

The Checkup

A COMMUNITY NETWORK OF CARE TO HELP YOU LIVE YOUR HEALTHIEST LIFE

UCLA DOCTORS WHERE YOU MAY NOT EXPECT THEM

IN ADDITION TO THE MORE THAN 180 primary and specialty care offices throughout the greater Los Angeles region, UCLA Health also has physicians who specialize in caring for hospitalized patients in 17 community facilities and counting. Here is what you need to know about our hospitalist program:

ALWAYS CALL YOUR PRIMARY CARE OFFICE FIRST

Unless there is an emergency that requires 911, you should always call your primary care office first if you are sick, injured or have a health concern.

Based on your symptoms, your location and other factors, a member of your health care team will either ask you to come in and see your primary care physician; tell you to go to an after-hours office to receive urgent care services; or direct you to a nearby hospital for emergency care. This is where our inpatient providers, called hospitalists, come into play.

Once you are headed to a specific location, a member of our team can call ahead and request that a UCLA Health hospitalist oversee your care if you are admitted to the facility.

If you go directly to the emergency department, you should identify yourself as a UCLA Health patient and present your laminated hospitalist card, available in our primary care offices. If you are admitted to the hospital, our hospitalist team will then oversee your care.

EXPECT CARE TO BE COORDINATED WITH OUTSIDE PROVIDERS

UCLA Health hospitalists in all 17 locations can access your electronic medical records. This means that a hospitalist can review your complete medical history without expecting you to remember this information, and avoid re-ordering imaging studies or lab tests you have already completed.

Once you are admitted, a hospitalist will notify your primary care physician

and coordinate your inpatient care with other specialists, including cardiologists, nephrologists and pulmonologists.

If you are admitted to a community hospital and need highly specialized care, you will have first priority for a transfer to Ronald Reagan UCLA Medical Center or UCLA Medical Center, Santa Monica, where our physicians handle the most complex cases.

A SMOOTH TRANSITION HOME

Before you are sent home, a hospitalist will prepare a discharge summary that details what happened during your hospital stay, which is then sent to your primary care physician and relevant specialists.

They will also write a prescription for any new medications, refill most existing medications and schedule any necessary follow-up appointments.

Call our UCLA Health hospitalist office with questions: **(855) 488-9550**.
More info: uclahealth.org/hospitalists

INPATIENT CARE ESSENTIAL TO COMMUNITY GROWTH

Johnese Spisso, President, UCLA Health



WHILE THE CHECKUP newsletter is primarily focused on UCLA Health's outpatient community expansion, growing our inpatient

offerings is equally important to our mission. Here is what you need to know:

New hospitals welcome our team.

In the past year we have expanded the number of hospitals where we offer inpatient services provided by UCLA Health community-based hospitalists. At present, our hospitalists care for patients at Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica, plus 15 other locations, stretching from Ventura and Santa Clarita in the north to Torrance in the south and Burbank and downtown L.A. in the east.

Additional inpatient services.

Within these hospitals, UCLA Health specialists and subspecialists, such as nephrologists, pulmonologists and interventional cardiologists, also care for patients with a variety of complex conditions. At UCLA-owned hospitals in Westwood and Santa Monica, palliative care teams help patients identify and achieve their personalized treatment goals, while East-West physicians in Santa Monica offer inpatient services, such as trigger point injections and acupuncture.

Improved care coordination.

As UCLA Health has expanded, we have also improved how we coordinate care between inpatient and outpatient providers. We involve each hospitalized patient's primary care physician, and additionally rely on support from our specialized care coordination team when working with high-risk patients.

This has helped us provide comprehensive, patient-centered care both in and out of the hospital, and has ensured that each patient has a smooth transition home after a hospital discharge, throughout our ever-expanding region.

PREVENTIVE CARE

HEART DISEASE AND STROKE: UNDERSTAND YOUR RISK

Heart disease is the leading cause of death in the United States, causing 1 in 4—or just over 600,000—deaths each year. Stroke is the fifth leading cause of death. Both are more likely to occur in patients with specific risks.

2 KEY RISK FACTORS



1. HIGH BLOOD PRESSURE

Blood pressure is the force of blood pushing against the walls of your blood vessels that carry blood away from your heart to other organs. It is measured using two numbers:

SYSTOLIC BLOOD PRESSURE

The top number, which represents the pressure generated when your heart beats.

DIASTOLIC BLOOD PRESSURE

The bottom number, which represents the pressure in your blood vessels when your heart rests between beats.

BLOOD PRESSURE GUIDELINES

Normal

Below 120 mmHG / 80 mmHG

Elevated

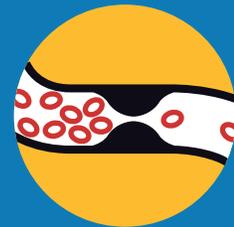
120-129 mmHG / 80 mmHG

Stage 1 hypertension

130-139 mmHG / 80-89 mmHG

Stage 2 hypertension

Above 140 mmHG / above 90 mmHg



2. HIGH CHOLESTEROL

Cholesterol is a waxy, fat-like substance that's made in your liver and travels throughout your blood stream on what are known as lipoproteins. There are two types:

— LOW-DENSITY LIPOPROTEINS (LDL)

"Bad" cholesterol creates fatty buildups on the walls of your blood vessels that can make it difficult for blood to travel to and from your heart.

General guideline: < 100 mg/dL

+ HIGH-DENSITY LIPOPROTEINS (HDL)

"Good" cholesterol removes LDL cholesterol away from blood vessels and back toward the liver, where it is broken down and removed from the body.

General guideline: > 50 mg/dL

HOW TO MEASURE CHOLESTEROL

A lipid panel is a blood test that measures LDL, HDL and triglycerides—the free-floating fats in your blood.

General guideline: < 150 mg/dL

ADDITIONAL RISK FACTORS

If you smoke, have diabetes, are obese or inactive, talk to your primary care physician or cardiologist about how you can minimize these risks.





Dr. Ravi Dave listens to Howard Brenner's heart during a follow-up appointment.

PATIENT STORY

INPATIENT CARE PROVIDED RELIEF TO COMPLEX PATIENT

HOWARD BRENNER HAD HIS FIRST heart attack at 41, and soon after, became a UCLA Health patient. In the past 20-plus years, Brenner, now 67, has had various imaging studies and procedures, including the placement of nine stents to open up his coronary arteries. All of this is documented in his electronic medical record.

The benefit of having his extensive medical history in one place became important in mid-January, when Brenner experienced severe chest pain during a particularly stressful day at work. He knew he should go straight to the emergency department, and decided to meet his wife, Lynda, at Providence Tarzana Medical Center, a midway point between his office in Glendale and their Westlake Village home.

When he arrived in the emergency department, Brenner was given a

medication to lower his blood pressure. He was then admitted for testing and moved to a private room. Soon after, Dr. Emily Law, a UCLA Health hospitalist physician, came in and introduced herself. She let Brenner and his wife know that she'd already reviewed his chart through the online portal, and would reach out to his cardiologist, Dr. Ravi Dave, UCLA's director of interventional cardiology, to let him know what was going on.

Immediately, Brenner says, he felt

'It was so reassuring to have a UCLA physician there in Tarzana, with access to my entire medical history.'

relieved. "It was so reassuring to have a UCLA physician there in Tarzana, with access to my entire medical history," he says. When he received a call from Dr. Dave, who told him he knew he was hospitalized and felt confident in the plan, Brenner says he felt even better.

Dr. Law also called Encino-based UCLA Health cardiologist, Dr. Boris Arbit, who visited Brenner in the hospital the next morning. "I already had a very clear picture of his medical history when I arrived," Dr. Arbit says.

This coordinated, patient-centered approach is by design. "We work as a team to make every experience in the hospital as comfortable and stress-free as possible," Dr. Law says.

When it was time for Brenner to be discharged, Dr. Arbit explained how they had increased his blood pressure medication and scheduled his follow-up appointment with Dr. Dave in a few days.

When Brenner went in for that visit, he told Dr. Dave how impressed he was with his inpatient care. "Going to the hospital with chest pain can be scary," he says, "but having UCLA physicians there made me feel thankful and calm."

HOSPITALIST SERVICES NEAR YOU

UCLA HEALTH HOSPITALISTS ARE now located in 17 convenient locations throughout the greater Los Angeles region, displayed on the adjacent map.

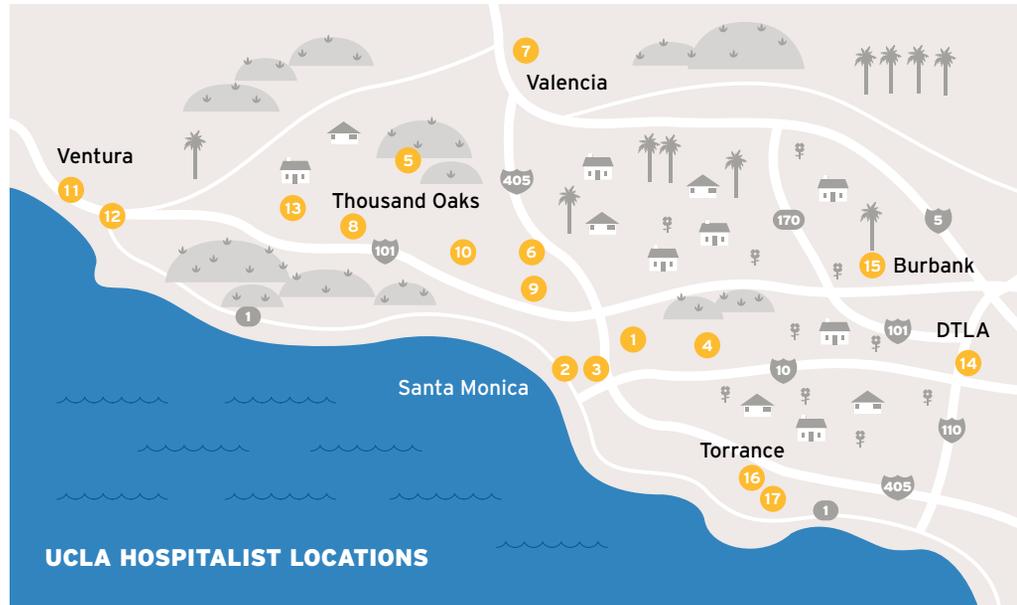
THERE ARE 3 WAYS TO ACCESS UCLA HEALTH HOSPITALIST CARE:

1. Have your primary care physician call ahead before you arrive at a participating hospital.
2. Identify yourself as a UCLA Health patient and request to see a UCLA Health hospitalist if you are admitted at any of these locations. You can also present a laminated UCLA Health hospitalist card, available in all of our primary care offices, when you check in to a participating hospital's emergency department.
3. Have your name flagged as a UCLA Health patient when hospital staff access your electronic medical record and see the name of your primary care physician.

Once you are seen by a UCLA Health hospitalist, they will coordinate your inpatient care by reaching out to your primary care physician and involving any necessary specialists. They will also write a prescription for any new medications, oversee your discharge and book your follow-up appointments to ensure that you have a smooth transition home.

If you need highly specialized care, such as heart surgery or a transplant, you will have first priority for a transfer to Ronald Reagan UCLA Medical Center or UCLA Medical Center, Santa Monica, where our physicians handle the most complex cases.

More info: uclahealth.org/hospitalists



WESTSIDE & LOS ANGELES

1	Ronald Reagan UCLA Medical Center	757 Westwood Plaza, Los Angeles
2	UCLA Medical Center, Santa Monica	1250 16th St., Santa Monica
3	Providence Saint John's Health Center	2121 Santa Monica Blvd., Santa Monica
4	Cedars-Sinai Medical Center	8700 Beverly Blvd., Los Angeles

NORTHWEST

5	Adventist Health Simi Valley	2975 North Sycamore Dr., Simi Valley
6	Dignity Health-Northridge Hospital Medical Center	18300 Roscoe Blvd., Northridge
7	Henry Mayo Newhall Hospital	23845 McBean Pkwy., Valencia
8	Los Robles Hospital & Medical Center	215 West Janss Rd., Thousand Oaks
9	Providence Tarzana Medical Center	18321 Clark St., Tarzana
10	West Hills Hospital & Medical Center	7300 Medical Center Dr., West Hills

VENTURA COUNTY

11	Community Memorial Hospital	147 N Brent St., Ventura
12	St. John's Regional Medical Center	1600 N Rose Ave., Oxnard
13	St. John's Pleasant Valley Hospital	2309 Antonio Ave., Camarillo

EASTSIDE + DOWNTOWN L.A.

14	Dignity Health-California Hospital Medical Center	1401 S Grand Ave., Los Angeles
15	Providence Saint Joseph Medical Center	501 S Buena Vista St., Burbank

SOUTH

16	Providence Little Company of Mary Medical Center	4101 Torrance Blvd., Torrance
17	Torrance Memorial Medical Center	3330 Lomita Blvd., Torrance

The Checkup South Edition

COVERING OFFICES IN IRVINE, LAGUNA HILLS, MANHATTAN BEACH, ORANGE, PALOS VERDES, REDONDO BEACH AND TORRANCE



PRACTICE SPOTLIGHT

TORRANCE PRIMARY CARE



INTERNAL MEDICINE

3500 Lomita Blvd., Suite 300

Phone: (310) 257-0028

Hours: Monday - Friday: 8 am - 5 pm

Parking: Free parking available

Services: Annual physicals and wellness checks; acute care visits; chronic disease management; diagnostic imaging via x-ray and ultrasound; blood draws and lab work, with order.

More info: uclahealth.org/Torrance

OB-GYN

4201 Torrance Blvd., Suite 600

Phone: (310) 316-4373

Hours: Monday - Friday: 8 am - 5 pm

Parking: Free parking with validation for first hour; \$1.50/hour afterwards

Services: Well-woman care; general gynecology and obstetrics; pregnancy and delivery; colposcopy, laparoscopy and endoscopic surgery; treatment for endometriosis, urinary incontinence and polycystic ovarian syndrome; family planning and pre-conception consults.

PEDIATRICS

4201 Torrance Blvd., Suite 660

Phone: (310) 373-4303

Hours: Monday - Friday: 8 am - 5 pm

Parking: Free parking with validation for first hour; \$1.50/hour afterwards

Services: General pediatrics and pediatric surgery consultations.

CLINICAL FOCUS

ORTHOPAEDIC SPORTS SURGERY



Dr. Kristofer Jones is an orthopaedic surgeon who specializes in sports-related musculoskeletal

injuries of the knee, shoulder and elbow, such as ACL tears, meniscus injuries and rotator cuff tears. His clinical expertise includes advanced minimally invasive arthroscopic procedures and complex reconstruction of ligaments, tendons and joints. He sees patients for consultations

Tuesdays in Torrance and Thursdays in Westwood, and performs surgery in both locations. He is also head team physician and orthopaedic surgeon for the Los Angeles Lakers.

UCLA Health - South Bay Clinic

3500 Lomita Blvd., Suite M100
Torrance, CA 90505

Phone: (310) 517-8578

Surgery Center of South Bay

23500 Madison St.
Torrance, CA 90505

Phone: (310) 319-1234

More info: uclahealth.org/ortho

UPDATED SCHEDULE

URGENT CARE SERVICES

The following UCLA Health offices in the South region of L.A. offer walk-in availability and urgent care services, billed as regular doctor's appointments.

Marina del Rey

4560 Admiralty Way, Suite 100

Phone: (310) 827-3700

Hours: Monday - Friday: 9 am - 9 pm;
Saturday - Sunday: 9 am - 6 pm

Redondo Beach

514 N. Prospect Ave., Suite 103

Phone: (310) 937-8555

Hours: Monday - Friday: 5 pm - 9 pm;
Saturday: 9 am - 1 pm. Primary care services offered weekdays, 8 am - 5 pm, with appointment.

More info: uclahealth.org/urgentcare

CLINICAL UPDATE

PROTECT YOURSELF FROM THE FLU

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. The best way to protect you and your family is to get the flu vaccine, available in offices now. Here are 3 things to know:

1

YOU CAN'T GET THE FLU FROM THE FLU VACCINE

Forget about what you've heard. The flu vaccine does not contain any live flu virus, which means it's impossible to get sick from it. A side effect you may experience is a temporarily sore, red arm at the injection site.

2

THE FLU VACCINE IS EFFECTIVE

According to the Centers for Disease Control and Prevention, the flu vaccine is up to 80% effective. While you can still contract influenza even if you get the flu shot, your risk of having a serious flu illness drops to below 1% with the vaccine.

3

ALMOST EVERYONE CAN GET THE SAME VACCINE

Every patient between 6 months and 64 years can get the same single-dose flu vaccine. A high-dose vaccine is recommended for patients 65 and older.

FLU SHOT CLINICS NEAR YOU

The following UCLA Health community offices will offer walk-in flu shot clinics for adults and children who are 5 years and older.

Cost: Flu shots are \$40 if not covered by insurance. Standard and high-dose vaccines are available at no cost to members of the UCLA Health 50-Plus program (membership card required).

Hours: Noon - 4 pm, unless otherwise noted

More info: uclahealth.org/flu

- **October 12:** Santa Monica - Wilshire
- **October 13:** Marina del Rey
- **October 19:** Malibu
- **October 20:** Woodland Hills - The Village at Westfield Topanga
*11 am - 1 pm
- **October 27:** Westfield Century City
- **November 3:** Westfield Culver City
*10 am - 2 pm
- **November 16:** Malibu

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UCLA Health

**Ranked
#1 in
California**



U.S. News & World Report's Best Hospital Survey ranks UCLA Health #1 in Los Angeles, #1 in California and #6 in the nation.