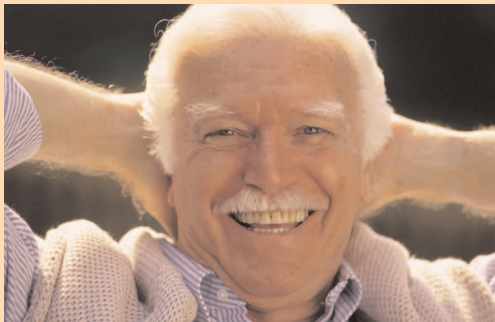


Just for Those 50 and Over: Health Happiness You—H2U!

A wealth of health resources, fun activities and trips, and special discounts and benefits await those who join H2U, formerly Senior Friends, at West Hills Hospital. For a low fee of only \$15 per year, anyone 50 and over has access to:

- Free or low-cost health screenings
- Physician referral services
- Prescription drug savings program
- Optical savings program
- Medical alert systems
- Seniorize aerobics
- Travel opportunities
- Educational programs
- And a lot more!



West Hills Hospital's chapter is part of the national association of H2U, which has more than 330,000 members and over 200 chapters across the United States. To find out more, see our website at www.westhillshospital.com (under Senior Friends) or call (818) 227-6757 9 a.m.-4:30 p.m., Monday through Friday. Don't miss out!

Get on the Road to Fitness!

West Hills Hospital's Medical Fitness Program offers a complete and targeted way for those new to exercise and fitness to get in gear and achieve healthful results. The six-week program is medically supervised and includes a number of screenings and assessments to evaluate fitness levels and set appropriate goals. Participants meet with a registered dietitian to plan an eating program, and each week includes one-on-one sessions with a certified trainer to design and monitor a personalized exercise program. A well-equipped gym offers the latest in exercise equipment and is staffed by registered nurses, physical therapists and is overseen by a medical doctor. No referral is required to join the program; however, participants must have clearance from their physician to begin exercise. **You can learn a lot more about the Medical Fitness Program by calling the Center for Fitness and Rehabilitation at (818) 226-6164.**



7300 Medical Center Drive
West Hills, CA 91307
www.westhillshospital.com





Health Advances

CEO Message



Thank you for this opportunity to share information about West Hills Hospital with you, a community member. This issue of Health Advances is dedicated to providing you with useful health information. You will find that West Hills Hospital is

making many improvements to our facility including new equipment, construction, and expanding our clinical services to best meet your needs.

Patient satisfaction is our priority and the staff, employees, and physicians are improving the care everyday to ensure that your stay at the hospital is as comfortable as possible. The hospital is striving to make patients safer with the use of electronic medication bar coding and state-of-the-art technology. A patient should feel protected and confident in the care they receive and we want to provide that environment.

West Hills Hospital is committed to the health of this community and want to provide you with the best care and health information possible. The West Hills family is happy to serve this community and will be here when you need us.

Beverly Gilmore
Chief Executive Officer

Groundbreaking News

New Emergency Department, Critical Care Unit, and Outpatient Facilities Coming to West Hills



For the past 30 years, West Hills Hospital has been ready to provide the highest quality emergency care for our community. The unexpected can happen anytime, and our staff is available 24 hours a day, seven days a week to treat everything from bee stings and broken arms to heart attacks and major injuries. Because of this tradition of quality care and access, the hospital is proud to announce that later this year ground will break for a new 47,000-square-foot, state-of-the-art Emergency Department and Critical Care Unit, designed to provide the highest quality care to severely ill patients. The new facility is slated for completion in 2007.

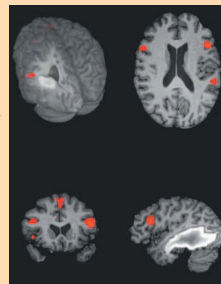
The first floor of the new facility will feature a carefully designed, up-to-date, 24-bed Emergency Department with the latest equipment and specialized treatment areas, including a Chest Pain Center, which offers fast, focused care to those who may be having a heart attack. Also incorporated on the 1st floor will be a convenient and comfortable space for Outpatient Services, such as pre and post operative care for outpatient surgery. The second floor will be devoted to critical care for hospitalized patients. Both areas will offer remarkable efficiency and comfort as well as superior levels of care.

The groundbreaking for the new Emergency Department and Critical Care Unit will serve as a key component of the hospital's ongoing dedication to staying ahead of community needs and preparing for the future of medicine.

Major Leap Forward in MRI Now at West Hills

The most advanced MRI technology will soon be available at West Hills Hospital and Medical Center. The new Signa® EXCITE 3.0T HD system from GE Healthcare provides remarkably clear, fast scans of virtually any part of the body that allow physicians to diagnose with far greater speed and accuracy. Patients also benefit from increased comfort and easier exams. Special technology makes for a quieter patient experience, and because of its

high accuracy, repeat scans are far less necessary.



In particular, this new MRI system will provide comprehensive breast imaging by year's end that dramatically augments mammography, according to Jim Crouch, who is in charge of the MRI unit. Cardiologists will also have a dazzling new tool for diagnosis and treatment of heart

disease and the system will offer innovative ways to identify tumors that avoid

continued on page 3

For a physician in your area, please call
West Hills Hospital & Medical Center
PHYSICIAN REFERRAL
(818) 676-4321

Calendar of Events

H2U Trips Available

- Tuesday, July 19 Laguna- Pageant of the Masters "On the Road"
- Saturday, August 13 – "Discover Camarillo" – Tour Camarillo Ranch, World War II Aviation heritage Museum & Tour Sheriff's Air Unit.
- Tuesday, August 30, - Anaheim- Tour Hobbie City Doll & Toy Museum & Tour Movieland Wax Museum & Ripley's Believe It or Not.
- Monday, September 5, - Long Beach – Celebrate Labor Day-"Gondola Getaway Cruise"

To sign up and membership call (818) 227- 6757

Diabetes Tuesday Workshops

Tuesday, 3:00pm to 4:30pm

- July 19, Part 2-Center for Fitness & Rehab
- July 26, Part 3-Hospital Education Classroom

Tuesday, 7:00pm to 8:30pm

- Aug.16, Part 1- Hospital Education Classroom
 - Aug. 23, Part 2- Center for Fitness & Rehab
 - Aug. 30, Part 3- Hospital Education Classroom
- Call to attend (818) 226-6164

Women's Resources Center Education Classes

For information on classes call (818) 676-4747

PregnaGym/Aerobics classes

Try on class free with Dr.'s authorization

- Monday thru Saturday- 9:30am
- Monday, Wednesday & Fridays at 3:30pm
- Monday thru Thursday at 5:30pm

Baby Care Basics

Three week course includes newborn care, safety in the home & infant CPR.

Meets in hospital Doctor's Dining Room.

7:00pm to 9:30pm

- Wednesday, July 20

Breast Feeding Support Group

Monday 10:00-11:00am at PregnaGym. Free.

Breast Feeding Class

Three hour class taught by a certified lactation educator.

Meets in the Doctor's Dining Room. Husband encouraged to attend.

9:00am to 12:00pm Saturday

- July 23
- August 20

Childbirth Education

Six week course. Call for reservations & info.

Bring two pillows and dress comfortably 7:00pm to 9:00pm

- Monday, July 18, 25, and August 29
- Tuesday, July 26, August 30
- Thursday, July 28

Childbirth Weekend Express Class

Once a month. Saturday 11:30am - 5:30pm
Sunday 9:30am to 1:30pm.

Call for reservations & location. Bring two pillows and dress comfortably.

Grandparenting Class

Discussions on the art of being a good grandparent includes: infant care, safety, first aid, & infant CPR. Meeting in Doctor's Dining Room.

9:00am to 1:00pm

- July 16

Maid 4 Kids Class

Instruction on infant and childcare, CPR, first aid skills, home and outdoor safety, emergency preparedness taught in Spanish. Meeting in Doctor's Dining Room. Bring a snack lunch.

9:00am to 4:30pm

- July 16

Maternity Tour

Hospital tours held Wednesday evenings.

Meeting in Hospital lobby. Call for reservation.

7:00pm

- July 20, 27
- August 3,10,17, 24

Heartsaver CPR

Adult, infant & child CPR with certification. Meets once a month. Meeting in Doctor's Dining Room.

6:00pm to 10:00pm

- August 24

Pediatric CPR

Infant & child CPR, birth through 8 years old. Meeting Wednesday in Doctor's Dining Room.

7:00pm to 10:00pm

- July 27

Yoga

Class are held in the PregnaGym. One class is free with doctor authorization.

Monday though Friday 11:00am.

Register at (818) 226-3656.

BRUCE D. ACKERMAN is the 2005-2006 Chairman of the Board



Bruce D. Ackerman, CCE, is the 2005 Chairman of the Board of Trustees of West Hills Hospital & Medical Center. His career includes over 20 years of service as the Chief Executive Officer for chambers of commerce in the communities of Brawley, San Fernando, Van Nuys and Pasadena. He has extensive experience and background in the community economic development field, specializing in the creation of "private-public partnerships" between local or regional government municipalities and privately sponsored business groups.

As the President and CEO for the Economic Alliance, he is in charge of one of the most effective regional economic development corporations in Southern California. He directs their efforts in the development and implementation of programs focused on regional marketing, business retention and recruitment, and education reform.

West Hills Center For Bariatric Surgery

A Weight Loss Surgery Program

We've been here since the beginning... West Hills Hospital has the longest established Surgical Weight Loss program in the San Fernando Valley. Our weight loss team of skilled surgeons offers advanced techniques of Laparoscopic Gastric Bypass and Gastric Banding with minimal incisions. Also, our multidisciplinary staff includes dedicated registered dietitians, psychologists, specially trained nurses, and fitness trainers. All your needs can be met in one place. We offer three options for learning more about surgical weight loss:

- * Attend our bi-monthly seminars
- * Schedule free consultation with one of our surgeons
- * Meet personally with our bariatric coordinator

For a personal appointment or surgical consultation, contact: Marcy Meyer, Bariatric Coordinator at

(818) 676-4141

See schedule below.

Bariatric Seminars and Support Groups

Located at: 7320 Woodlake Avenue, Suite120, West Hills

Free Seminars

- Tuesday, July 26, at 7:00pm
- Tuesday, August 16, at 7:00pm
- Tuesday, August 30, at 7:00pm

Support Group

- Thursday, August 4, at 7:00pm
- Thursday, September 1, at 7:00pm

RSVP at (818) 676-4321

For a personal appointment, or surgical consultation contact: Marcy Meyer, Bariatric Coordinator at (818) 676-4141

Your Beating Heart: New Technology Targets Arrhythmia



Making hearts healthier has always been the primary focus of West Hills Hospital's Cardiac Services. Patients can count on treatment options, from cholesterol screening and treadmill stress tests to pace-

makers, bypass surgery and heart valve repair and replacement. An innovative new service called electrophysiology studies will be in place to address diseases that affect the electrical activity of the heart—arrhythmias and atrial fibrillation or "flutter." These services will provide dramatic new ways to improve heart function and a patient's quality of life.

According to Ken Cappella, who is in charge of the Catheterization Lab, adding electrophysiology studies will be a major addition to the broad range of services

already provided. Of particular interest, specialized catheters can pinpoint and treat abnormal impulses in the heart muscle. In up to 70 percent of cases, atrial fibrillation can be eliminated by this procedure.

Cardiac Services also works hand in hand with the hospital's Chest Pain Center to quickly diagnose patients with symptoms of heart attack. New testing procedures enable physicians to obtain critically needed results in half the time, so patients can get the right help fast. That kind of response can make all the difference when minutes count.

West Hills Hospital's Cardiac Services is one of the hospital's Centers of Excellence, which are dedicated to providing the highest level of quality care and service to the community.

To learn more about Cardiac Services at West Hills Hospital, please see the hospital's website at www.westhillshospital.com.

Learning to Be Healthy Again

Optimal health after a heart attack or other cardiovascular illness requires patients to undergo important changes in lifestyle and self-care. The Cardiac Rehabilitation Program at West Hills Hospital is dedicated to helping patients make this important transition in the best way possible.

The program is fully medically supervised and includes both inpatient and outpatient components. It enables patients to improve overall cardiovascular fitness, increase exercise tolerance, and control risk factors, such as obesity, smoking and stress. Patients gain confidence and reduce anxiety, leading to a better quality of life.

A referral is required for participation in the program, which is covered by most insurance plans (check with your provider). Consultation with a cardiologist is also available, if needed.

For more information, please call the Center for Fitness and Rehabilitation at (818) 226-6164.

MRI continued...



invasive and painful biopsies.

"We see this investment in MRI technology as part of an ongoing commitment to provide our community with the best that medicine has to offer," said Janice Barnett, Chief Operating Officer for the hospital. "We

know that we'll get superior images even in the most difficult cases, and that means better patient care," she added.

MRI, or magnetic resonance imaging, enables physicians to see into the human body with unprecedented clarity. It uses very powerful magnets and computers rather than x-rays to capture images of the human body. This new generation of MRI takes advantage of technology that is similar to high definition television. It can assist with diagnosis and assessment of the brain, spine, prostate, abdomen, and pelvis, as well as address orthopedic problems, such as the elbow, wrist, hip and ankle. This new system will establish West Hills Hospital as a leader in delivering excellence and innovation in the field of medical imaging services.

Community and physicians may find out more about innovations in MRI, or schedule an appointment by calling (818) 713-8471.

When Cancer Strikes, West Hills Offers Superior Care and Sensitivity

It is probably the most feared diagnosis: cancer. Yet one in three Americans will face this dreaded disease in his or her lifetime. So it's good to know that West Hills Hospital offers comprehensive cancer care right in your own neighborhood. Specialists provide an individually tailored, multidisciplinary approach to diagnosis, treatment, and follow-up care, making it possible to receive all services in one place, with the most current treatments and procedures.

But the Oncology staff of West Hills Hospital offers even more—a dedication to meeting the needs of patients and their families with extraordinary compassion and sensitivity. Nurses focus on providing superior levels of comfort and privacy that can be so important during such a difficult time. It is this human touch that the hospital as a whole takes pride in offering, the hallmark of our mission as a community hospital.

Patients and their families can expect the full range of Oncology services, including complete diagnostic services, Women's Diagnostic Center, radiation oncology, surgical oncology, and the Lymphedema Program for those with after-surgery swelling affecting the lymph system.

The 32-bed inpatient unit is specially designed for comfort and efficiency, with a multitude of specialized resources. The Ambulatory Infusion Center is open Monday through Saturday, allowing patients to undergo chemotherapy when it is convenient for them. Education, information and guidance about all types of cancer and our services can be found at the hospital's website, at www.westhillshospital.com.

If you or a loved one should have to face cancer, please know that West Hills Hospital is here to do all we can to provide the highest levels of care, compassion and service.