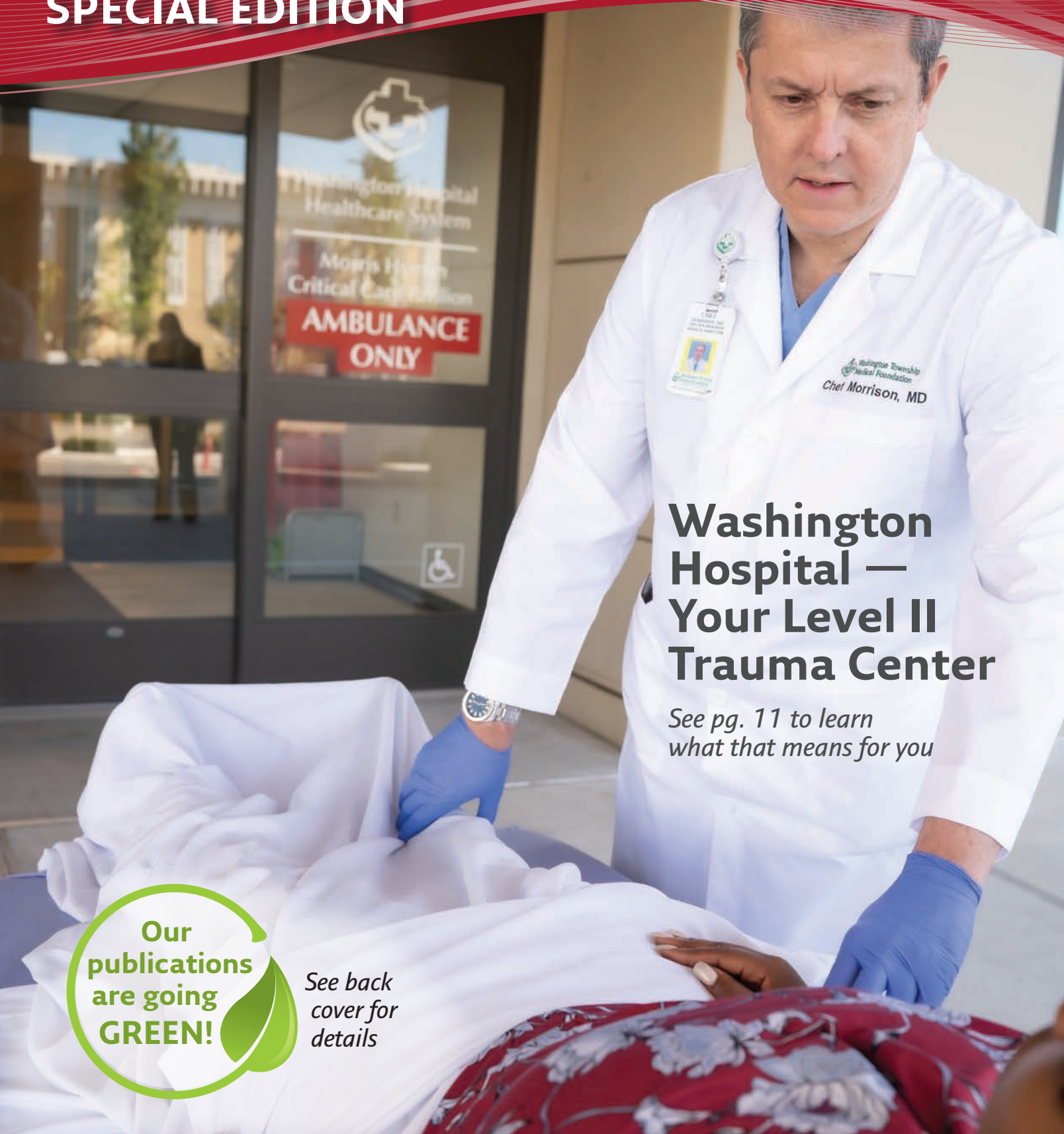




Health & Wellness

SPECIAL EDITION



Washington Hospital — Your Level II Trauma Center

See pg. 11 to learn what that means for you



Our publications are going GREEN!

See back cover for details

COMMUNITY HEALTH SEMINARS

Online Events

In an effort to provide education and support to our community members in a convenient forum, we continue to present community health seminars through Facebook and YouTube. These topics are selected based on community member input and our Community Health Needs Assessment report. For reference, visit whhs.com/CHNA.

Facebook

- Sign in to your account
- Go to the Washington Hospital Healthcare System page: facebook.com/WashingtonHosp

YouTube

- No account needed
- Go to our YouTube page: YouTube.com/whhsInHealth

Following the presentations, seminars will be added to our YouTube channel. Our Healthcare System provides informative and entertaining presentations from experts in their fields.



Causes and Treatment of Obstructive Sleep Apnea

From persistent fatigue and daytime drowsiness to headaches and irritability, untreated sleep apnea can significantly impair cognitive function and overall well-being. Join this seminar to learn strategies to reclaim a restful night's sleep.

When: August 14, 9 a.m.
Presenter: Jason Van Tassel, MD
Otolaryngology

Stroke: Warning Signs and Risk Factors

Stroke is a leading cause of death and disability in the U.S. and in our Tri-City Area. This life-altering event can happen to anyone at any time, often without warning. Did you know that 80% of strokes can be prevented by reducing personal risk factors? At this seminar, learn about the warning signs and risk factors for stroke.

When: August 28, 9 a.m.
Presenter: Jack Rose, MD
Neurology

Union City Heart Health Fair

Our recent Community Health Needs Assessment showed heart health disparities in Union City compared to neighboring areas. In response to this community need, Washington Hospital is hosting a Union City Heart Health Fair. This fair is dedicated to helping our community improve heart health outcomes with free onsite health screenings, including blood pressure and cholesterol checks. Enjoy interactive activities, informative sessions and live entertainment for the whole family. Together, let's build a healthier Union City!

When: Saturday, September 7, 10 a.m. to 2 p.m.
Where: Nakamura Clinic Parking Lot, 33077 Alvarado-Niles Rd.

Heart Valve Disorders in Adults: Types and Treatments

Dizziness, shortness of breath, chest pain and fatigue: these may be signs of heart valve disorders. Join this seminar to learn the various types of valve disorders, the impact on cardiovascular health, and treatment options.

When: July 24, 9 a.m.
Presenter: Harsh Agrawal, MD
Structural Cardiology

Importance of Prostate Cancer Screening



Aside from non-melanoma skin cancer, prostate cancer is the most common cancer among men in the United States. What are risk factors and screening options? This seminar will empower men and their loved ones

with essential knowledge for early detection and effective management of prostate cancer.

When: September 11, 9 a.m.
Presenter: Steven Curran, MD
Family Medicine

& EVENTS

To register or for more information about community seminars, visit whhs.com/events or call 800.963.7070.

Sepsis: What is it and How Can We Increase Awareness?

Anyone can get an infection, and almost any infection can lead to sepsis. Learn about the signs and symptoms of this life-threatening condition, understand its causes, and discover the importance of early detection and treatment. Together, let's raise awareness, educate our communities, and take proactive steps to save lives from sepsis.

When: September 25, 9 a.m.
Presenter: Cyrus Shariat, MD
Critical Care Intensivist

Breast Cancer Surgery: What Are the Options?

The overwhelming diagnosis of breast cancer may include surgery as part of a treatment plan. From lumpectomies to mastectomies and breast reconstruction techniques, this seminar provides a comprehensive understanding of surgical interventions, empowering patients and caregivers with knowledge crucial for informed decision-making and optimal care.

When: October 9, 9 a.m.
Presenter: Emily Gentry, PA-C
General Surgery

Think Pink

Think Pink is a special event to raise breast cancer awareness. It is a fun and energetic evening. Put on your pink and learn the latest information on breast cancer prevention and treatment plans.

When: Thursday, October 17,
5 to 7 p.m.
Where: Tent Atrium, Washington
West, 2500 Mowry Ave.



Treating Carotid and Aortic Disease Through Endovascular Innovation

Vascular surgery continues to advance with more minimally invasive options for patients with carotid and aortic disease. These innovative procedures treat and prevent stroke and aortic rupture. Join this seminar for an in-depth look at these fascinating techniques.

When: October 23, 9 a.m.
Presenter: Stella Asuquo, MD
Vascular Surgery

Falls: Prevention and Recovery

The results from a fall can range from embarrassment and slight harm to life-altering injury. One in four individuals aged 65 and older experience a fall each year. Learn practical tips and exercises to improve balance and strength to reduce risk of fall injury.

When: November 6, 9 a.m.
Presenter: Alisa Curry, PT, DPT
Coordinator of Rehab Clinical Programs

Safely Home After Hip Replacement

Some patients may be surprised to hear that they will go home the same day as their hip surgery. Same-day discharge has become more common as increased experience and technology discover the benefits of recovering at home—safely. Join this seminar to learn the important elements of safe same-day discharge hip replacement surgery.

When: November 20, 9 a.m.
Presenter: John T. Dearborn, MD, FAAOS
Orthopedic Surgery

Coping with Grief and Bereavement During the Holidays

While the holiday season is often a time of joy and celebration, it can also be a time of stress and depression for many people who have lost a loved one. During this seminar, we will explore how grief can impact our mental health during the holiday season and strategies for coping with these challenges.

When: December 4, 9 a.m.
Presenter: Neeru Kumar, MD
Psychiatry

Diabetes Management: How GLP-1 Medications Work

Join this seminar to learn about glucagon-like peptide 1 (GLP-1) medications and how they relate to diabetes management. While many people are talking about the weight loss benefits, learn how these medications work for patients with diabetes. What are the potential benefits and considerations for incorporating them into your diabetes management plan?

When: December 18, 9 a.m.
Presenter: Prasad Katta, MD
Endocrinology



COMMUNITY SERVICES

Washington Hospital offers education, support, and community services to guide you towards health and well-being.

DIABETES EDUCATION

whhs.com/diabetes | 510.818.6556

We offer a range of programs and classes to support patients with their diabetes management. On the first Monday of the month, we host a diabetes support group on Zoom from 6-7 p.m. Please note that the diabetes support group in September will be on Tuesday, Sept. 3. Diabetes educators also hold an educational session every other month on Zoom called Diabetes Matters. Diabetes Matters classes will be held on Aug. 5, Oct. 7, and Dec. 2, from 6-7 p.m. On months where the support group and Diabetes Matters fall on the same day, support group will start at 7 p.m. Zoom meeting ID: 859 1880 2883. Passcode: diabetes

PULMONARY REHABILITATION

whhs.com/PulmonaryRehab | 510.818.7025

Washington Hospital's Pulmonary Rehabilitation Program offers individual counseling and support for patients suffering from shortness of breath due to asthma, chronic bronchitis, emphysema, chronic obstructive pulmonary disease (COPD), pulmonary fibrosis and other respiratory diseases. Please ask your primary care physician for a referral.

PALLIATIVE CARE

whhs.com/PalliativeCare | 510.818.5433

Palliative care provides an added layer of support that patients and their families need when living with a chronic disease or life-limiting illness. The Palliative Care service offers assistance with navigating a complex medical system to help align your values with medical choices. The Palliative Care Team at Washington Hospital includes doctors, nurse practitioners, a social worker and a spiritual care coordinator. Please contact your primary care doctor for a referral.

CHILDBIRTH & FAMILY SERVICES

whhs.com/childbirth | 510.818.7424

With a Baby-Friendly designation, Washington Hospital offers exceptional support and education to expectant couples. Visit our website to discover the services we offer.

HEALTH INSURANCE INFORMATION SERVICE

whhs.com/health-insurance | 510.818.7005

Washington Hospital offers a free, confidential, and unbiased service for community members who have questions about their health insurance plan. The service

offers information about Medicare, Medi-Cal, and private and employer-based plans. The Health Insurance Information Coordinator can also guide individuals through completing advance health care directives and Physician Orders for Life-Sustaining Treatment (POLST).

ARTHRITIS SUPPORT GROUP

510.818.7450

This in-person monthly arthritis support group is for people who suffer from arthritis and their friends or family members. This group meets each month from 3-4 p.m. in Anderson Auditorium, Washington West. Upcoming meeting dates are July 24, Aug. 23, Sept. 27, and Oct. 25. There will be no meetings in Nov. or Dec. due to the holidays. Please call 510.818.7450 for more information or to register.

LYMPHEDEMA EDUCATION

whhs.com/lymphedema | 510.818.6758

The Lymphedema Education series is offered to anyone interested in learning general information about the lymph system and lymphedema. Meetings take place the second Tuesday of the month from 1:30-2:30 p.m. in the Washington Women's Center conference room in Washington West.

CANCER SUPPORT GROUP

whhs.com/cancer | 510.248.1600

The cancer support group holds meetings on the second Wednesday of each month from 2-4 p.m. in Washington West. This support group provides a safe space for people affected by cancer to share their experiences and emotions with others who have cancer. This group requires preregistration.

ADDITIONAL SUPPORT GROUPS

whhs.com/supportgroups

Please check the website and call for meeting details.

Better Breathers for Life.....	510.818.7025
Breast Cancer Support.....	510.818.7356
Alzheimer Support.....	800.272.3900
Diabetes Support.....	510.818.6556
Grief Support.....	510.818.6569
Mended Hearts.....	510.818.7022
Stroke Support.....	510.818.5080

NOTE: Going forward, you can find these important resources listed on the online version of Health & Wellness at whhs.com/catalog.

CALENDAR OF EVENTS See pgs. 2, 3 for full descriptions



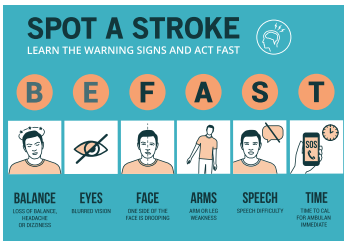
July 24
9 a.m.

Heart Valve Disorders in Adults:
Types and Treatments



August 14
9 a.m.

Causes and Treatment of
Obstructive Sleep Apnea



August 28
9 a.m.

Stroke: Warning Signs
and Risk Factors



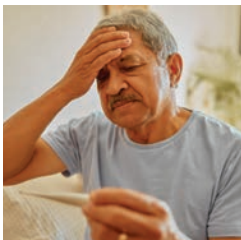
September 7
10 a.m. to 2 p.m.

Union City Heart Health Fair
Nakamura Clinic Parking Lot,
33077 Alvarado-Niles Rd.



September 11
9 a.m.

Importance of Prostate Cancer
Screening



September 25
9 a.m.

Sepsis: What is it and How Can
We Increase Awareness?



October 9
9 a.m.

Breast Cancer Surgery:
What Are the Options?

Saturday, October 12
38th Annual Top Hat Gala

Mark your calendar for the Healthcare System's marquee event of the year. See whhs.com/foundation/events for details.



October 17
5 to 7 p.m.

Think Pink is a special event to
raise breast cancer awareness.



October 23
9 a.m.

Treating Carotid and Aortic Disease
Through Endovascular Innovation



November 6
9 a.m.

Falls: Prevention
and Recovery



November 20
9 a.m.

Safely Home After Hip
Replacement



December 4
9 a.m.

Coping with Grief and
Bereavement During the Holidays



December 18
9 a.m.

Diabetes Management:
How GLP-1 Medications Work

Innovative Cancer Care

Oncology Clinical Trials Offer Cutting-Edge Treatment — and Hope

Clinical trials are research studies that test a medical, surgical, or behavioral intervention in people. These trials are the primary way researchers determine if a new treatment or prevention, such as a new drug, is safe and effective in people. Clinical trials give people with cancer access to a treatment that is under study and unavailable to those outside the trial. Participating in oncology clinical trials can bring hope and it helps researchers learn more about cancer therapies so others can be saved.



Meet the team: Medical Director, Bogdan Eftimie, MD; Senior Clinical Research Coordinator, Maria Lopez; Clinical Research Coordinator, Hannah Balter; Assistant Director, Becky Hudson; Clinical Research Coordinator, Lorena Bermudez.

Patients of the UCSF – Washington Cancer Center benefit from the combined strengths of a top U.S. cancer hospital partnered with a community hospital focused on quality care close to home. Led by hematologist-oncologist Bogdan Eftimie, MD, the cancer center offers the latest advances in oncology treatment and research including cutting-edge clinical trials that are part of larger national studies, under the guidance of UCSF Health and the National Cancer Institute.

“Clinical trials are an excellent way to move therapeutic goals forward,” says Dr. Eftimie. “Research is best conducted under the umbrella of a rigorous, controlled environment where we protect our patients and ask the right questions. We assess each patient’s needs, determine their eligibility, and enable them to participate in the right trial at the right time.” Clinical trial criteria is based on factors like age, gender, the type and stage of a disease, and treatment history. Not all patients can participate in clinical trials, but they are offered to everyone who is eligible.

Radiation oncologist and Medical Director of the Washington Radiation Oncology Center (ROC) Emi Yoshida, MD, says, “Radiation oncology plays a crucial role in clinical trials for early-stage breast and higher risk prostate cancer.

We are thrilled our affiliation with UCSF Health allows us to provide these promising options to our local cancer patients.”

UCSF – Washington Cancer Center Senior Clinical Research Coordinator Maria Lopez works with two other clinical researchers and oncology physicians to determine which available clinical trials will bring the most value to the community. “Our patients do not need to travel for the most advanced treatment options, which is critical when they are already dealing with so much,” she explains. Patients are grateful for world-class care within their community. Through clinical trials, our community is helping future generations in the fight against cancer.

Be Part of the Success Story

The Washington Hospital Healthcare Foundation invites you to become a part of the future of the cancer center and the important work they do. Visit whhs.com/foundation to learn more about ways to give or scan the QR code to donate today.



Fremont Man Grateful for Clinical Trial, Local Treatment

In early March 2020, Michael Fauria, OD, was one of the first patients admitted to Washington Hospital with COVID-19. He spent nine days in the ICU and nearly died. “I shouldn’t be here, but God was watching over me,” Dr. Fauria said. “I told my wife, ‘There must be something I’m supposed to do.’”

In November 2022, he found the reason when he was diagnosed with prostate cancer: to participate in a clinical trial at the UCSF - Washington Cancer Center.

Process of Discovery

Before COVID, Dr. Fauria’s prostate-specific antigen (PSA) level was about 4. PSA is a protein made by the prostate gland and is measured through a blood test. Higher PSA levels can indicate prostate cancer. For men over 60, a score greater than 4 is suspicious.

After COVID, Dr. Fauria’s PSA level rose to 8, then dropped to 5. In November 2022, he was referred to Washington Township Medical Foundation urologist Mark Saleh, MD, who performed a biopsy and found several cancerous nodes.

In January 2023, he met with hematologist-oncologist Bogdan Eftimie, MD, medical director of the UCSF - Washington Cancer Center to review his options. Dr. Eftimie informed Fauria of a clinical trial for men with prostate cancer.

It was the “a-ha” moment Dr. Fauria had been looking for since his recovery from COVID.

Care Options

“I felt I had to participate in the clinical trial,” Dr. Fauria said. “Radiation therapy was the treatment in the clinical trial protocol. The data they collect will be used to create better treatment options for future prostate cancer patients. It was a win-win.”

As part of the treatment protocol, Dr. Fauria’s biopsy samples underwent genetic analysis to find whether his cancer is more or less likely to return. In Dr. Fauria’s case, his cancer is less likely to return. “This was a data point I would not have had outside of the clinical trial, and it was very good news,” Dr. Fauria noted. “With that information in hand, the treatment plan was set.”



Treatment Protocol

Dr. Fauria received hormone therapy for three months before beginning radiation therapy. He then began with 25 sessions of external radiation therapy—five days a week for five weeks, followed by one session of high-dose brachytherapy (internal radiation). The protocol is completed by two years of hormone therapy—one shot every three months. With one year in, Dr. Fauria feels confident about his future and is grateful to the UCSF - Washington Cancer Center.

World-Class Care at Home

A health care professional in the Fremont community for more than 40 years, Dr. Fauria knew about the quality of care provided by WHHS. Through his research, he learned the UCSF - Washington Cancer Center offered world-class treatment options and clinical trials to Tri-City residents.

For him, it was a match made in heaven.

“I knew I was getting the best possible treatment right here in Fremont,” Dr. Fauria said. “I could have gone anywhere, but I was fortunate to have this exceptional resource close to home.”

He further shared, “I had virtually no downtime from the procedures. I went in for 20 minutes, then went home. I was able to keep working and continue with my family life—because my world-class treatment was 10 minutes from home. I can’t stress how important having this resource in our community is.”

For more information on the UCSF - Washington Cancer Center, visit whhs.com/cancer.

Growing with our Community

Since 2017, the UCSF - Washington Cancer Center has provided world-class oncology care services to the community. With the growing needs of our cancer care patients, the cancer center is expanding to meet the demands of our community with renovations that will result in 15,000 square feet of state-of-the-art facilities, multidisciplinary collaboration, and an expansive network of leading specialists.

Heart Valve Expertise

Education and Options for People with Valvular Heart Disease



People facing heart problems, including issues with diseased or worn-out heart valves, are in good hands with our expert team of Washington Township Medical Foundation (WTMF) cardiologists. Patients undergo comprehensive doctor-patient discussions, physical exams, and the right testing and imaging to reach a diagnosis. Once the issue is uncovered, they have access to a wide array of the latest treatments, minimally invasive procedures, or surgeries to address their condition. Many of these therapies and techniques were formerly only available through major academic medical centers, but our highly trained cardiologists are qualified and approved to perform most procedures at Washington Hospital.

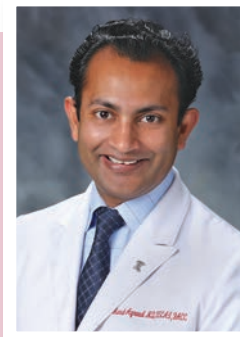
Two of these advanced minimally invasive procedures that are now done in Fremont include transcatheter aortic valve replacement (TAVR) and complex coronary interventions (CCI) or stenting of blocked arteries.

“We are pleased to offer more life-changing interventions here in Fremont where it is convenient for our cardiac patients and their families,” says WTMF interventional cardiologist Harsh Agrawal, MD. He continues, “Advances in surgical techniques and, in some cases changing FDA guidelines, are allowing us to perform minimally invasive procedures on more people who would have had to undergo more complex procedures in the past, like open heart bypass surgeries.”

Gonzala Ruelas became a patient of Dr. Agrawal earlier this year when she experienced several fainting episodes. Dr. Agrawal determined the 94-year-old Hayward resident had a valve that was not fully functioning. He performed a TAVR procedure in March and Mrs. Ruelas is back to enjoying time with her family. She cooks, works in her yard, and travels. Her daughter Frances says, “We were nervous of course—it’s the heart. But everyone at Washington Hospital was wonderful. They booked her appointments, explained to us exactly what would happen, and have kept in touch every step of the way.”

Dr. Agrawal will present a Health & Wellness online seminar titled, “Heart Valve Disorders in Adults: Types and Treatments,” on Wednesday, July 24, at 9 a.m. Watch this seminar to learn the various types of heart valve conditions, how they affect cardiovascular health, and available treatment options.

To view this presentation, go to [Facebook.com/WashingtonHosp](https://www.facebook.com/WashingtonHosp) or [YouTube.com/whhsInHealth](https://www.youtube.com/whhsInHealth).



Heart Health Early Detection Program

Heart Attack Prevention Starts With a Coronary Artery Calcium Score

Cardiovascular disease is the leading cause of death globally, and for many adults their first sign or symptom will be a heart attack. The good news is there is a patient-friendly scan (no needles, prep or recovery time) to determine a person's coronary artery calcium (CAC) score which can provide an early estimate of plaque buildup in the heart arteries.

"Finding out your calcium score can help identify a problem before it becomes critical so you can make lifestyle changes needed for a long healthy life," says Washington Township Medical Foundation cardiologist Rohit Sehgal, MD. "Seeing plaque buildup in the heart arteries early allows discussions to begin with your doctor about treatment options, like statin medications, which may prevent heart attacks from ever occurring. It may also provide data for your doctor to order additional testing for you like a stress test. In some cases, high CAC scores uncover lifesaving information for those who are unaware they suffer from coronary heart disease."

A calcium screening test is a noninvasive, 10-minute CT scan that measures the amount of calcium deposits, which is a marker for plaque in the coronary arteries of the heart. A numerical score is then calculated based on the plaque found. Along with factors like age, race/ethnicity, and gender, this helps your physician stratify your risk for coronary heart disease. The radiation exposure from a calcium screening test is no more than from a screening mammogram.

CAC testing is generally recommended for men 45 and older and women 55 and older, without symptoms or known heart disease. It is highly suggested for those with heart disease risk factors, such as high blood pressure, cholesterol, diabetes, family history of heart disease, obesity, or tobacco use. Washington Hospital Healthcare System offers calcium screening scans. If you match these criteria, ask your primary care physician for a referral. Afterward, your doctor can review the test results with you to develop a medical management plan.

This screening is covered by most health plans. Direct payment options are available.

To schedule your appointment, call 510.818.7410.

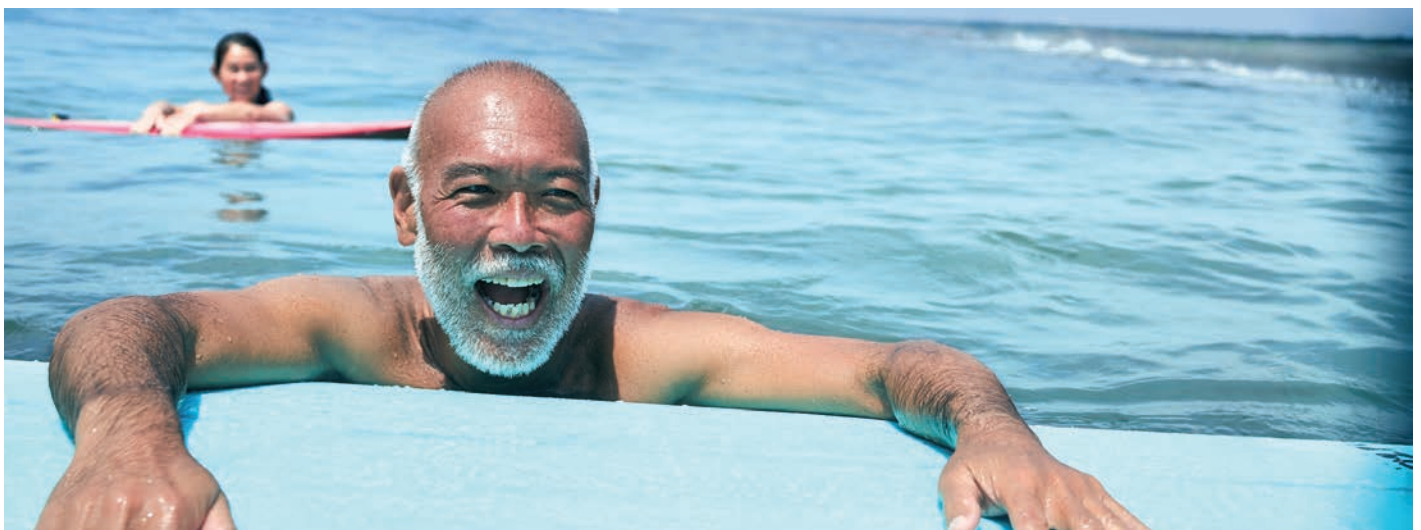
CORONARY CALCIUM SCORING

Talk with your doctor if you meet the following criteria:

45-80 years old

HAS ONE OR MORE RISK FACTORS

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Tobacco use
- Family history of heart disease



Leading Neurosciences in the Neighborhood

Bell Neuroscience Institute: Best of Both Worlds

Bay Area residents and others who come from around the country to Bell Neuroscience Institute of Silicon Valley in Fremont are referred there because they offer the “best of both worlds.” That means world-class care for neurological disorders within the personalized concierge setting of Washington Hospital, community hospital.

People commonly associate neurosurgery solely with brain conditions, but this medical specialty involves the diagnosis and treatment of diseases and disorders of the entire nervous system, including the brain, spine and nerves throughout the body.

Conditions related to the brain treated by a neurosurgeon include pituitary tumors, cerebral aneurysms, and hemorrhagic and ischemic strokes. Spinal conditions include cervical conditions, spinal cord pressure, and neurologic claudication, a symptom of lumbar spinal stenosis.

Each of the neurosurgeons at the Bell Neuroscience Institute has been trained at one of the country’s top 10 medical centers and the majority are on the UCSF Health faculty with access to everything a top academic institution has to offer.



Among numerous awards, the Healthcare System recently earned The Joint Commission’s Gold Seal of Approval for Advanced Certification in Spine Surgery, making it the only hospital in Northern California and only one of 20 hospitals nationwide with this distinction. This certification acknowledges their status as a premier destination for routine or complex spine surgery cases.

Bell Neuroscience Institute of Silicon Valley is unique because this top level of care is rarely found

outside of large, busy academic medical centers. Local patients can get in to see a renowned neurosurgeon in a fraction of the time, and they don’t have to travel in rush-hour traffic to their appointments, treatments or surgeries. Everything is done here in Fremont, in a comfortable, family friendly, patient-focused facility. Now, that is the best of both worlds!

For more information or to schedule an appointment, visit whhs.com/BellNeuro or scan the QR code.



Trauma Center FAQ

What Does Washington Hospital's New Trauma Center Mean for the Community?

Until now, people with traumatic injuries in Southern Alameda County had to be transported, often in slow I-880 traffic, to the nearest trauma center in Castro Valley or out of the county to San Jose. Now, the severely injured can receive lifesaving medical attention immediately at Washington Hospital Healthcare System's (WHHS) level II trauma center. Our comprehensive trauma program includes an outreach component to train and educate community members on avoiding traumatic injuries and how to help others in case of a devastating emergency.



We sat down with WHHS Trauma Medical Director Chet Morrison, MD, to discuss questions people may have about their new local trauma center and its positive community impact.

What is the difference between the established Emergency Department (ED) at Washington Hospital and the new trauma center?

Dr. Morrison: WHHS has a busy, well-functioning ED that handles minor injuries and sudden onset illnesses like appendicitis. It is an award-winning designated receiving center for heart attack and stroke victims. Now, at our level II trauma center, we can care for critically injured patients who need immediate help. This includes those who have been in a vehicle accident, have fallen, or were shot, stabbed, burned—and have sustained complex bone breaks, brain trauma or other major injuries. They need top care that is easily accessible at a well-equipped facility, with a multidisciplinary team of skilled doctors and staff that can treat their injuries and make a longer-term plan for recovery. This is now available at Washington Hospital.

Why was recent campus construction and build-out of space in the Morris Hyman Critical Care Pavilion necessary to accommodate the trauma center?

Dr. Morrison: Based on a Master Facility Plan launched 20 years ago, our facilities have been designed so trauma patients have immediate access to necessary testing, imaging, medications, blood, operating rooms, and post-injury rehabilitation programs. Backed by this community, WHHS has made a major investment in the personnel, resources and seismically safe facilities needed to create a level II trauma center local people can depend on in times of need.


Why do members of other Bay Area hospital trauma center teams participate in WHHS' site inspections and collaborate with your team at local trauma seminars?

Dr. Morrison: Each local trauma center has its own territory, but we share a mutual goal. Exchanging expertise ensures trauma patients anywhere in the Bay Area receive a consistently high-quality level of lifesaving care.

What is your overall message to the community about the new trauma center?

Dr. Morrison: The Healthcare System appreciates your support and has responded to your need and desire for a trauma center of excellence. We look forward to continuing this strong partnership by ensuring as our community grows, we grow with it.

POSTAL CUSTOMER

 Washington Hospital's Health & Wellness Catalog is printed on paper containing a minimum of 30 percent post-consumer fiber. The catalog is also available to download and view on the Hospital website: whhs.com/catalog.



Our Publications Are Going Green

As your community Healthcare System, we take environmental responsibility seriously. Knowing that many small changes can add up to make a significant impact, some of our systemwide sustainability efforts include:

- Landscaping our Healthcare System facilities with native and drought-tolerant landscaping to conserve water
- Sponsoring community events, such as Earth Day, where we offer complimentary collection of sharps and unused medications from the community for safe disposal
- Focusing on systemwide solutions to reduce and recycle waste, and reduce energy usage
- Sourcing local meat and produce; donating surplus food to assist families within our community
- **Emailing digital publications**

We mail four publications a year to approximately 130,000 households within the Washington Township Health Care District. Aligned with ongoing efforts to reduce our environmental impact, **this will be our last printed publication.** To sign up to receive future publications scroll to the bottom of the page at whhs.com or scan the QR code.

