



**Monday, May 16, 2011**  
**Sunol Valley Golf Club**

**Benefitting local hospice care and cancer services at Washington Hospital**

**In memory of Gene Angelo Pessagno**

## Washington Hospital Healthcare Foundation to Host 26th Annual Golf Tournament

Event to Support Hospice Care and Cancer Services

The Washington Hospital Healthcare Foundation will hold its 26th Anniversary Golf Tournament on Monday, May 16th at Sunol Valley Golf Club. The tournament brings together community members and friends to raise money for local hospice care and cancer services at Washington Hospital.

"This is a wonderful event that supports two very worthy community organizations," said Lamar Hinton, Golf Committee Chair. "I encourage anyone who plays golf to come join us for a very fun and worthwhile event."

The day includes a round of golf, barbeque lunch, cocktail reception, dinner and awards ceremony. Throughout the evening, golfers and diners can bid on a selection of unique items in the silent auction, including golf equipment, gift baskets, tickets for the A's skybox, and weekend getaways. In the live auction, golfers will have the opportunity to play in the exclusive Lexus Champions for Charity National Golf Tournament, which includes rounds of golf at Pebble Beach Golf Links, The Links at Spanish Bay, and Spyglass Hill Golf Course.

The Washington Hospital Healthcare Foundation Golf Tournament is held in memory of longtime Fremont businessman, Gene Angelo Pessagno, who was a founding member of the Washington Hospital Healthcare Foundation.

### Come Out and Join Us!

The 26th Annual Golf Tournament  
 Monday, May 16  
 Sunol Valley Golf Club

Golf spots and sponsorships are still available. Please call the Washington Hospital Healthcare Foundation at (510) 791-3428 or email [foundation@whhs.com](mailto:foundation@whhs.com) for more information. Registration forms can be found by going to [www.whhs.com/foundation/events](http://www.whhs.com/foundation/events).

## Are You at Risk for Stroke?

Combined Risk Factors Increase the Chances of Stroke, Other Serious Diseases

It's easy to put all of the body's different parts into separate categories. The brain here. The heart there. The kidneys in yet another category. But when it comes to disease prevention and staying healthy, what you do to keep one part of the body healthy can help all the others, too.

To connect the dots, members of Washington Hospital's Stroke Program will discuss stroke prevention and how it relates to healthy lifestyle choices during a free seminar next Tuesday, May 3.

### Stroke prevention means looking at all the factors

According to Ash Jain, M.D., medical director of Washington Hospital's Stroke Program, it's a good idea to look at how separate risk factors play a role in your overall stroke risk.

"People may not realize that conditions such as hypertension and diabetes increase the risk of stroke," Dr. Jain says. "They contribute to atherosclerosis, which can cause plaque. As plaque progresses and causes arterial blockage and decreased blood flow, it leads to cell death; or it can break off and block a smaller artery, which also can lead to cell death."

This cell death, he says, is seen as a symptom of stroke. And unfortunately, in the case of brain cells, which do not regenerate, their death from lack of oxygen carried by the blood may leave victims of stroke permanently disabled, particularly in cases when treatment is not sought immediately.

To prevent stroke, Dr. Jain points out that there are a lot of things people can do, but the

first thing you have to do is figure out what your risk looks like now, so you know where you have to improve.

"The first step is for patients to make an appointment with their primary care physician to talk about all the risk factors," he says.

The doctor may recommend changes to lifestyle, such as improving diet, incorporating exercise and quitting smoking, but there are other factors that require medical intervention, according to Dr. Jain.

several risk factors for stroke, as well as those of any age who have irregular heartbeat, should be at the upcoming seminar.

### What is metabolic syndrome?

Doug Van Houten, R.N., the Stroke Program's clinical coordinator, says he's always trying to find different ways to help community members reduce their risk of stroke.

"We always focus on how stroke can be prevented, especially since you can prevent up to 80 percent of stroke cases

through lifestyle controls," he says. "During the upcoming seminar, I'm going to talk about something new, a particular grouping of different lifestyle risk factors is called metabolic syndrome."

"A lot of people haven't heard about metabolic syndrome, but I think it's worth understanding in relation to stroke prevention."

Metabolic syndrome, according to Van Houten, is made up of five different risk factors that in-

crease a person's risk of stroke and a number of other diseases.

"If you've got any three of these factors, then you're considered to have metabolic syndrome," he says.

The five risk factors are:

- Being overweight, particularly if you have "belly fat" (with a waist measurement of more than 35 inches for a woman or more than 40 inches for a man)
- Having high blood pressure (i.e., 130/80 and above)

continued on page 7



At an upcoming Stroke Education Series at Washington Hospital, a physician and registered nurse that both specialize in stroke prevention and treatment will explain how a number of factors such as high blood pressure and diabetes contribute to a higher risk of stroke. The free seminar will take place on Tuesday, May 3 from 6 to 8 p.m. at the Conrad E. Anderson, M.D. Auditorium located at 2500 Mowry Avenue in Fremont. Register online at [www.whhs.com](http://www.whhs.com)

"For conditions such as irregular heartbeat or atherosclerosis, these conditions need to be diagnosed by a physician treated accordingly in order to manage them properly," he points out.

Dr. Jain reminds community members that stroke often occurs with no advance warning. Other times, warnings, like transient ischemic attacks (TIAs)—which can cause a passing numbness and tingling—are not brought to the attention of the doctor because patients don't realize how serious they are.

Dr. Jain recommends that anyone age 50 and older with



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Washington Hospital Healthcare System  
 To make an appointment call 510-608-1301



continued from page 3

# Are You at Risk for Stroke?

- Being diagnosed with high low-density lipoprotein (LDL), the "bad" cholesterol
- Having high triglyceride levels, another element of blood cholesterol
- Being glucose intolerance (i.e., if your fasting blood sugar is greater than 100)

"It's called metabolic syndrome because these are all things that have to do with not eating right and not getting enough exercise," Van Houten explains. "If you eat a proper diet, including more whole grains, fruits and vegetables, and you do regular exercise, then your blood pressure and weight will start to go down."

It sounds simple enough, but he says there are a lot details people may not be aware of.

"When it comes to cholesterol, your body is actually responsible for about 75 percent of its production, but with the other 25 percent you can make a difference," Van Houten points out. "Many times, people don't know that one egg yolk provides more than your daily cholesterol needs."

Getting educated about stroke is important, but like Dr. Jain points out, it's also important to visit the doctor on a regular basis, because some things you can't tell just by looking in the mirror, Van Houten adds.

"Certain people can be very slender and they can have good diet, yet they still have high cholesterol," he says. "The No. 1 thing is being aware of all these things that contribute to metabolic syndrome and stroke

risk. You need to see a doctor every once in a while to check things like cholesterol, blood sugar and blood pressure."

Van Houten also points to societal factors that have made it harder to make healthy choices—things we may not even think of because they have become so "normal" in our daily lives.

"Certainly mass marketing is to blame for the increased rate of obesity," he says. "The number of fast food restaurants has increased seven times since the 1970s. The food tastes good and it's everywhere, but it's also high in fat, cholesterol, sugar and salt."

Van Houten says he wants more people to realize that day-to-day lifestyle choices are interconnected when it comes to health.

"I'd really like to get people on the road to fixing as much as they can with lifestyle changes," Van Houten says. "When you really look at it, making lifestyle changes can help in preventing almost everything—cancer, diabetes, kidney disease, heart attack, stroke."

## Achieving a healthier lifestyle

To learn about stroke prevention and how you can make long-term healthy lifestyle changes, attend the Free Stroke Education Series seminar coming up next Tuesday, May 3, from 6 to 8 p.m. in the Conrad E. Anderson, M.D. Auditorium, located in the Washington West building at 2500 Mowry Avenue in Fremont.

Call (510) 745-6525 or visit [www.whhs.com/stroke](http://www.whhs.com/stroke) to register.

# Autism Awareness

SUBMITTED BY JOSH THURMAN

On Tuesday, April 12, Alameda County Supervisor Scott Haggerty proclaimed April as Autism Awareness Month. Proclamations were presented to Mitch and Charlene Sigman, Founders, School of Imagination in Dublin and Dr. Albert Wang, Founder of the Friends of Children with Special Needs in Fremont.

A 2009 study by the National Survey of Children's Health reported that one in every 91 American children, including one in 58 boys, is now affected by autism. In California, the State Department of Developmental Services serves over 50,000 individuals with autism, a fivefold increase since 1998. "Autism is the fastest growing serious developmental disability in the U.S. and it's now more common than childhood cancer, juvenile diabetes and pediatric AIDS combined," said Alameda County Supervisor Scott Haggerty.

"With the prevalence of autism increasing in our community the School of Imagination's May 1st Happy Talkers Community Outreach event will support families in a way that will have a positive impact on their child's education and development." The School of Imagination will hold the "Happy Talkers Community Outreach" on May 1st

in Pleasanton. Now in its fifth year, it's the largest and most comprehensive program of its kind in California history. This one-of-a-kind day offers free screenings for development delay and autism early intervention, and offers resources for families. In just a short few hours, parents will receive answers about their child, a roadmap and on-site referrals to a host of support agencies, critical early intervention assistance that would normally take months to obtain.

"We are honored to hold the Happy Talkers Community Outreach which is part of our goal to ensure that every child receives help as early as possible," said Charlene Sigman, an award-winning speech therapist who founded the School of Imagination. "For a child in need, help will begin the very same day. Parents will receive information from experts and ultimately a chance to change their child's future. The Happy Talkers Outreach takes place on Sunday, May 1, 9 a.m. – 4 p.m. at the Marriott Pleasanton, 11950 Canyon Road in Pleasanton. To register or learn more about this event, please call (877) KIDS-TLC or visit [www.happytalkers.org](http://www.happytalkers.org).

Friends of Children with Special Needs is located in Fremont and provides 35 programs to 800 families, serving over 600 individuals with autism in the Bay Area.

continued from page 6

## School District Board meeting report

A motion was made to approve, using the 26:1 loading factor for grades K-3, planning purposes and it passed with 4 ayes and 1 nay (Gebhardt).

According to Trustee Lara York, an additional motion was made to approve all the remaining recommended projects as listed on the

26:1 loading factor, excluding two developments, Patterson Ranch and Mid-Town Village. Patterson Ranch will return for discussion at a later date with consideration of not including it in the Thornton/American area. Whereas, Mid-Town Village is to be considered for inclusion in the Kennedy attendance area at all grade levels.

pose risk of dependency and addiction.

At a free program at the Milpitas Library, Dr. Abaci will describe alternative therapies derived from neuroscience research, evidence-based medicine, ancient Eastern spiritual traditions, stress management techniques, nutrition principles, exercise programs, art therapy, and real-life lessons which have proved effective for thousands of patients.

Dr. Abaci will also present pain management techniques from his comprehensive handbook for chronic pain patients, "Take Charge of Your Chronic Pain: The Latest Research, Cutting-Edge Tools, and Alternative Treatments for Feeling Better." His book will be available for sale after his presentation (\$16.95).

**Take Charge of Your Chronic Pain**  
Thursday, May 5  
7 p.m.  
Milpitas Library  
160 North Main Street, Milpitas  
(408) 262-1171  
Free

# Chronic Pain

SUBMITTED BY CANDACE FORD

More than 50 million Americans are intimately familiar with one of medicine's most frustrating challenges: chronic, relentless pain unresponsive to standard treatment.

Peter Abaci, MD, Medical Director and Co-Founder of the nationally recognized Bay Area Pain and Wellness Center in Los Gatos (BAPWC), and clinical instructor at Stanford Pain Clinic, personally knows chronic pain due to ACL (anterior cruciate ligament) tears. His journey with chronic pain catalyzed his quest to radically change conventional medicine's concepts of and treatments for chronic pain. Commonly prescribed pain killers can result in heightened sensitivity to pain, plus

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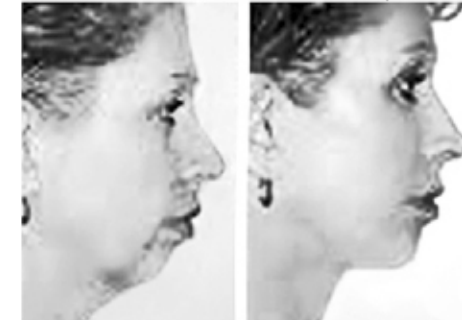
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