, but please understand that if you arrive after your scheduled appointment, we may not be able to see you that day.

Or, please feel free to walk in. You may have to wait, but we will see you as soon as possible during our office hours.

Same Day Appointments are not for long-term chronic issues or preventive healthcare, such as diabetic checkups, medication refills, general exams, pap smears, well child exams, or immunizations.

Same Day Appointments are also not for medical emergencies. For all medical emergencies, such as chest pain, stroke, difficulty breathing, serious injury or trauma, people should visit the nearest emergency room or call 911.

If you have any questions about whether you should schedule a Same Day Appointment, please visit www.SansumClinic.org or call Cindy Hill at (805) 566-5000. ☀

Flu Season is Upon Us

DAVID FISK, MD, INFECTIOUS DISEASES



Flu seasons can be unpredictable in many ways. The timing, severity, and length of the flu season depends on many factors, including what influenza viruses are spreading and whether or not they match the viruses that are used to develop the vaccine. Flu activity in the U.S. most

commonly starts in the fall and peaks in January or February. However, seasonal flu activity can occur as late as April and May. There are reports of new strains of flu this year, but it is unknown how widely they will circulate.

WHAT SHOULD THE PUBLIC EXPECT FROM THE FLU SEASON THIS YEAR?

The flu is a contagious respiratory illness caused by influenza viruses. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

WHAT COMPLICATIONS ARISE FOR SENIORS FROM THE FLU?

It has been recognized for many years that people 65 years and older are at greater risk of serious complications from the flu compared with young, healthy adults. It's estimated that 90 percent of seasonal flu-related deaths and more than 60 percent of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older. This is because immune defenses become weaker with age. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Consequently, influenza can be a very serious disease for people 65 and older.



Again, the best way to prevent the flu is by getting the flu vaccine which is especially important for people 65 years and older because of the increased risk of complications, especially post-influenza pneumonia which is very aggressive.

WHAT IS A FLU SHOT MADE UP OF?

The influenza (flu) viruses selected for inclusion in the seasonal flu vaccines are updated each year based on information about which influenza virus strains are identified and how they are spreading. The seasonal flu vaccine is a multi-component vaccine with each component selected to protect against one of the main groups of influenza viruses circulating in humans. The 2011-2012 flu vaccine will protect against the 2009 H1N1 (swine flu) and two other influenza viruses. It can offer some protection against new strains of the virus as well, so it remains the best defense against this important pathogen.

WHO IS AT THE GREATEST RISK FOR COMPLICATIONS FROM THE FLU?

In 2010, vaccine experts recommended that everyone six-months of age and older should get a flu vaccine each year starting with the 2010-2011 influenza season. The goal is to expand protection against the flu to more people and thereby minimize the spread of influenza to those at greatest risk for serious complications. Those at greatest risk for complications from the flu are:

- Pregnant women
- Children younger than age 5, especially children younger than 2 years old
- People 50 years and older, the risk is greatly increased after age 65
- People of any age with certain chronic medical conditions (e.g., lung disease, heart disease, diabetes, etc.)
- People who live in nursing homes and other long term care facilities
- People who live with or care for those at high risk for complications from the flu

As a result, it is extremely important for caregivers of seniors to get vaccinated to prevent the spread of illness.

WHAT ARE THE SIDE EFFECTS PEOPLE CAN EXPECT AFTER GETTING THE SHOT?

The viruses in the flu shot are inactivated so you can't get the flu from the flu shot. Some minor side effects that could occur are soreness, redness or swelling at the injection site; low grade fever; mild muscle aches. Typically, most people don't have any side effects from the flu shot.

WHEN DO THOSE SIDE EFFECTS BECOME SERIOUS?

Almost all people who receive influenza vaccine have no serious problem from it. However, on very rare occasions, flu vaccine can cause serious problems such as allergic reactions.

There are some people who should not receive a flu vaccine without first consulting a physician. These include people who have a severe allergy to chicken eggs, and also to an influenza vaccine in the past, or people who have a moderate to severe illness with a fever.

WHAT OPPORTUNITIES IS SANSUM CLINIC PROVIDING THE COMMUNITY?

Sansum Clinic provides many opportunities for anyone in the community to receive a flu shot. Patients can get a flu shot during their appointment with their physician at the Clinic. Additionally, anyone can attend one of our flu clinics which are scheduled at several of our locations starting in October and continuing throughout December.

- We serve all populations – from children at our pediatrics offices to our older community members at more than 14 community wide flu clinics.
- No one will be turned away because they can't afford a flu shot. We do request a \$20 donation to help cover the costs of the program.
- Sansum Clinic's annual Flu Shot Program serves more than 8,000 county residents at multiple sites throughout SB, Goleta, Carpinteria and Lompoc.
- We provide more flu shots than any other organization at a series of clinics so everyone should be able to get a flu shot.
- In the last 10 years we've provided more than 100,000 flu shots to people in our community. 🌟

Dr. Fisk is a board certified specialist in Infectious Diseases at 317 W. Pueblo Street in Santa Barbara. He has published in journals including Clinical Microbiology and Infection, Journal of Infectious Diseases, Clinical Infectious Diseases, Chest, and the New England Journal of Medicine.

FLU SHOT CLINICS

2011-2012 FLU SEASON

Call our Influenza Hotline for details at (805) 681-7805.

SANTA BARBARA

Sansum Clinic, Pesetas • (805) 681-7500

215 Pesetas Lane

October 21: 1:00 PM – 5:00 PM

October 28: 1:00 PM – 5:00 PM

November 4: 1:00 PM – 5:00 PM

Sansum Clinic, Pueblo • (805) 681-7500

317 West Pueblo Street

October 28: 1:00 PM – 5:00 PM

November 4: 1:00 PM – 5:00 PM

GOLETA

Sansum Clinic • (805) 681-1777

Goleta Family Medicine

122 South Patterson Avenue

November 19: 8:00 AM – 12 Noon

LOMPOC

Sansum Clinic • (805) 737-8700

1225 North H Street

November 4: 1:30 PM – 4:30 PM

November 5: 9:00 AM – 12:00 PM

December 2: 1:30 PM – 4:30 PM

SOLVANG

Sansum Country Clinic • (805) 688-3440

2027 Village Lane, Suite 102

October 29: 9:00 AM – 12:00 PM

PEDIATRICS

SANTA BARBARA

Sansum Clinic, Pediatrics • (805) 563-6211

51 Hitchcock Way

October 22: 9:00 AM – 2:00 PM

November 19: 9:00 AM – 2:00 PM

Must be current Clinic pediatric patient.

LOMPOC

Sansum Clinic, Pediatrics • (805) 737-8760

1225 North H Street

November 18: 1:30 PM – 4:30 PM

December 3: 9:00 AM – 12:00 PM

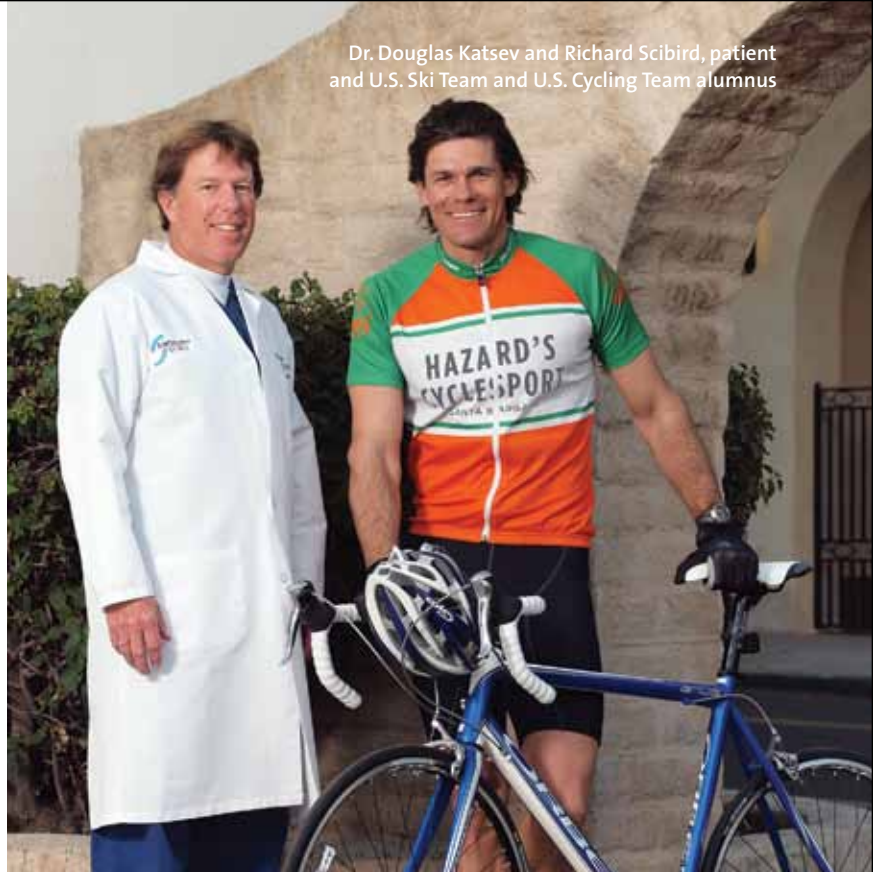
HOW YOU CAN HELP

You can partner with Sansum Clinic and provide the "gift of good health" with your philanthropic support of the Flu Shot Program. You may send your gift in the enclosed remittance envelope.

Getting to Know Dr. Katsev

CORNEAL SPECIALIST AND LASER EYE SURGEON

Dr. Douglas Katsev, a board certified ophthalmologist at Sansum Clinic's Laser Eye Care Center trained in cornea refractive surgery at the prestigious Jules Stein Eye Institute at UCLA and has been offering his expertise and specialized skills to the Santa Barbara community for more than twenty years. He introduced the IntraLase® laser to Sansum Clinic patients which allows a flap to be made in the cornea without a blade and is the only such device in the area. He also uses the DSEK laser which is the most popular procedure among refractive surgeons in the United States. Dr. Katsev enjoys discussing the rapidly advancing field of eye surgery and the expanding range of options he is now able to offer his patients.



GOOD HEALTH: HOW DOES LASER EYE SURGERY WORK?

DR. KATSEV: Most people are familiar with the term LASIK, an acronym for laser-assisted intrastromal in-situ keratomileusis. LASIK is a way of reshaping the cornea using a laser so light rays can focus more precisely on the retina, improving vision.

GOOD HEALTH: WHO CAN BENEFIT FROM LASIK?

DR. KATSEV: Just about everyone can benefit - especially those with nearsightedness, farsightedness and those with astigmatism. Also people that find they cannot read if they have successfully used monovision contact lenses can have LASIK to read without glasses.

GOOD HEALTH: IS THERE AN ALTERNATIVE FOR PEOPLE WITH A CATARACT?

DR. KATSEV: Yes, the intraocular lens. With the newer lens available, we can remove the cataractous lens and replace it with intraocular lens that corrects the patient's vision at the same time. Lenses have improved such that you can correct them so they see both distance and near. Most patients can read and drive

without glasses which most people are excited about.

GOOD HEALTH: WHAT IS INTRALASE®?

DR. KATSEV: It is a computer-guided, bladeless laser used to achieve precision before we do the laser procedure to reshape the cornea. It makes the flap which is very important for quick recovery of vision without scarring. Surprisingly some people in Santa Barbara still use the blade to do this important part of the procedure. I have used IntraLase for seven years and have had great success.

GOOD HEALTH: IS THERE ANYTHING ELSE NEW IN CORNEAL TRANSPLANTS?

DR. KATSEV: There is a new procedure called the "big bubble" that can be used during corneal transplant. It essentially allows the surgeon to not replace the whole cornea, which we presently do, but only remove the diseased part and preserve the part that is useful. It allows for quicker recovery and a better post-operative refractive result.

GOOD HEALTH: WHAT MAKES YOU UNIQUE?

DR. KATSEV: I speak at events across the United States and abroad on laser surgery,

which allows me to be current on what is going on in laser refractive surgery. Companies come to me first to evaluate new ideas, equipment and procedures. We are in the forefront of the industry, applying the best technologies available. Also, I like to operate in the evenings, because afterwards, it is good to close your eyes for about twelve hours and let things heal.

GOOD HEALTH: WHAT IS THE BEST PART OF YOUR JOB?

DR. KATSEV: I love making people happier. Often I meet somebody who is scared and thinks they are losing their vision, and I am able to give that back to them - plus more than they anticipated. Their positive reaction is very satisfying for me. I have such a great time at work.

GOOD HEALTH: WHAT MAKES SANSUM CLINIC SPECIAL?

DR. KATSEV: We are the only local ophthalmology group that has specialists in multi-disciplines. That allows us to excel in our specialty and gives us access to other top specialists. I make myself accessible to all patients and they have my cell number, so I am easy to reach. If you would like to schedule a consultation with Dr. Katsev, please call (805) 681-8951. 🌟

Mini-, S and Lifestyle Lifts

DAVID F. LAPATKA, MD, FACS



Looking at a Mini-lift

There are many terms for less extensive facelifts and they go by various names including S lift, mini-lift, as well as numerous trademark names such as QuickLift™, Lifestyle Lift™, and others. The S lift refers to an incision that is carried from the hairline above the ear extending behind the tragus (that cartilage in front of the opening of your ear canal) and gently sweeping in an S fashion to the ear lobe area. The S lift incision may minimally extend toward the hairline. After all it's not just about the incision but what's done to the underlying tissue. These less extensive procedures fulfill a need for quicker recovery time for patients. Recovery time is important, however, in the end you want the most natural result.

A mini-lift is a less extensive procedure that can be performed on patients with early aging of the face. These patients are usually in their 40's or 50's. When I see a patient for a consultation we will determine the best procedure for you, which is decided by the features you would like to improve and rejuvenate. The mini-lift may have to be combined with other procedures such as neck contouring to achieve your goal. Facial rejuvenation is not just about "tightening things up", but more about restoring youthful vitality to the face which is why in some patients volume must be added with Fat Transplants to give them the results they seek.

Fat Transplants

The fat is harvested from one's own abdominal or thigh area. It's a relatively small amount of fat compared to body liposuction so there won't be any change in the donor site. A successful transplant usually results in only about 30% of the fat surviving so there will initially be an overcorrection to allow for this amount of loss. The fat is used to fill in contours of the face and is not for fine lines. It works especially well for the cheek area. The important thing to remember is that aging results in loss of volume and fat transplants restore that volume.

HOW LONG IS THE RECOVERY TIME?

It varies for each individual, but most patients return to normal function within a week.

HOW NOTICEABLE IS A MINI-LIFT?

Results vary, but a Mini-lift can dramatically improve your look while maintaining your natural appearance.

HOW MUCH DOES A MINI-LIFT COST?

A Mini-lift can be done without general anesthesia and can cost much less than more extensive procedures.

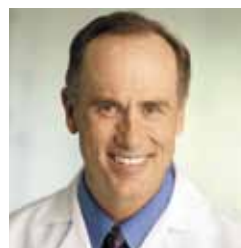
Promoting healthy, positive self-image is the most satisfying part of what we do. Our goal is to honor the gifts that nature has granted, restoring and highlighting each person's unique beauty. That's what makes a success.

Along with my experienced team of certified nurses, technicians and nurse anesthetists, we are dedicated to maintaining the highest standards. We offer the most advanced surgical options and latest non-surgical facial rejuvenation services in a private and comfortable spa-like setting.

Visit us and discover ways to restore your natural beauty. We offer special pricing on the newest products and procedures for facial rejuvenation:

- Restore volume to your face with a "liquid lift" with Radiesse®, Restylane®, Juvederm® or Perlane®
- Protect your skin with Glytone® Clarifying, Antioxidant & Body Products
- Get longer, thicker brows and lashes with Revitalash®
- Fractional skin resurfacing with a CO2 Laser

Please call for details: (805) 781-7844. ☀



David F. LaPatka, MD, FACS is a board certified Facial Plastic Surgeon and has performed thousands of surgical and non-surgical corrections of the skin, forehead, brow, eyelids, nose, cheeks, chin, and neck.

Sorting the Data

BREAST CARE NAVIGATOR



**Evelyn Schladweiler,
RN, BSN, CBPN-IC,
Breast Care Navigator**

Happy autumn! This is also the time of year when the healthcare community rallies together to promote awareness and action directed toward Breast Cancer. Of course, as Sansum Clinic's Breast Care Navigator, this focus of care is all year around. My work encompasses components of risk reduction, early detection, treatment and survivorship.

My goals include empowering our patient community to take an active role in the area of breast health, and education is an important part of proactive care. A simple, direct example is utilizing the resource of your physician or Nurse Practitioner (NP). Prior to your visit, gather your thoughts and note your questions to ask your healthcare providers. As Navigator, I try to anticipate the needs of my patients, so knowledge is essential for them to make informed decisions and stay on course toward wellness. Sometimes, though, there can be too much information shared with patients during a time fraught with stress and emotions. An advantage of having an accessible (and bilingual) nurse Navigator is the opportunity to take time to explain complex or clinical material in a way that is understandable and less overwhelming. This feature extends from meeting to discuss healthy behavioral changes to standing by the bedside of a woman anxiously awaiting her surgery and answering her questions to collaborating with the survivor asking "what now?"

Please keep in mind, that in the wide world of the internet and the media, it's very important to discern the sound and responsible data from the sensational. Ask your healthcare providers to help sort fact from fiction. 🌸

Meet Our New Physicians

SAM AHMAD, MD **HOSPITALIST PROGRAM, 317 W. PUEBLO STREET, SANTA BARBARA**

Dr. Ahmad received his medical degree from Ross University School of Medicine and completed his internship and residency in internal medicine at Santa Barbara Cottage Hospital. As a Hospitalist, Dr. Ahmad administers care to our hospitalized patients and monitors and guides their medical needs during their hospital stay in collaboration with their primary care physician and other specialists.

J. KEVIN BECKMEN, DO **FAMILY MEDICINE, SANSUM COUNTRY CLINIC, SOLVANG**

Dr. Beckmen attended the University of New England College of Osteopathic Medicine in Maine and completed his family practice residency at St. Luke's Hospital in Denver, Colorado. Dr. Beckmen has been in private practice in Solvang for the past ten years and has also been the Medical Director for People Helping People, a youth drug and alcohol counseling program.

KAREN DASILVA, MD **NEUROLOGY, 317 W. PUEBLO STREET, SANTA BARBARA**

Dr. DaSilva is a graduate of the University of California Irvine Medical School and completed her neurology residency at the University of California San Francisco where she was also chief neurology resident. After completing her year as chief resident, she continued at UCSF and went on to complete a neuromuscular/neurophysiology fellowship.

BRYAN EMMERSON, MD **ORTHOPEDICS, 215 PESETAS LANE, SANTA BARBARA**

Dr. Emmerson earned his medical degree from the University of California San Diego School of Medicine where he went on to complete his orthopedic surgery residency. After completing his orthopedic surgery residency, Dr. Emmerson completed a fellowship in total joint arthroplasty at the Anderson Orthopedic Clinic in Alexandria, Virginia.

CHRISTIAN POWELL, MD **RHEUMATOLOGY, 215 PESETAS LANE, SANTA BARBARA**

Dr. Powell completed his medical school training at the University College, School of Medicine in Dublin, Ireland. He completed his internal medicine residency at Providence Portland Medical Center in Portland, Oregon and recently completed his rheumatology fellowship in June at the University of California at Davis.



Sam Ahmad, MD
Hospitalist Program



J. Kevin Beckmen, MD
Family Medicine



Karen DaSilva, MD
Neurology



Bryan Emmerson, MD
Orthopedics



Christian Powell, MD
Rheumatology



Katherine Remington, MD
Pediatrics



Michael Shenoda, MD
Cardiology



Alan Sugar, MD
Infectious Diseases

**KATHERINE REMINGTON, MD
PEDIATRICS, 1225 N. H STREET, LOMPOC**

Dr. Remington attended the University of Nevada, School of Medicine and completed her Pediatrics Residency at Tulane University Medical Center. For the past ten years Dr. Remington has worked in private and group practice settings in Colorado and Nevada.

**MICHAEL SHENODA, MD
CARDIOLOGY, 317 W. PUEBLO STREET, SANTA BARBARA**

Dr. Shenoda attended Michigan State University College of Medicine where he earned his medical degree. He completed his internal medicine internship and residency at UCLA/Olive View Medical Center and then went on to complete his cardiovascular medicine fellowship at Cedars Sinai where he became the chief cardiovascular fellow. Dr. Shenoda has subsequently completed an interventional cardiology fellowship and is board certified in nuclear cardiology and cardiac computed tomography. Dr. Shenoda will be available to see patients both in the office and in the hospital setting.

**ALAN SUGAR, MD
INFECTIOUS DISEASES, 317 W. PUEBLO STREET, SANTA BARBARA**

Dr. Sugar is a graduate of Jefferson Medical College and completed his Internal Medicine Residency at Temple University Hospital and Santa Clara Valley Medical Center in San Jose California. Dr. Sugar completed his Infectious Diseases Fellowship at Stanford University. Since completing his fellowship in 1983, Dr. Sugar has been on faculty as Professor of Medicine at Boston University School of Medicine and has been staff physician at Cape Cod Hospital in Hyannis, Massachusetts, where he has also served as the Director of the HIV/AIDS program and Infectious Diseases Clinical Services. ☀

**Become Part of the
Sansum Clinic Legacy**

The Legacy Society is a group of individuals who have included Sansum Clinic in their estate plans. Our members represent all ages, come from all walks of life and are dedicated to helping us bring together the best physicians, the latest technologies, and the most comprehensive healthcare to meet the specialized needs of our community. The size of the gift is entirely your choice and there are no minimum or maximum amounts required to join. One of the simplest ways of providing a lasting legacy is a bequest. A bequest allows you to make a contribution without diminishing the assets available to you during your lifetime.

Your support can help ensure that Sansum Clinic continues its commitment to comprehensive healthcare through teamwork, community collaboration, research and education. The future of healthcare is everyone's concern. For information please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansumclinic.org. ☀



Philanthropy + Partnership

“My colon cancer was discovered when I had a colonoscopy at age 67, which probably saved my life. I wanted to make this procedure available to others who could not otherwise afford it. My hope is that they will have the same positive outcome that I had.”

— Dr. Virgil Elings, philanthropist

“Dr. Elings’s generous gift makes it possible for 400 people in need to receive free colonoscopies through a joint effort by Sansum Clinic and the Santa Barbara Neighborhood Clinics.”

— Dr. John Petrini, gastroenterologist at Sansum Clinic



470 South Patterson Ave.
Santa Barbara, CA 93111