HEALTH CARE TODAY IS A COMPLEX enterprise, best delivered by a team. And at the head of this team is a primary care physician, or PCP, who acts as head coach.

In this important role, PCPs maintain an open and collaborative relationship with their patients. They also coordinate their patients’ care, and manage internal communication with their patients’ other health care providers, including specialists, nurses and social workers.

Here is how this team-based approach works at UCLA Health.

YOUR PRIMARY CARE PHYSICIAN LEADS YOUR TEAM

As a patient, it is important for you to find a PCP you trust to oversee your medical care and advocate for your best interests. Your PCP should learn about your individual preferences, and develop a strategy to help you achieve your personal health goals.

If your PCP thinks you should make a lifestyle change, start a new medication or complete a preventive service, like getting a flu vaccine or a colon cancer screening, he or she should be able to clearly explain why they are making that recommendation, and how this change will help you reach your goals. Then, your PCP should encourage you to take the appropriate actions to support your long-term health.

THEY SHOULD ALSO HELP COORDINATE YOUR CARE

While your relationship with your PCP is incredibly important, so is his or her relationship with your other health care providers.

As the head coach of your health care team, your PCP should refer you to specialists, such as a cardiologist or gastroenterologist, when that outside expertise is required. When you are under the care of another health care professional, your PCP should remain updated on any new lab results, diagnoses or hospitalizations, so that he or she can adjust his or her strategy to keep you healthy.

COMMUNICATION IS KEY

An essential component of teamwork is open communication between everyone involved. You should develop a partnership with your PCP, and feel free to bring up any questions or concerns.

Providers and support staff should also stay in touch and share relevant clinical information so that they are on the same page and working towards the same goal. This is best achieved when everyone works for the same place—in this case, UCLA Health—and uses the same electronic health record system.

You can stay involved by signing up for the patient portal via the MyChart app or at my.uclahealth.org.

Find a primary care physician: uclahealth.org/primary-care
HOW WE HAVE STRENGTHENED OUR COMMITMENT TO YOU

Johnese Spisso, President, UCLA Health

Here at UCLA Health, we are constantly making changes to improve how health care is delivered. In this second issue of The Checkup, I would like to highlight some of the ways that we have put our patients first as we have expanded.

We provide specialty services in the community. In addition to our more than 40 primary care offices, we also have more than 100 specialty and subspecialty practices in communities from Ventura to Pasadena and Santa Clarita to Laguna Hills. This means that you no longer have to travel to Westwood or Santa Monica to get top-notch cardiology, oncology or dermatology care.

We offer more urgent care and extended hours options. If you get sick or injured outside of regular business hours, we now offer several convenient alternatives to the emergency room. We recently expanded the number of UCLA Health practices that stay open on evenings, weekends and holidays—all of which offer either walk-in hours or same day access.

We connect you to extra services when you need them. UCLA Health offers a wide array of support services right in our community offices. These include pharmacists embedded in our primary care practices; nurse triage support through our Patient Communication Center; and regular diabetes education and support classes at several convenient locations.

There is more that we are excited to share with you in future issues. But in the meantime, we look forward to seeing you in one of our offices.

See our complete list of offices: uclahealth.org(locations)

THE CHECKUP
FALL 2018

PREVENTIVE CARE
PROTECT YOURSELF FROM THE FLU – GET VACCINATED NOW

Influenza, or the flu, is a contagious viral illness that infects the nose, throat and lungs. It can be mild to severe, and even lead to hospitalization or death.

As we head into flu season, the best way to protect yourself and your family is to get the annual flu vaccine—available in our offices now. Here is what you need to know.

1. THE FLU VACCINE IS SAFE
Despite what you may have heard, you cannot get the flu from the flu vaccine. That is because the vaccine does not contain any live flu virus. A side effect you may experience is a temporarily sore, red arm at the injection site.

2. IT IS ALSO EFFECTIVE
While the flu vaccine does not completely protect you against the flu, it is up to 80% effective, according to the Centers for Disease Control and Prevention. And if you get the vaccine but still contract influenza, your risk of having a serious flu illness drops to below 1%. This means you are much less likely to miss work or be hospitalized.

3. BUT IT DOESN’T WORK IMMEDIATELY
It takes about two weeks for the flu vaccine to offer protection. And once you are protected, you can still get sick from other germs or viruses that may cause similar symptoms.

4. THE FLU IS DIFFERENT FROM THE COMMON COLD
While both typically cause a fever, sore throat and fatigue, the flu also causes muscle and body aches, and typically lasts much longer.

5. ALMOST EVERYONE CAN GET THE SAME VACCINE
Every UCLA Health patient between 6 months and 64 years old can get the same single dose vaccine. For patients 65 and older, a high-dose vaccine is recommended. Reach out to your physician with any questions.

Find more on preventive care: uclahealth.org/the-checkup
A FEW YEARS AGO, SHEBYON Begood, 49, was dealing with an array of health problems that kept her from enjoying her life. “I was constantly in and out of the hospital,” says Begood, who lives in Santa Monica. “And these were not short stays.”

The culprit was urinary tract infections—a complication of her Type 1 diabetes and a kidney transplant she had a decade earlier—that would often turn into a serious and life-threatening condition called sepsis. Then she was diagnosed with breast cancer. “That was devastating,” Begood says, “because I’ve been sick all my life and struggling all my life.” What she really wanted, she says, was to spend quality time with her sister, her two daughters, and her three grandchildren. But being so sick made that impossible.

Urged by her family to demand better care, Begood transferred from another system to UCLA Health. But with 11 specialists and dozens of prescriptions, Begood required a higher level of care coordination than what is typical in a primary care practice. So, when UCLA launched a new initiative for high-risk, complex patients in Westwood, called the Extensivist Program, Begood was one of the first patients to join.

“When we met Shebyon, she was not able to get the cancer treatment she needed because of her frequent infections,” says Dr. Sun Yoo, the Extensivist Program’s medical director. “We came in and asked: ‘Why is this happening? And what can we do to prevent these infections from starting?’”

Dr. Yoo and her team found some simple fixes. They altered Begood’s antibiotic regimen and changed some other medications. Then, they taught her how to better drain her bladder and spot early signs of infection, so she could get treated right away. Dr. Yoo engaged all of Begood’s specialists, and they came up with a unified care plan for her together. Dr. Yoo also made it a priority to stay in contact with Begood’s robust support team, which includes nurses, a social worker, a care coordinator and her family.

The results speak for themselves. In the last 15 months, Begood has been hospitalized only twice, and for just a few days each time. She is also now cancer-free. “She looks better, she feels better, and most importantly, she is able to stay home,” Dr. Yoo says.

This change has greatly improved Begood’s quality of life. “My family comes and sees me every weekend now,” she says. “It feels like Christmas every time they walk through that door.”
CARE WHEN YOU NEED IT, WHERE YOU NEED IT

When an illness or injury unexpectedly occurs that is serious enough for an emergency department visit, but does require medical care, it can feel like there are no good options if your primary care office is closed.

That is why we have expanded the number of UCLA Health offices open on evenings, weekends and holidays. Each sees patients of all ages and holds same-day slots for urgent issues; some allow walk-ins. The result is more comprehensive and convenient coverage for you.

Services include:
- X-rays
- Treatment for acute illnesses, such as fever, ear infections and influenza
- Treatment for bites, burns, sunburns and other skin irritations

Please note: All offices bill urgent visits as regular doctors appointments. Call ahead to confirm availability.

Find out more: uclahealth.org/urgentcare

DIRECT SCHEDULING NOW AVAILABLE

Making an appointment with your primary care physician just got easier. If you’re an established patient, you can now schedule appointments through the UCLA Health patient portal or mobile app. No phone calls necessary! Here’s how:

1. Sign into the patient portal at my.uclahealth.org or launch the MyChart app
2. Select “Schedule An Appointment” from the quick links
3. Click “Self Schedule an Appointment” from the available options
4. Pick which UCLA Health provider you want to see
5. Select a day and time that works with your schedule
6. Fill in some details about your visit
7. Confirm that the appointment details are correct, and hit “Schedule”

Try this new feature: my.uclahealth.org
NEW SPECIALISTS

BEAST SURGERY

UCLA Health recently hired experienced breast surgeons to join our community offices.

- **Dr. Michele Carpenter** sees patients in the new Orange office and performs surgery at nearby community hospitals.
- **Dr. Anna Houterman** sees patients in Laguna Hills. She offers breast symptom and breast cancer risk evaluations, and ultrasound breast biopsies. She performs breast surgery in nearby community hospitals.

**NEW LOCATION
TORRANCE CARDIOLOGY**

Cardiology and cardiac imaging services, including stress echocardiograms and treadmill tests, recently moved from Redondo Beach to a new suite in Torrance. The following expert specialists are available to see you and address your cardiac needs. Cardiac electrophysiology and heart transplantation consults are also offered.

- **Dr. Behi Rabbani** recently moved his thriving Northwest Valley practice to the South Bay. He specializes in the invasive treatment of complex coronary artery and peripheral vascular disease, and the transcatheter treatment of valvular heart disease.
- **Dr. Minisha Kocha** specializes in heart disease in women.
- **Dr. Rushi Parikh** is an interventional cardiologist who specializes in advanced heart failure.

**Where:** 3500 Lomita Blvd., M100  
**Phone:** (310) 517-8578  
**More info:** uclahealth.org/torrance

**PRACTICE SPOTLIGHT**

**REDONDO BEACH**

New hours:
Monday – Friday: 8 am – 9 pm  
Saturday: 9 am – 1 pm  
Open most holidays: 9 am – 5 pm

Please note: Walk-ins accepted weeknights from 5 - 9 pm, Saturdays from 9 am - 1 pm, and most holidays from 9 am - 5 pm.

**SPECIALTIES & SERVICES**

- Internal medicine
- Pediatrics
- Family medicine
- Dermatology
- X-ray and ultrasound
- Well-woman care
- Routine and travel immunizations
- Blood draw and lab work, with order

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**NEW SPECIALIST
BREAST SURGERY**

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**MORE INFO:** uclahealth.org/community-cancercare

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**PRIMARY AND SPECIALTY CARE**  
514 North Prospect Ave., Suite 103  
Redondo Beach, CA 90277  
Phone: (310) 937-8555  
Parking: Free parking in lot  
More info: uclahealth.org/redondo-beach
LAB WORK AND BLOOD DRAWS
NOW MORE CONVENIENT

If you need to have your blood drawn or have urine or another specimen collected for routine lab work, UCLA Health has recently made it easier to skip the trip to Westwood or Santa Monica, and go to the office that is closest to where you live or work – or where there is free parking.

HERE’S WHAT YOU NEED TO KNOW:
- You MUST have a valid order in the system for lab work. No exceptions.
- You can walk in to have your blood drawn or routine lab work completed at any of our clinical labs or UCLA BURL Outreach Clinical Laboratory locations. These labs are listed at uclahealth.org/clinical-labs.
- You can have your blood drawn at any of our community offices if you call ahead to confirm that your order is in the system and that they have the availability to see you.
- Results will be shared via the online patient portal.
- Offices are open weekdays from 8 am to 5 pm, unless otherwise noted.

OFFICES NEAR YOU
Plaza Marina Urgent Care
4560 Admiralty Way, Ste. 100
Phone: (310) 827-3700
- Extended hours
- Free parking

Culver City – Westfield Mall
6000 Sepulveda Blvd., Ste. 2660
Phone: (310) 313-0020
- Extended hours
- Free parking

Redondo Beach
514 N. Prospect Ave., Suite 103
Phone: (310) 937-8555
- Extended hours
- Free parking

COMMUNITY OFFICES
All of the following offer free parking.
- Irvine
- Laguna Hills
- Manhattan Beach
- Palos Verdes
- Torrance (multiple locations)

More locations: uclahealth.org/locations