



# care connection

» A Mission of Caring

» mind, body & spirit

## DELIVERING THE BEST FOR MOMS AND BABIES

Planning for the arrival of your baby can be both exciting and stressful. Between designing the nursery and planning time off from work, you have many decisions to make. Fortunately, one of the most important choices—where to have your baby—is easy.

**T**hanks to comprehensive Maternal Child Health Services at Saint Louis Regional Hospital, you have a place to turn for all your prenatal health and delivery needs.

“In the past, many residents of South Santa Clara County went outside the community to receive maternal health care,” says Diane Sanchez, MD, board-certified obstetrician/gynecologist at Saint Louis. “We want to spread the word that Saint Louis has enhanced the level of care available locally, offering a full spectrum of OB/GYN services.”

### What’s Available?

To meet the growing needs of the community, Saint Louis recently remodeled its delivery suites. These suites are the result of a long-term dream of our community obstetricians. Along with traditional birthing suites, the Solano Suite now provides mothers and their families with spacious rooms, new birthing beds and furniture, and relaxing décor. This special setting is the perfect complement for Saint Louis’s expert patient care.

“Patients delivering at Saint Louis receive excellent, personalized care from skilled and compassionate physicians, nurses, and other medical personnel,” Dr. Sanchez says. “We want each delivery to be the unique, memorable occasion it is intended to be.”

Prior to birth, Saint Louis provides obstetrical care throughout a woman’s pregnancy. In addition to physician visits, patients have convenient access to an array of pregnancy-related information on the Saint Louis Web site, including overviews of eight classes



that cover several different aspects of prenatal health and newborn care.

“Even though our hospital may be small, we offer exceptional health care,” Dr. Sanchez says. “At Saint Louis, we have the maternity services families need—and we’re located closer to home so loved ones can visit easily and participate in one of the most important moments in life.”



For more information, please visit [www.saintlouisregionalhospital.org](http://www.saintlouisregionalhospital.org) or call (408) 848-8663 to schedule a tour of the birthing center.

### THE ANSWER IS...

For people with diabetes, complications such as high blood pressure can damage vessels and nerves, especially in what part of the body?

If you know the answer to the above question, call our Physician Referral Line at (408) 782-1501. Each of the first 50 readers to provide the correct answer will win a 45-minute calling card.

**Here’s a hint:** the answer is in this issue!

*Saint Louis Regional Hospital associates and their immediate family members are not eligible to win.*

# WHAT'S THE DRAW? CONVENIENCE.

If you live in the Morgan Hill area and need blood work done, you'll soon have a new option for care. In July, Saint Louis Regional Hospital opened a new draw station at Morgan Hill De Paul Health Center for your convenience.

**T**he new satellite location—which is known as the Morgan Hill Draw Station—is staffed by a state-certified phlebotomy technician, who is able to draw blood for any test that your physician orders. Once blood is drawn, it will be delivered to the pathologists at Saint Louis Regional for evaluation.

“Whether patients have their blood drawn at the main hospital or the Morgan Hill Draw Station, our pathologists use the same high standards and advanced technology to evaluate the samples,” says Ernie Spencer, CLS, Laboratory Director for Saint Louis. “This new draw station eliminates the need for patients who live in the growing Morgan Hill area to come to the hospital for routine blood work.”

The Morgan Hill Draw Station is open from 8:30 a.m. to 5 p.m. and closed for lunch from 12:30 to 1 p.m., Monday through Friday. While no appointments are necessary, you do need a referral from a physician before blood will be drawn.

*To learn more about the Morgan Hill Draw Station, please call (408) 779-2608.*



## INVESTING IN YOUR CARE

Whether your physician needs help diagnosing the cause of your persistent heartburn or you need a preventive screening for colon cancer, count on Saint Louis Regional Hospital to provide leading-edge endoscopy equipment for the most accurate examination possible.

**At** Saint Louis, we have the latest Olympus endoscopes, which have high-definition image quality that allows for examination of the digestive tract with greater magnification and clarity.

“These scopes also have a special feature that greatly enhances the endoscopist’s ability to perform a detailed examination,” says Prince Shah, MD, board-certified gastroenterologist, hepatologist, and internal medicine physician at Saint Louis. “This equipment allows examination of the intestinal lining to detect patterns that may suggest early cancer-related changes.”



### Staying on the Forefront

The department also has purchased the latest equipment to clean the endoscopes, which helps to ensure that rigorous safety standards are met.

“Overall, this new endoscopy equipment helps Saint Louis physicians to elevate the standard of care for our patients,” Dr. Shah says. “Purchasing the equipment illustrates that we are committed to investing in patients’ healthcare experiences.”

*For more information, please visit [www.saintlouisregionalhospital.org](http://www.saintlouisregionalhospital.org) or call (408) 782-1501 to find a physician.*

# TAKE 6 STEPS BACK

## FROM FOOT PROBLEMS

For people with diabetes, daily foot care is much more than a luxury—it also can help to prevent serious infections.

**D**iabetes causes blood sugar levels to be higher than normal. Over time, accompanying high blood pressure levels can damage the vessels and nerves, particularly in the feet.

“The loss of feeling in the feet makes it hard for people with diabetes to know if they have blisters or sores,” says Gunjan Mittal, MD, a family practice physician on staff at Saint Louise Regional Hospital. “If little sores are not taken care of, they can get worse and turn into ulcers.”

Circulation problems due to vessel damage make it difficult for people who have diabetes to heal from sores. Foot ulcers that take a long time to mend can become infected, requiring a trip to the hospital. In serious cases, the foot may require amputation.

### Everyday Care

Try these tips to pamper your feet and prevent problems:

1. **Check your feet daily** for cuts, blisters, sores, swelling, redness, and ingrown toenails. If you cannot examine your feet closely, ask someone to check them for you. If you see an injury, contact your doctor.
2. **Wash your feet daily** in warm water. Dry them well, especially between the toes.
3. **Trim your toenails weekly**, cutting straight across the toe to avoid ingrown toenails.
4. **File corns and calluses carefully** with a pumice stone or emery board.
5. **Moisturize dry skin** with lotion but avoid putting it between your toes.
6. **Wear socks and well-fitting shoes** whenever possible to protect your feet.



Gunjan Mittal, MD, a family practice physician on staff at Saint Louise Regional Hospital

*To find a primary care physician who can help you keep diabetes in check, call the Physician Referral Line at (408) 782-1501 or visit [www.saintlouiseregionalhospital.org](http://www.saintlouiseregionalhospital.org) and select “Find a Physician.”*



## Steer Clear of Diabetes Complications

Living with diabetes does not have to be difficult. If you keep these basics in mind, self-managing your condition will be much easier.

- » Eat a well-balanced diet and get plenty of exercise. Watch your blood sugar levels, too, and follow your doctor’s orders for keeping glucose within normal limits.
- » Make eye exams a regular habit. An ophthalmologist can examine your eyes closely for retinal problems, cataracts, and glaucoma. If these problems are caught early enough, they can be managed.
- » Brush your teeth twice daily and floss once a day.
- » Update your vaccinations for diseases such as the flu, pneumonia, tetanus, and hepatitis B.
- » Keep blood pressure and cholesterol levels in check and have these numbers monitored on an annual basis.
- » Avoid secondhand smoke and stop smoking, if applicable.
- » If you drink alcohol, do so in moderation.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# CURBING DIABETES IN KIDS

For years, Type 2 diabetes was known as “adult-onset diabetes.” Has the number of children and adolescents with Type 2 diabetes risen so high that the nickname no longer rings true?



**T**he statistics are astounding—up to 45 percent of children recently diagnosed with diabetes have the Type 2 form of the disease. How can you help ensure your child isn’t affected by this epidemic? One key is making lifestyle changes as a family.

“Type 2 diabetes is more prevalent now because we have more overweight and obese children,” says Gunjan Mittal, MD, board-certified family practice physician on staff at Saint Louise Regional Hospital. “To prevent diabetes, take steps as a family to become more healthy—eat a balanced diet, be more physically active, and reduce the amount of time spent being sedentary.”

If you think your child may be at risk for Type 2 diabetes, keep an eye out for symptoms such as:

- » extreme thirst
- » fatigue
- » frequent urination
- » patches of thick, dark skin
- » unexplained weight loss

*To find a physician for your family’s health needs, call the Physician Referral Line at (408) 782-1501 or visit [www.saintlouiseregionalhospital.org](http://www.saintlouiseregionalhospital.org) and select “Find a Physician.”*