

Health & Wellness

WHHS.COM | JAN-JUNE 2025



Comprehensive Cardiac Care is a Team Sport

A patient shares his story on the cardiac care he received (pg. 4).
Livestream our Feb. 12 seminar on the Watchman procedure.



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Community Health Seminars & Events

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WELLNESS WEDNESDAYS

As part of our commitment to community health education, our Healthcare System presents a series of online Health & Wellness seminars at 5 p.m. on the second and fourth Wednesday of each month.

Watch these seminars on our Facebook page or on our YouTube channel, [YouTube.com/whhsInHealth](https://www.youtube.com/whhsInHealth).

All seminars are added to our library of YouTube presentations featuring experts in their fields.



New Year, New You: Essential Health Screenings for Every Age

When: January 8, 5 p.m.

Presenter: Hanisha Geedipally, MD, Internal Medicine

Start the year off right by learning which health screenings are recommended at every stage of life. This talk will cover key screenings for children, adults and seniors, helping you stay proactive about your health. Get expert advice on staying up to date with preventive care and make this year your healthiest one yet!

Understanding Low Back Pain

When: January 22, 5 p.m.

Presenter: Rajiv Saigal, MD, PhD, FAANS, Neurosurgery

Learn the causes of lower back pain and the surgical options available for relief. This seminar will guide you through common conditions and when surgery may be the right choice. Gain a clearer understanding of treatment options to help you make informed decisions about managing your back pain.



The Watchman Procedure: A New Approach to Stroke Prevention

When: February 12, 5 p.m.

Presenter: Harsh Agrawal, MD, Cardiology

The Watchman procedure offers a breakthrough option for patients with atrial fibrillation who want to reduce stroke risk without long-term blood thinners. Learn how the procedure works, when it's appropriate, and what the recovery looks like.

New Technology for Robotic Knee Replacement

When: February 26, 5 p.m.

Presenter: Alexander Sah, MD, FAAOS, Orthopedics

Optimizing accuracy and improving outcomes, Dr. Alexander Sah is the first surgeon to use robotic knee replacement surgery with a novel handheld wireless robotic device developed in Fremont and paired with a device from one of the largest medtech companies in the world.



Menopause and Hormone Replacement Therapy

When: March 12, 5 p.m.

Presenter: Jaya Kediya, DO, Family Medicine

Feeling overwhelmed by the changes menopause brings? Hormone therapy may be an option to help ease the transition. Discover what to expect, the pros and cons of hormone replacement, and other ways to stay healthy and feel your best during this significant life stage.

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Trauma Program Update

When: March 26, 5 p.m.

Presenter: Chet Morrison, MD, Trauma

Since July 2024, people with traumatic injuries can receive lifesaving care at Washington Hospital Healthcare System's level II trauma center. Join this seminar to learn about the impact our trauma center has had in our community and the way our staff are helping educate the public on how to avoid traumatic injuries and help others in case of an emergency.

What to Expect at the Infusion Center

When: April 9, 5 p.m.

Presenter: Bogdan Eftimie, MD, Hematology-Oncology

This presentation will walk you through the different therapies offered and what to expect during a visit to the infusion center. Learn about the personalized care and support available to make your experience as comfortable as possible.

Advances in Joint Replacement for Younger, More Active Patients

When: April 23, 5 p.m.

Presenter: Bryant Bonner, MD, Orthopedics

Younger and active adults are turning to joint replacement to stay mobile and pain free. This seminar will cover the latest advances in joint replacement tailored for active lifestyles, including faster recovery times and long-term durability. Learn what to expect before, during, and after surgery, and how to get back to the activities you love.

Healthy Lifestyles for Kids

When: May 14, 5 p.m.

Presenter: Rishika Singh, MD, Pediatrics

We all want healthy children, but how can we foster active, healthy lifestyles? Dr. Singh is passionate about teaching children healthy habits that are fun and easy to maintain.



Understanding TIAs: Recognizing Warning Signs and Preventing Strokes

When: May 28, 5 p.m.

Presenter: Prabhjot Singh Khalsa, MD, Neurology

What are TIAs and how can they serve as warning signs of a stroke? This presentation will explain TIAs and cover what you can do to prevent them. Learn to recognize the symptoms, understand the risk factors, and explore treatment options to safeguard your health.

Mastering Weight Management: Boosting Metabolism for Lasting Results

When: June 11, 5 p.m.

Presenter: Jean Huang, MD, Endocrinology

Struggling to lose weight and keep it off? This presentation breaks down why it's so challenging and what you can do about it. Learn how to increase your metabolic rate, develop effective habits, and sustain long-term weight loss. Get practical tips to help you take control of your health.

The Future of Surgery: Robotic Advances with the da Vinci System

When: June 25, 5 p.m.

Presenter: Kranthi Achanta, MD, General Surgery

Curious about how robotics are changing the surgical field? This presentation will dive into the revolutionary da Vinci Surgical System and how it's transforming surgical precision and patient outcomes. Learn how, while giving surgeons enhanced control, these advances are improving recovery times and reducing complications.

COMMUNITY SERVICES AND SUPPORT GROUPS

Please visit whhs.com/CommunityServicesSupport or scan the QR code for information on Diabetes Education, Palliative Care, Pulmonary Rehab, and many support groups.



Celebration of Life

When: May 15, 6 p.m.

Location: Washington West, 2500 Mowry Ave., Anderson Auditorium

Cancer survivors, friends and loved ones are invited to join the Celebration of Life.

CARDIAC COLLABORATION:

From Diagnosis to Surgery and Recovery

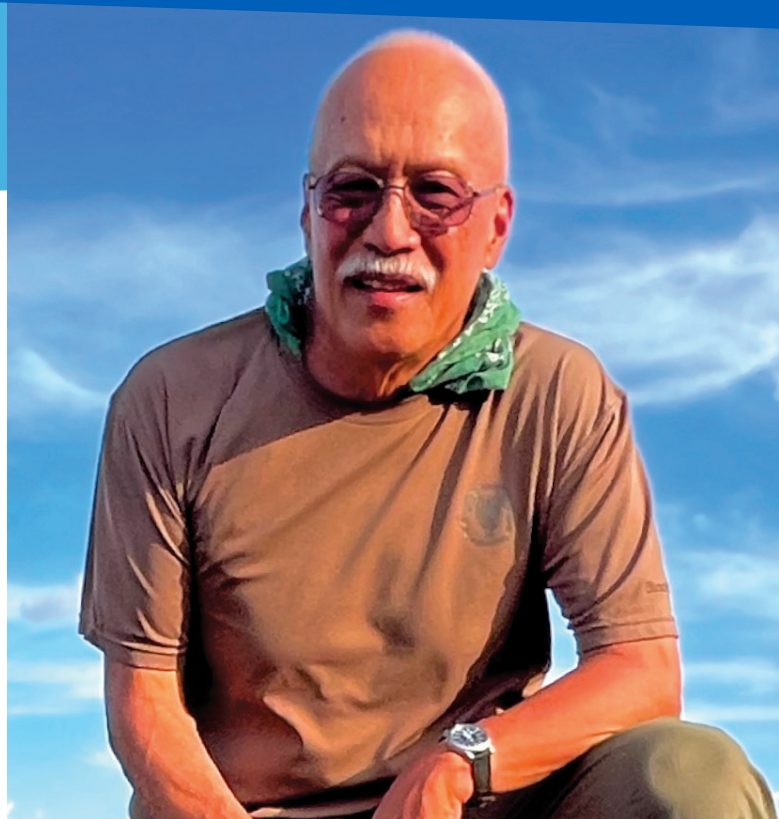
Thank goodness for Ted Chin's bad knees. If not for the age-related arthritis, the 74-year-old wouldn't have known he was at risk of heart attack. "If it wasn't for my knees, I would've never found out that I had blockages and needed triple bypass surgery," says the Fremont resident.

Chin, a retired pharmacist, had three blocked arteries, and atrial fibrillation (AFib), an irregular and often rapid heartbeat that can put one at risk of stroke and other conditions. Last September, he underwent coronary artery bypass grafting for the blockages, and a maze procedure to correct AFib, at Washington Hospital.

A team comprised of a local primary care physician, a cardiologist from the Washington Township Medical Foundation (WTMF), and a cardiothoracic surgeon from the UCSF - Washington Cardiac Services Program, collaborated to provide the best possible outcome.

Chin learned he had heart problems when he visited his local primary care doctor about knee pain. On Chin's physical exam, Spencer Tilley, MD, of Medical Associates of Fremont detected an irregular heartbeat. A subsequent electrocardiogram revealed he had AFib. Dr. Tilley recommended Chin see Nowwar Mustafa, MD, a board-certified cardiologist with WTMF.

During treatment for AFib, Dr. Mustafa found that Chin also had significant blockages and would need triple bypass surgery. Working closely with the surgeons of the UCSF - Washington Cardiac Services Department, Dr. Mustafa referred Chin to Ramin Beygui, MD, a board-certified cardiothoracic surgeon and medical director of Cardiothoracic Surgery. This partnership provides academic-level care on a local level.



"They made it very convenient because all my doctors were local. I'm only 15 minutes from the hospital," explains Chin. "I didn't have to go from place to place getting tests, or to San Francisco for surgery."

With their Cardiac Rehabilitation Program, both inpatients and those ready for outpatient care can make physical therapy and exercise classes part of their convenient, local care. Less than three months after surgery, Ted Chin was feeling great.

"My experience at Washington Hospital was amazing. I was very lucky to have had this cardiac team. The surgeon, the doctors, the nurses, and the entire Intensive Care Unit team; everyone, was wonderful."

For more information on Cardiac Services and the collaboration between WHHS and UCSF, see whhs.com/Heart.