Partners in Health is going digital!
See page 3 to learn how to sign up.

YES, YOU CAN!
5 ways to help you lose weight | 8

PREVENTION WORKS
Our recommendations for mammography | 5

COLOR COUNTS
Add colorful foods to your plate for maximum nutrition | 11

Partners in Health
help in your language

Interpreters are available 24 hours a day, seven days a week, at no cost to you. We can also provide you, your family, and friends with any special assistance needed to access our facilities and services. In addition, you may be able to get materials written in your language. For more information, call the Member or Customer Service number on your ID card.

ayuda en su propio idioma

Tenemos disponibles intérpretes 24 horas al día, 7 días a la semana, sin ningún costo para usted. También podemos ofrecerle a usted, sus familiares y sus amigos cualquier tipo de ayuda que necesiten para tener acceso a nuestras instalaciones y servicios. Además, usted puede obtener materiales escritos en su idioma. Para más información, llame al número de servicio a los miembros o de servicio al cliente que se encuentra en su tarjeta de identificación.

learn more: For five tips to help you lose weight, turn to page 8.

big advantages in going digital

Fast delivery and more great content!

For more information, visit kp.org/healthdisparities.

HOW TO PACK A HEALTHY LUNCH

Eating out for lunch is often expensive and often unhealthy—full of fat and processed carbs with little, if any, fruits or vegetables. Instead, try these homemade healthy recipes.

For adults:
- Toss a green salad with carrots, bell peppers, and tomatoes. Top it with tuna, chicken breast, or kidney beans and balsamic vinaigrette. For a tasty side dish, add apple slices with peanut butter.
- Fill a whole-wheat pita pocket or tortilla with chicken or egg salad (mix 3 oz. of chicken or 3 eggs with 2 tbsp. of low-fat mayo). Or fill one with vegetarian refried beans or hummus. Then add toppings like red onion, tomato, avocado, or salsa. Finish with a side cup of mango.
- Team a cup of bean soup with a green salad and Italian dressing. Add four whole-wheat crackers and a peach.

For kids:
- Place peanut butter and sliced bananas on whole-wheat bread. Pair with baby carrots, celery, low-fat ranch dressing, and fat-free milk.

Did you know you can get Partners in Health electronically as an e-newsletter instead of through the mail? You’ll help save trees while enjoying all the advantages of a digital newsletter.

E-newsletter subscribers enjoy new content every month, compared to three times a year with the print version. You’ll read Q&As with our physician experts and learn more about getting fit and improving your mental wellness. Plus, e-newsletters feature links to resources on kp.org.

To sign up, go to kp.org/register. Once registered, you’ll receive the monthly Partners in Health e-newsletter full of health tips and local facility information—and you’ll no longer get the printed newsletter in the mail.

If you’re already registered at kp.org, don’t do a thing. You’ll automatically start receiving the digital newsletter instead of the printed version.

While you’re online, you can choose to access Your Guidebook to Kaiser Permanente Services* at kp.org instead of receiving it annually in the mail. Visit kp.org/eguidebook/signup and fill in the information fields.

*For fully insured members only.
Anaheim Medical Center gets top honor

The Kaiser Permanente Orange County–Anaheim Medical Center was named a 2009 Leapfrog Top Hospital, an honor that rewards medical centers for their outstanding success in areas such as infection rates, safety practices, mortality rates for common procedures, and measures of efficiency. Our Anaheim facility was recognized as being among the top 34 urban hospitals in the nation.

View the complete list of the 2009 Leapfrog Top Hospitals at leapfroggroup.org. And visit kp.org/measuringquality to learn more about Kaiser Permanente’s quality programs.

staying on beat

Fred Hiebert was 82 and just didn’t feel like himself anymore. He would often wake up coughing and complaining of chest pain.

Then he received life-changing and ultimately lifesaving support at the Kaiser Permanente Orange County–Irvine Medical Center, which involved coordinated care from multiple facilities and medical teams.

While he was hospitalized at Irvine, it was determined that Hiebert had suffered a heart attack and was battling pneumonia. And the angiogram ordered by his medical team showed that he had a blockage, which would require a quadruple bypass operation.

“Dr. Deboer actually found my mother, brother, and me in the lunchroom,” says Hiebert’s daughter Janet Rombi. “He sat and talked with us, walking us through what we needed to know, explaining everything.”

Hiebert was transferred to our Los Angeles Medical Center for the bypass. Once there, his new medical team picked up right where the previous one had left off.

“The entire staff was so kind,” says Rombi. “From the doctors to the nurses, everyone would go out of their way to communicate what was going on and why.”

Due to Hiebert’s age, extra caution was taken to make sure his white blood cell count was high. This meant a two-week stay in the hospital before undergoing surgery.

“The nurses became like family to us,” says Rombi, who, with her mother and brother, spent all the time they could at the hospital. “Everyone knew our names and would even share meals with us in the cafeteria.”

The surgery was a great success, and Hiebert was soon up and walking and left the hospital five days later.

“It was an extremely emotional ordeal, made better by a fantastic group of doctors and nurses,” adds Rombi. “As weird as it sounds, we almost hated to say goodbye.”

Hiebert now has a new lease on life. He’s able to mow the lawn and get handy around the house. And most important to him, after just six months, he was able to resume his passion—playing golf—once a week.

Visit kp.org/heart for a wealth of heart-healthy resources.

prevention leads to inspiration

With the recent surge of flu viruses, many members have visited our Harbor–MacArthur Medical Offices for flu shots. And during this time of increased prevention, Assistant Director of Radiology Estella Turner had a moment of inspiration.

Turner and her team went out of their way to suggest and schedule mammography exams for women who were in line for flu shots. So while protecting themselves from the flu, they could also take steps to defend against breast cancer through early detection.

Thanks to the efforts of Turner and her staff, many members were able to schedule mammogram appointments—including those who were motivated enough to walk in for a same-day exam.

recent update: The recent announcement from the U.S. Preventive Services Task Force that women in their 40s don’t always need mammograms has understandably caused some concern. Kaiser Permanente has no plans to change our current screening guidelines or coverage for members. For more information, visit kp.org/breastcancer.

- MAMMOGRAMS: We strongly encourage women to have a mammogram at least every two years between ages 40 and 69. After age 70, we encourage you to make a personal decision in collaboration with your practitioner about having a mammogram.

- CLINICAL BREAST EXAMINATIONS: In addition to mammograms, women should have a clinical breast exam at least every two years—possibly more often, depending on your personal, family, and hormonal history.

Remember, all decisions about your health should be made by you with your doctor, taking into account your health, family history, risk factors, and preferences.
coping with cancer

Facing a cancer diagnosis can be extremely challenging. There are so many questions and uncertainties. At such a time, it’s comforting to have people to turn to who know what you’re going through and have been in the same shoes.

For several Kaiser Permanente members with thyroid cancer, that help has come from the OC Thyroid Cancer Support Group. This free support group is for thyroid cancer survivors, family members, and friends. They meet to share information, experiences, and coping strategies.

“Many of our members are lost and overwhelmed when they first show up,” says Shilo Bartlett, one of the group’s facilitators. “We work together to help them get on track, and are constantly supporting and sharing.”

▶ The OC Thyroid Cancer Support Group meets monthly. Learn more by visiting thyc.org. You can also visit kp.org/cancer for more information on a wide range of cancer topics to help you manage your care and enhance your quality of life.

medicine from your mind

Your mind contains strong medicine. You can help yourself relieve stress, improve your mood, communicate more effectively, manage your time, and meet new people to turn to who know what you’re going through and have been in the same shoes.

One way to tap into this potent resource is through Healthy Living classes offered at Kaiser Permanente Orange County facilities. These classes suggest many ways to get in touch with the inner you, from classes dealing with depression and stress to ones that invigorate your mind, body, and spirit to physically active practices such as yoga.

One of the most popular classes offered in Orange County is Mind-Body Health. In this eight-session series, you’ll learn the causes of stress in your life and techniques that can help you manage them.

“I got a lot out of it, a lot!” says member Lanae Milroy. “It has helped me keep focused on myself, even though other unfortunate things were happening around me.”

Milroy went to the class after having a good experience with a Kaiser Permanente class on recognizing the signs and symptoms of depression and how to manage it.

“I went into the mind and body class feeling it would be beneficial,” says Milroy. “And after all the sessions, I felt it was time very well spent.”

▶ Continue your discovery of mind and body health at kp.org/mindbody. For more information on classes and fees, call Health Education at 1-866-402-4320 or go to kp.org/classes.

health education classes for our members

These classes can help you live healthier. For information and any fees, call 1-866-402-4320.

Diabetes
▶ Gestational Diabetes
▶ Living Well with Diabetes: Taking Care of Yourself
▶ Living Well with Diabetes: Testing Your Blood Sugar
▶ Pre-Diabetes: Preventing Diabetes

Heart Health
▶ Cholesterol and Lifestyle: Take Control
▶ Heart Failure: Living Well Each Day
▶ Living Well with Heart Disease
▶ Living Well with High Blood Pressure

Mind-Body
▶ Depression: Insights and Understanding
▶ Depression Overview
▶ Mind-Body Health
▶ Stress: Reduction and Relief

Nutrition and Weight Management
▶ Flexible-Menu Meal Replacement
▶ Healthy Lifestyles for Families
▶ Healthy Lifestyles for Teens
▶ Lifestyle and Weight Management
▶ Liquid Meal Replacement
▶ Six-Week Slim Down
▶ Weight Management Orientation

Women’s Health
▶ Preventing Osteoporosis
▶ Successful Bladder Control

Irvine now called Barranca Medical Offices

Since our Alton/Sand Canyon Medical Offices have opened on the Kaiser Permanente Orange County–Irvine Medical Center campus, some of you have been confused about which Irvine location to go to for appointments.

We wanted to simplify this by using the address as the building title—so we’re changing the name of our original Irvine Medical Offices at 6 Willard to the Barranca Medical Offices. They are located at the corner of Willard and Barranca Parkway in Irvine.

Here’s more information about our two medical offices in Irvine, so be sure to get clarification about the location of your appointment:

▶ Our Barranca Medical Offices at 6 Willard near Barranca Parkway offer family medicine, internal medicine, pediatrics, podiatry, dermatology, and allergy services.

▶ Our Alton/Sand Canyon Medical Offices are located on our Orange County–Irvine Medical Center campus at 6670 Alton Parkway. They have specialty care—surgical specialties, medical specialties such as cardiology and gastroenterology, and women’s health services.

▶ Call 1-888-988-2800, seven days a week, 7 a.m. to 7 p.m., for appointments, advice, and directions. TTY for the hearing/speech impaired is 711.

CHECK OUT OUR FACILITY WEB SITES

For a virtual tour of the Kaiser Permanente Orange County–Irvine Medical Center, visit xnet.kp.org/scal/virtualtour/irvine. Also visit our Anaheim–Kraemer Medical Office Building 1 Web site at kp.org/kraemer.
Simple and safe ways to drop those extra pounds.

**5 ways to LOSE WEIGHT**

**LOSING WEIGHT CAN BE AN UP-AND-DOWN EXPERIENCE.** You lose a few pounds; you gain them back later.

If you’ve been struggling with the weight yo-yo, don’t give up. Maintaining a healthy weight can help prevent many health conditions like diabetes, high blood pressure, and certain cancers.

“Simple steps can shave away a few calories,” says Jack Der-Sarkissian, MD, a family medicine physician at our Los Angeles Medical Center and regional lead for our adult weight management programs. “Losing weight is a complex process. Don’t be disheartened. Eventually you’ll get to where you want to be.”

**Take five and lose 10**

Cutting just 100 calories a day can lead to about a 10-pound weight loss in a year. Focus on these five ways to help take off the pounds and keep them off.

1. **Consume less.** Limit liquid calories—such as sodas, sports drinks, juices, and coffee drinks with added sugar, syrups, whipped cream, or whole milk—and high-calorie foods such as fast food.
2. **Exercise more.** Being physically active is as simple as going for a walk or taking the stairs on most days.
3. **Use the plate method.** Practice portion control and get a balanced meal by dividing your plate into the following sections: one-half nonstarch vegetables, one-quarter lean protein, and one-quarter starch, such as a sweet potato or whole-grain roll.
4. **Keep a food diary.** Track what you eat and when you eat. You may be surprised at what you learn about your eating habits.
5. **Limit simple and processed carbohydrates.** Food such as sodas, sweets, white bread and pasta, and baked goods make you hungry sooner, which can lead to eating more.

“The food diary makes you aware of what you’re eating and makes you accountable to yourself,” says Susan Uretzky, project lead for adult weight management programs for health education in Southern California. “Once you have that awareness, you’re more conscious of what you eat.”

“Once you have that awareness, you’re more conscious of what you eat.”

Dr. Der-Sarkissian says, “The vast majority of people don’t know they’re overweight or classified as obese. When I discuss this with them, it comes as a shock.”

Overweight or obese are medical classifications based on your body mass index (BMI), which measures your weight and height for your age group. Calculate your BMI online at kp.org/calculators. An adult with a BMI between 25 and 29.9 is considered overweight, and an adult with a BMI of 30 or more is considered obese.

▶ Save money and limit your calorie consumption by making healthy lunches at home. Check out recipes for adults and kids on page 3.

“A Kaiser Permanente research study published in 2008 found that people who kept a food diary lost almost twice as much weight as those who kept no records at all.”

**A POUND OF KNOWLEDGE**

Below are classes to help you lose weight or maintain a healthy weight. Call 1-866-402-4320 for schedules and fees, and to find a class near you, or go to kp.org/classes.

- **Introduction to Kaiser Permanente Adult Weight Management Programs:** This free information session is an overview of our classes and programs that can help you reach your weight-loss goals.
- **Lifestyle and Weight Management:** This free one-session class teaches you how to make healthy choices that fit your lifestyle so you can lose weight and keep it off.
- **Six-Week or 12-Week Slim Down:** These programs will help you learn new skills to keep you on track and motivated. Make healthy eating and physical activity lifestyle changes with confidence.
- **Keeping the Weight Off:** Find information and support to continue to eat healthy, stay active, and use your new lifestyle skills to stay on track and motivated.
When you eat a variety of colorful fruits and vegetables, you get the benefits of nutrients and vitamins that help you maintain a healthy weight and reduce your risk for health conditions such as heart disease and cancer. Here are a few of my favorite colorful foods:

- **Ravishing Reds:** Tomatoes, red bell pepper, watermelon, or pink grapefruit are some of the foods that get their color from lycopene. This antioxidant helps lessen the effect of free radicals, which are molecules or atoms that can damage cells and genes. Lycopene may also decrease your risk of disease and, for any men in your life, prostate cancer.

- **Glowing Greens:** Leafy greens such as spinach, collard greens, and broccoli contain vitamin C, beta-carotene, folic acid, and many other phytochemicals. They work together to help reduce your risk for cancer and heart disease.

- **Outrageous Oranges:** Apricots, peaches, sweet potatoes, and carrots are some of the foods that contain cryptoxanthin, an antioxidant that acts like an anti-inflammatory agent and may lower the risk of arthritis. Orange (and yellow) foods also contain beta-carotene, which may help keep your mind sharp.

- **Berry Blends:** Dark purple and blue fruits and vegetables—such as blackberries, purple cabbage, and eggplant—contain anthocyanin, a powerful antioxidant that helps to prevent tumor growth and protect against vascular disease.

- **Brown Beanies:** Lentils and beans contain both soluble and insoluble fiber. Soluble fiber works to lower your cholesterol. Insoluble fiber helps to decrease constipation and weight gain.

Think color to get a healthy variety of fruits and vegetables in your diet. In southern California, some of our medical facilities have farmers markets on campus. Go to kp.org/farmersmarkets to locate one near you.

# eat a rainbow. Color yourself healthy every day.

Juanita Watts, MD, is our women's health leader in Southern California. She offers advice on health issues facing women today.

## Aging gracefully
Times have changed! Aging is different now than it was for our parents and grandparents. More of us are living longer and we want those extra years to be healthy ones.

We have gathered a wealth of resources to help you maintain your vitality and independence in the years ahead. It’s all at kp.org/healthyaging.

## Helping shape health reform:
Our nation’s leaders have been grappling with health care reform, and Kaiser Permanente has been involved in shaping the process.

You can read about our principles and our efforts at kp.org/reform.
in the news

vitamin D: hype or hope?

Vitamin D has been in the spotlight lately—and for good reason. There is solid evidence that it’s important for preventing bone loss, and recent research shows that taking up to 770 international units (IU) daily by adults can lower fracture rates by 20%.*

Mounting observational evidence suggests a lack of vitamin D may also increase your risk of diabetes, high blood pressure, stroke, heart failure, and some types of cancer.

“A surprising 30 to 50% of the U.S. population is deficient in vitamin D,” says Kaiser Permanente registered dietitian Carole Bartolotto, RD. “The recommended daily allowance for vitamin D was developed to prevent rickets, yet Americans’ current low levels are caused by a number of factors. If you avoid the sun or use sunscreen, or if you are dark-skinned, overweight, or over 50, you’re at greater risk of deficiency.”

And a recent study** found that 70% of children have low levels of vitamin D. Since vitamin D is actually a hormone, not a vitamin, it is not found in many foods. Our Preventive Care Guidelines recommend 1,000 IU a day for adults 18 and older. But you’d have to eat 50 eggs or drink 10 glasses of milk to get 1,000 IU!

▶ An easy and safe way to increase your daily intake is for adults to take a supplement with 1,000 IU of vitamin D3, the more biologically active form, every day.

**Dr. Michal L. Melamed of the Albert Einstein College of Medicine of Yeshiva University, August 2009; Research from November 2009 study led by Dr. Joseph B. Muhlestein of Intermountain Medical Center in Murray, Utah.