

Get Screened and Save a Life: Your Own

Washington Hospital, Fremont Bank & Health Diagnostics Team Up to Sponsor Free Abdominal Aortic Aneurysm Screening

What if you were only moments away from a life-threatening health crisis and didn't even know it? And what if a simple screening could save your life?

If you have one or more of the following risk factors, it's possible that you could be at risk for a potentially deadly condition called abdominal aortic aneurysm (AAA):

- High blood pressure
- Diabetes
- High cholesterol
- Obesity
- Emphysema
- Family history of AAA
- Male gender

AAA is a silent killer that affects the largest and most important artery in the body – the aorta – which is the main blood vessel leading away from our heart, carrying oxygen to most of the entire body.

When a bulge develops in the abdominal aorta, between the breast bone and the belly button, it is known as an abdominal aortic aneurysm. In a majority of cases, the condition doesn't cause any pain or symptoms, but it remains a ticking time bomb.

"If the aorta weakens, the artery will begin to bulge and expand over time," explains Ash Jain, M.D., board-certified cardiologist and co-medical director of Washington Hospital's Peripheral Vascular Program. "If this weakening goes beyond a certain point, there's a high risk of rupture. And once a rupture occurs, mortality is very high. At this point, it is impossible to save the patient most of the time."

This is why, Dr. Jain says, it's so vital for AAA to be diagnosed before a burst occurs. But how do you know if you have an aneurysm if there are no symptoms?

On Saturday, October 18, Washington Hospital, Fremont Bank and Health Diagnostics will team up to offer a free screening to community members who may be at risk for an abdominal aortic aneurysm. The test is safe, painless and noninvasive and uses ultrasound technology that detects and accurately measures the size of an aneurysm to determine if treatment is needed.

"After we perform the ultrasound testing to look for the presence of an aneurysm, patients have the opportunity to speak with a physician who will explain if they are at risk for an abdominal aortic aneurysm," he says of the screening.

He advises that participants arrive in the morning with an empty stomach so that the physicians can better view the ultrasound images.

This life-threatening condition is not rare. The Society for Vascular Surgery estimates that as many as 1 million Americans are living with an undetected AAA. Each year, nearly 200,000 are diagnosed, but another 15,000 die before their condition can be treated.

Dr. Jain estimates that of every 100 individuals screened during the free screening at Washington Hospital, three to four will be diagnosed with AAA that requires prompt treatment.

"We believe that if we can address this problem in the community, we can reduce the number of people that will die from undiagnosed abdominal aortic aneurysms," he emphasizes. "I would like people to know that if the condition is diagnosed at the right time, it can be successfully treated. Secondly, people may have this condition without being aware of it and it may be causing back and stomach problems, which could have any number of causes. Early diagnosis and treatment is an important goal because it will allow us to save lives and also improve symptoms for those experiencing them."

Get screened

Both Dr. Jain and John Thomas Mehigan, M.D., a board-certified vascular surgeon and co-medical director at Washington Hospital, will be conducting the screenings from 10 a.m. to 1 p.m. in the Conrad E. Anderson, M.D. Auditorium, Rooms A & B located at 2500 Mowry Ave.

The AAA screening is not for everyone. Only people who are at risk of having the condition are eligible to participate. Community members who have a family history of AAA or have one or more of the risk factors mentioned above are encouraged to register for the screening.

If you have the screening and an AAA is detected, the bulge will be measured to determine the need for further treatment.

For more information about Washington Hospital's free AAA screening, visit the hospital's Web site at www.whhs.com, click on "The Community," select "Community Programs & Events," and choose "Screenings."

Free Abdominal Aortic Aneurysm Screening

Date: Saturday, October 18
Time: 10 a.m. to 1 p.m.

Location: Conrad E. Anderson M.D. Auditorium Rooms A & B, Washington West, 2500 Mowry Avenue, Fremont

Registration required: Call (800) 963-7070.

A public service provided by:
Washington Hospital Healthcare System
Fremont Bank
Health Diagnostics

Join Washington Hospital at a Free Emergency Preparedness Fair on October 9

Are you and your family prepared in the event of a disaster? And what is your local hospital doing?

At any given moment, our community could experience an earthquake, a major fire, a wide-spread power outage or a terrorist event. More easily than most of us may realize, we could be left for long periods of time, without one or more of the basic elements that we depend on for our personal comfort and safety including electricity, gas, water and telephone service. These are frightening thoughts. And yet, the only way to feel safer is to consider all the possible scenarios and then prepare.

On Thursday, October 9, Washington Hospital will host a free emergency preparedness fair that will provide important information on how you and your family can prepare for emergencies and give you tips on how to respond if a disaster should occur. Representatives from various safety agencies including the Fremont, Newark and Union City Fire and Police Departments will be on hand to answer your questions and demonstrate ways to prepare for all possible emergency scenarios. The fair is open to the entire community and will take place at 2500 Mowry Avenue in the Washington West parking lot (look for the large tent) from 3 to 7 p.m. A special Washington Hospital 50th Anniversary Program will take place at 5:30 p.m. (See the box on the right for complete details on the upcoming event.)

Ready to serve in a crisis

"Hospitals must be prepared for many potential disasters so they can serve the community during the crisis and, then, resume normal operations as soon as possible," says Stephen Ross, M.D., Washington Hospital Medical Director of Professional Resources and a Fremont Police Officer/Medical Director on the Fremont Police Department's SWAT team.

Dr. Ross has spent a number of years working actively with a team of Washington employees, including Safety and Security Manager Ron Hunt, to help prepare the hospital in the event of a wide range of disasters that could befall our community. The team is also in close communication with the appropriate city, county, state and federal agencies that could assist the Hospital in any type of emergency response.

"The hospital has invested considerable time and resources in developing the building blocks for emergency preparedness," adds Dr. Ross. "It also has systems and equipment in place, including decontamination facilities, protective and respiratory gear, and a security force trained to monitor the activities on and around the campus and respond to avert a crisis or step in when a crisis occurs. "In addition we are part of the Tri-Cities Emergency Services Association (TESA) which is an organization of agencies (Law enforcement, Fire, PG&E and others) that that have agreed to provide mutual aid in the event of a disaster. Each agency brings unique assets to the table in order to manage the emergency more efficiently."



At the upcoming Emergency Preparedness Fair at Washington Hospital, various safety agencies from the Tri-City area will be on hand to answer your questions and demonstrate ways to prepare for all possible emergency scenarios. The fair will include a Kids Zone, art contest and free health screenings will also be available. The fair will take place on Thursday, October 9 from 3 to 7 p.m. in the Washington West (2500 Mowry Ave.) parking lot. A special Washington Hospital 50th Anniversary program will also take place.

Preparing yourself

"In addition to preparations at the hospital, it's important that every person in our community be ready in case of disaster and that means planning ahead," says Kris LaVoy, R.N., chief of compliance at Washington Hospital. "The more prepared each individual and household is, the better off we all will be."

LaVoy advises that we shouldn't assume that community services will immediately be available. Therefore, we should be prepared to be self-reliant for a number of days. This is a topic every family should talk about, including formulating an emergency plan and putting it in place.

The following basic five-step plan will help you prepare for any crisis, large or small:

- Duplicating important documents and keeping the extra copies off site, either in a safe deposit box or with someone you trust.
- Designating an out-of-state contact person to act as a communications "hub" and inform others of your situation.
- Developing an emergency response plan for everyone in your household describing, in advance, all the steps you should take after a disaster to keep as safe as possible and communicate with yourselves and others. The plan should also list all supplies and equipment to have ready. The special needs of seniors, people with disabilities, children and non-English speakers should be accounted for.
- Compiling an emergency kit and rotating the supplies every six months.
- Knowing your community resources and, possibly, becoming a resource yourself.

For more information about disaster preparedness, go to www.redcross.org/services/disaster/beprepared <http://www.ready.gov/america/index.html>

Everyday citizens can learn how to come to the aid of the community during a widespread emergency as a member of the Community Emergency Response Team (CERT) and through Personal Emergency Preparedness training (PEP). For more information, visit www.ci.fremont.ca.us/Fire/Education/CERTTraining.htm.

Emergency Preparedness Fair – October 9 (3 to 7 p.m.)

The upcoming Emergency Preparedness Fair is a great way to meet and learn important safety information from fire, public safety and emergency response professionals. The event will also include a health fair where you can receive free screenings for cholesterol, diabetes, and blood pressure and a special Kids Zone and art contest for students will take place as well. The art contest is open to students in the 5th to 12th grade. Artwork is due on Wednesday, October 1. Call (510) 494-7053 for art contest questions.

Free Raffle, Giveaways and Cake

Several fun and interactive booths will offer giveaways and all fair participants can enter a free raffle. The special grand prize is a Nintendo Wii and Wii Fit. A special Washington Hospital 50th Anniversary Celebration Program and cake cutting will take place at 5:30 p.m. The Nintendo raffle winners will be announced at 5:30 p.m. Winners must be present to win.

Calling Washington Hospital's First Year Babies

To help commemorate Washington Hospital's 50th Anniversary, the Hospital would like to get in touch with people that were born at Washington Hospital between November 1958 and October 1959. We want to hear from you! Call (510) 494-7053.

Health for the Long Run Men's Health Fair & Panel Discussion

SPECIAL APPEARANCES BY:

Alvin "Al" Attles
former player and coach with the Golden State Warriors

Shooty Babbit
former player with the Oakland A's

- Learn to improve your health & fitness
- Free health screenings including cholesterol, blood sugar and blood pressure
- Interactive booths on exercise, heart disease, stroke, smoking cessation, diabetes, nutrition and more
- Witness the latest advancement in robotic surgery — daVinci® Surgical System

Open to all including spouses — A free lunch and gift bag will be provided to all participants.



Panelists:

Albert L. Brooks, M.D.
(Moderator)
Chief of Medical Affairs
Washington Hospital Medical Staff

Jeffrey C. Carlson, M.D.
Cardiologist
Washington Hospital Medical Staff

Ashay A. Kale, M.D.
Orthopedic Surgeon
Washington Hospital Medical Staff

Mark Saleh, M.D.
Urologist
Washington Hospital Medical Staff

Michael Scates, P.T., D.P.T.
Physical Therapist
Director of Washington Outpatient Rehabilitation Center
Washington Hospital Healthcare System

Saturday, October 4 • 10 a.m. to 2 p.m.

Washington West, 2500 Mowry Ave., Fremont
Conrad E. Anderson, M.D. Auditorium (Capacity 140)
Call (800) 963-7070 to register



Washington Hospital Healthcare System
Investing in the health of the community.

