

palmdale

REGIONAL MEDICAL CENTER

A JOINT *treatment* EFFORT

Josephine Guidry
shares her full knee
replacement story

Ask the Doctor
Stem cell therapy for
knee pain

**Weight-loss
success story**
A bariatric patient's
life-changing journey
to health



Compliments of

**PALMDALE
REGIONAL**
MEDICAL CENTER

FROM THE CEO



In this issue of *Health News*, you'll meet Josephine Guidry, pictured on the cover, a patient at Palmdale Regional who underwent a full knee replacement surgery performed by Orthopaedic Surgeon Domenick J. Sisto, MD, of the Los Angeles Orthopaedic Institute. Following her surgery, Guidry went through physical therapy at the Rehabilitation and Orthopedic Institute at Palmdale Regional to recover and regain strength in her new knee.

Read about Guidry's experience on page 4 and learn how other patients with osteoarthritis benefit from having access to specialists and comprehensive care, including non-invasive treatments like stem cell therapy highlighted on page 6.

We're also proud to share the inspiring weight-loss story of Patsy Ramirez in this issue. Her experience proves that with proper education, a dedicated medical team and determination, bariatric procedures have the potential to result in life-changing transformations.

For those age 50 and older, we want to remind you of our Healthy Journey program featured on the next page that offers special health and wellness services to older adults. Providing residents of the Antelope Valley access to the high-quality, compassionate medical care they deserve is what motivates us each day to continue our efforts to support a healthy and thriving community!

Sincerely,



Richard Allen
Chief Executive Officer

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Palmdale Regional Medical Center BLOOD DRIVE

Give the gift of life at the next blood drive! The blood drives are held in the Yucca / Sagebrush conference rooms located just off the main lobby inside the north-facing main entrance to the hospital.

Tuesday, July 3 • 10 a.m. – 4 p.m.

Please call 661-382-6601 or email julie.montague@uhsinc.com to make an appointment.

50 or better?

Palmdale Regional
is here for you.



Palmdale Regional Medical Center (PRMC) provides a wide range of healthcare services for older adults in the Antelope Valley and beyond.

The hospital also offers adults age 50 and older a special health and wellness program, *Healthy Journey*.

PRMC specialty services

Palmdale Regional Medical Center provides the services you'd expect at a hospital, such as Emergency Medicine, Radiology and General Surgery. However, you can also access specialty services including:

Cardiovascular services – STEMI certified by the American Heart Association® for heart attack care, PRMC offers comprehensive services, from diagnostic testing to noninvasive and invasive procedures.



The Rehabilitation Institute at Palmdale Regional – Offering hope to patients recovering from stroke, spinal cord injury, brain injury and other disabling physical and neurological conditions.

Orthopedic services – Surgical and nonsurgical treatment options for orthopedic and spine conditions and injuries. Outpatient recovery services are available at the Rehabilitation and Orthopedic Institute at Palmdale Regional.

Getting older has its benefits

Anyone age 50 or better can join the *Healthy Journey Program* for free. Benefits include pre-registration for care, special events, cafeteria discounts, a quarterly health magazine and more.

Become a Healthy Journey member today

Join the Health Journey Program today! Simply call **661-382-6602** or join online at palmdaleregional.com/hjp.

Finding solutions for joint pain

When **Josephine Guidry's** osteoarthritis pain in her left knee became too intense to manage, she knew it was time to consider surgery as an option. "I had the problem for over 10 years before I decided on surgery," she says, "I was hoping for something less invasive."

Her primary care doctor had recommended she consult Orthopaedic Surgeon Domenick J. Sisto, MD, of Los Angeles Orthopaedic Institute located in the medical office building next to Palmdale Regional Medical Center. After trying alternative, non-operative treatments for several years, Guidry and Dr. Sisto determined that arthroplasty to replace the left knee joint would be her best option to alleviate the pain and help her return to her active lifestyle.

In August of 2017, Dr. Sisto performed a full joint replacement surgery on Guidry's left knee at Palmdale Regional. "What I was really impressed with when I had the surgery was the care I received. The nurses were just wonderful and answered any questions I had. Dr. Sisto was very forthcoming when I had questions, and I feel this is important in a relationship with a doctor."

The orthopedic surgery program at Palmdale Regional gives patients like Guidry access to specialists who evaluate and treat hand and shoulder injuries, arthritis, congenital deformities, carpal tunnel and tendon and rotator cuff problems. Following procedures, patients can receive physical therapy at the Rehabilitation and Orthopedic Institute at Palmdale Regional, which Guidry did after surgery.



Josephine Guidry and Orthopaedic Surgeon Domenick J. Sisto, MD, discuss her knee replacement and recovery.

"I was very impressed with the treatment I got from the physical therapist," shares Guidry, "My last physical therapy session was the last week of December. I've been doing well ever since. The only thing I occasionally have is stiffness in the morning when I get up, but as an 84 year old, that's a normal part of life!" ■

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if minimally invasive surgery is right for you.

at *Palmdale Regional*



Gregg R. Sobeck, MD

Knee, shoulder and hip specialist Gregg R. Sobeck, MD, of the Los Angeles Orthopaedic Institute has been treating patients **Bobbie and Roger Heden** for nearly a decade. Both Mr. and Mrs. Heden struggled with osteoarthritis and eventually opted to undergo joint replacement surgeries at Palmdale Regional.

Mrs. Heden suffered with osteoarthritis in her left thumb and had arthroplasty to replace the joint. "At Palmdale I had hand surgery. On their surgery floors, they are the best," shares Mrs. Heden. "I could not believe the service."

Mr. Heden had various shoulder issues related to osteoarthritis and a possible rotator cuff tear. Dr. Sobeck treated his shoulder through arthroscopic procedures that utilize a narrow viewing scope inserted through a small incision to explore and repair joints by removing inflamed tissue and smoothing growths.

"He's a very caring doctor," says Mr. Heden, "He can pinpoint the problem and explain it so that you can understand. I have had no problems since surgery. I have no pain in that shoulder, and it's just like I never had it done." ■

For information about orthopedic care, visit us online at palmdaleregional.com/ortho.



Stem cell therapy: an alternative treatment for osteoarthritis of the knee



Orthopaedists utilize stem cell therapy to treat arthritis because it can stimulate

healing and reduce inflammation in the joints. Orthopaedic Surgeon **Domenick J. Sisto, MD**, breaks down the basics of stem cell therapy and how it can help people with osteoarthritis of the knee.

Q: What are stem cells?

Stem cells are unspecialized cells in the body that function as an internal repair system because they can divide almost without limit to nourish and replace other cells. As a result of these unique properties, stem cells can regenerate damaged tissue and can be induced to regrow as specialized cells like muscle, brain and blood cells.

Q: What is stem cell therapy and how does it work?

Using stem cells to repair diseased cells is sometimes called regenerative medicine, and it has the potential to offer minimally invasive treatment solutions for conditions like cancer, heart disease, diabetes and arthritis. During stem cell therapy, a patient receives stem cells harvested from their own body and transplanted to replace and heal the diseased, injured or defective tissue in another part of the body.

Q: How does it help for osteoarthritis in the knee?

Stem cell therapy can decrease the inflammation and pain secondary to damaged cartilage tissue in the knee, which may be worn from injury, aging or obesity. For knees affected by osteoarthritis, it may be possible to use stem cell therapy to promote faster healing and reduce inflammation and pain. It could be an alternative to or a preliminary option to try before joint replacement surgery for the knee.

Q: Who might be a good candidate for stem cell therapy for knees?

Stem cell therapy for knee osteoarthritis is relatively new but has proven to be effective for some patients. Stem cell therapy works best for people who have localized cartilage damage, not for those diagnosed with bone on bone arthritis. Following stem cell therapy procedures, patients should be able to do physical therapy to promote healing. ■

If you need a referral to a physician at Palmdale Regional Medical Center, call our free Direct Doctors Plus® referral service at 1-800-851-9780.

A life-changing CHOICE FOR HEALTH!



Throughout her 20s and 30s, Patsy Ramirez struggled with her weight even though she maintained an active lifestyle. While she had the discipline to exercise, she lacked self-control when it came to food. "I wasn't eating properly," she explained, "I was eating more calories than I was exercising. I was a size 20 or 22."

Ramirez learned about surgical weight-loss options through her physician and decided on the minimally invasive gastric bypass procedure, which reduces the size of the stomach and the amount of fat the body can absorb. For weeks before the surgery, she attended education classes on nutrition and met Bariatric Surgeon John Yadegar, MD, who would perform the procedure through Palmdale Regional. "They provided me with so much information that it was very easy to go through with it. And they are there when you need to talk to somebody. That was the best part."

In July of 2013 Ramirez successfully underwent the gastric bypass procedure and with regular exercise and dietary changes, she finally began to lose weight. She has tracked her transformation in inches, writing a list of her measurements on her bathroom mirror in eyeliner that she keeps as a daily reminder.

Four years and many pounds later, she feels that the bariatric surgery was a life-changing decision. "When I was big, I didn't feel normal. I was the one that didn't fit in the chair, on the rollercoaster.

Walking around the mall used to be so exhausting. Now it's so easy. I feel normal. It's not about food anymore, it's just fitness."

Ramirez strives to fit in two to three workouts most days. She began exercising with a personal trainer and took up boxing as a fun way to combine cardio with strength training. She also remains active in the Palmdale Regional weight-loss surgery support group that gathers once a month. "When I go to the support group and hear the stories of someone who is 10 years out or a few months or considering the surgery, it helps me to reevaluate and get right back in there." ■



To learn more about the bariatric program at Palmdale Regional, call Bariatric Coordinator, Liz Roark, RN, at 661-382-5051 or visit palmdaleregional.com/bariatric.

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.

THE REHABILITATION INSTITUTE AT PALMDALE REGIONAL

The newest and only acute rehabilitation services in the Antelope Valley

The Rehabilitation Institute at Palmdale Regional offers hope to patients in the Antelope Valley who are recovering from stroke, spinal cord injury, brain injury and other disabling physical and neurological conditions. Some of the notable features in the center include:

- 27 all-private, single occupancy rooms
- 24-hour nursing support
- Individualized care from a skilled therapy team
- Dedicated therapy spaces with specialized equipment
- Vector Gait and Safety System[®], a robotic ceiling-mounted, weight-bearing support system to help improve mobility
- Transitional apartment for practicing daily living tasks

Patients no longer have to travel out of the area for rehabilitative specialized care.

For more information, visit palmdaleregional.com or call **661.382.5300**.
See the virtual tour of the Institute at palmdaleregional.com/tritour.



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