

GOOD HEALTH™

A HEALTHCARE JOURNAL FROM SANSUM CLINIC • ISSUE 26 • WINTER 2020



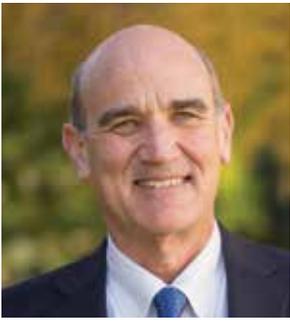
JULIE NADEL
VISIONARY
PHILANTHROPIST

COVID-19 AWARENESS
MASKED AND MIGHTY

ADVANCEMENTS IN
PAIN MANAGEMENT

DR. WINNIE LEUNG
ADVANCED IMAGING

sansum
CLINIC
for your good health



Dear Patients,

When the pandemic arrived in March, we answered the call to action by working together, masking up and serving patients who count on us for their care. We quickly adapted to deliver healthcare amidst a spreading virus with dwindling supplies while at the same time slamming into the financial wall that accompanied the shutdown of all elective services. There is no doubt that the coordination, cooperation and personal sacrifice of our physicians and staff saved lives. For every publicly-visible Clinic leader you heard from during this time, there

are hundreds of unsung heroes whose names you may never know, but whose faces you see at Sansum Clinic and Ridley-Tree Cancer Center. This giant tide of countless acts behind the scenes is what has allowed us to emerge, and take the steps needed to recover and look toward a brighter future.

Many of you have embraced your role in this pandemic, largely adhering to safety guidelines around mask wearing and social distancing. While the status of COVID-19 in our county is improved (as we go to print), along with the ability to test for it and understand the science behind it, we are not yet able to view all of this in the rear view mirror. That is one of the reasons we increased our capacity to provide flu shots and have so far vaccinated more than 17,000 patients, and donated thousands for our friends and neighbors whose access to the vaccine is limited for a variety of reasons. We at Sansum along with our community partners knew the combination of flu and COVID-19 could be deadly, or at the least, would make it exceptionally hard to navigate the usual host of cold-weather respiratory illnesses, with both seasonal influenza and the novel coronavirus circulating at the same time.

This pandemic has illuminated the strength of our partnerships with those in health, education, social work and in government at all levels. We are lucky to receive much good will from donors who bestow gifts on us at critical moments of need. Julie Nadel, in particular, is one of those who has been exemplary in providing philanthropic support. Her personal story about why giving is important, and how she closely selects and shepherds each of her projects, is a testament to her dedication and her tenacity. I hope her story leaves you inspired.

This issue also features two long-time physicians, Drs. Alex Koper and Bret Davis, who, in addition to being excellent and dedicated physicians for their main job, have closely aligned themselves with our philanthropy efforts as co-chairs of our annual physician campaign and are the two newest members of Sansum Clinic's Legacy Society. The Legacy Society represents a group of loyal friends who share a belief in the importance of providing high quality, innovative healthcare to meet the specialized needs of our community now and into the future.

This year will be remembered by all of us. That is an understatement! We will begin to celebrate Sansum Clinic's 100th anniversary year in January. While we've just weathered a very challenging storm, the experience has given us much insight into the remaining challenges ahead. We are much more equipped to deal with what may be a difficult winter season than we were at the outset of the pandemic. And even though we are 100 years old, we still daily feel the privilege of caring for our patients and this community in our extraordinary corner of the globe.

All of us at Sansum Clinic wish you and your family good health and happiness this holiday season and into the New Year.

Stay safe, and remember, we're all smiling under our masks.

Sincerely,

Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer

GOOD HEALTH

A free publication from
Sansum Clinic published
three times a year

ISSUE 26 • WINTER 2020

Sansum Clinic's mission is to provide an excellent healthcare experience, recognizing our first priority is the patients we serve.

Sansum Clinic is accredited by the
Institute for Medical Quality

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Telehealth at a Glance

Our providers, staff and Wave team members performed near miracles in record time to bring Sansum Clinic Telehealth to life.

telehealth.sansumclinic.org

2 weeks to launch an entire Telehealth program

327 web cams installed
100 iPads added

33 different specialties participated in Telehealth appointments

235 physicians completed **82,691** Telehealth visits from March 17th to October 31st

76% of Telehealth visits were performed over video in September



GOODHEALTH

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This magazine is not intended to provide medical care. For specific medical advice, diagnoses, and treatment, consult your doctor. All information in this publication is for educational purposes only.

Coping with COVID-19

What We've Learned from the Pandemic

DR. DAVID FISK, INFECTIOUS DISEASE PHYSICIAN



David Fisk, MD

WHAT HAVE YOU LEARNED ABOUT TREATING PATIENTS WITH COVID-19 TODAY COMPARED TO THE START OF THE OUTBREAK?

Compared to the early days of the pandemic, we've learned more about how the virus behaves. We know more about how it spreads (through the air), who is at greatest risk from it, and how to care best for those who contract it. We've refined our processes and systems for providing this care in a way that

is safe for our staff and for patients whose medical needs are unrelated to COVID-19.

CAN YOU TELL US ABOUT THE DIFFERENT DRUGS, STEROIDS, ANTIBODY SERUMS, OR OTHER THERAPIES AVAILABLE AND WHICH ONES YOU'VE SEEN IMPROVE OUTCOMES?

Treatment options continue to evolve as we learn more about the virus and review research. Each patient's acuity, symptoms and comorbidities are different and thus what is best care for one patient may differ from the best care for another. Timing of the treatment (in the course of someone's illness) is also a factor that influences whether a given therapy may or may not work for a given patient. We've seen positive outcomes in hospitalized patients who have been treated with dexamethasone, and with remdesivir. We've observed that a combination of interferons and ribavirin may provide benefits early in the course of treatment. We participated in a study on the effectiveness of convalescent plasma. Other drugs for treating this virus will be added to our list of options in the near future, which will help. Prevention remains our best defense. Once people are hospitalized, we're dealing with a very serious illness.

ARE VENTILATORS USED LESS NOW FOR COVID-19 PATIENTS?

We have far fewer patients in the hospital now than we did in July, therefore we are using far fewer ventilators for COVID-19 at the moment. Throughout the pandemic, we have used ventilators when we need them to support a patient's breathing if other options are not successful, and we have learned that using them earlier in the course of the disease may be more beneficial than we thought in April. Ventilators are essential tools for treating severe COVID-19 illness.

ANY THEORIES ON WHY THE SOUTH COAST CASE RATE DROPPED AT THE START OF THE FALL SEASON?

I think the main explanation for why the South Coast

COVID-19 rate has dropped is the increase in testing, and the increased availability of testing so that people are able to be identified earlier and can therefore be isolated if they have the virus. This is essential to reducing the spread. Also, people have taken seriously the guidance of masks and distancing. People are wearing masks, avoiding gatherings and washing their hands more than ever. This helps protect our community. However, it's likely the numbers could go back up in coming months.

IF MASKS HAVE HELPED LOWER INFECTIONS, WILL THIS HELP DURING FLU SEASON?

We now have quite good data showing that masks reduce the spread of COVID when worn by community members. We don't yet have comparable data on the spread of influenza and wearing masks outside of healthcare settings, so we can't infer that the same benefits we see from mask wearing for COVID-19 prevention are present for other respiratory infections. A flu vaccine will offer the best protection and is especially important this year so we don't find our community battling flu and COVID-19 at the same time.

Flu remains a very lethal illness, killing 30,000 and sometimes 50,000 people in a typical year in the United States. The vaccine is highly-effective at reducing the likelihood of death from influenza. The highest risk group for deaths from influenza are pregnant women, those with severe obesity and the elderly.

ANY RECOMMENDATIONS TO PEOPLE TO MAKE IT THROUGH THE WINTER SAFELY?

One, get your influenza vaccine. The vaccine is for everyone over the age of 6 months.

Two, continue to wear a mask outside your household when indoors and when less than six feet anywhere, including in an outdoor setting.

Three, practice physical distancing and continue the protective measures that we've developed in our community over the last several months. This includes avoiding large group social gatherings – even with extended family and friends – where we know many people can be infected from one. Staying within your household is the safest practice.

If you begin to feel sick with cold, flu or COVID symptoms, stay home and call your healthcare provider.

Our providers, staff and Wave team members performed near miracles in record time to bring **Sansum Clinic Telehealth** to life. 🌟

Scrubs Dispensers

Protecting Our People from COVID-19

When the pandemic hit, our frontline healthcare team members worried about carrying the virus home to their families. The Clinic's first solution was to provide clean scrubs on-site, however constantly refilling the depleting supply became cumbersome. Then, Environmental Services Manager and Chief Safety & Security Officer John Stampe, along with Service Line Director Sandy Berreth, installed scrubs dispensers at three Clinic locations. These machines look like a locker but operate like a vending machine. 🌟

“The staff and providers love it— they can just change into their clean clothes and go home in a safe manner to their families.”

— MIMOSA BITTER, RN
URGENT CARE MANAGER



Mimosa Bitter deposits dirty scrubs into a bin.



The dispenser is right alongside for easy retrieval of clean scrubs.



Staff members scan their badge, and the dispenser opens, noting the employee's specific size being removed.



Staff members remove a clean set of scrubs from the locker for the day.

Santa Barbara County Healthcare Masked and Mighty

In October 2020, a strong coalition of healthcare and education partners from across Santa Barbara County joined forces to launch **MASKED AND MIGHTY**, a campaign to save lives, reduce the transmission of COVID-19, reopen more businesses and schools and maintain access to vital healthcare.

MASKED AND MIGHTY was based on the highly successful Strive for 95 campaign, a grass roots effort and community-wide coalition founded by Dr. Dan Brennan and Dr. Steve Barkley in 2014, that resulted in increased local vaccination rates through a positive public awareness messaging.

Planning for the **MASKED AND MIGHTY** campaign began in the Spring with a goal of creating positive and non-political messaging to encourage behaviors that would reduce the transmission of COVID-19 throughout the entire county.

Through a series of socially-distanced, Zoom planning sessions, the diverse **MASKED AND MIGHTY** coalition, comprised of infectious disease specialists, pediatricians, health care leaders, teachers, superintendents, education leaders, marketing experts, public health and county officials, worked together to craft a campaign to crush the COVID-19 curve.

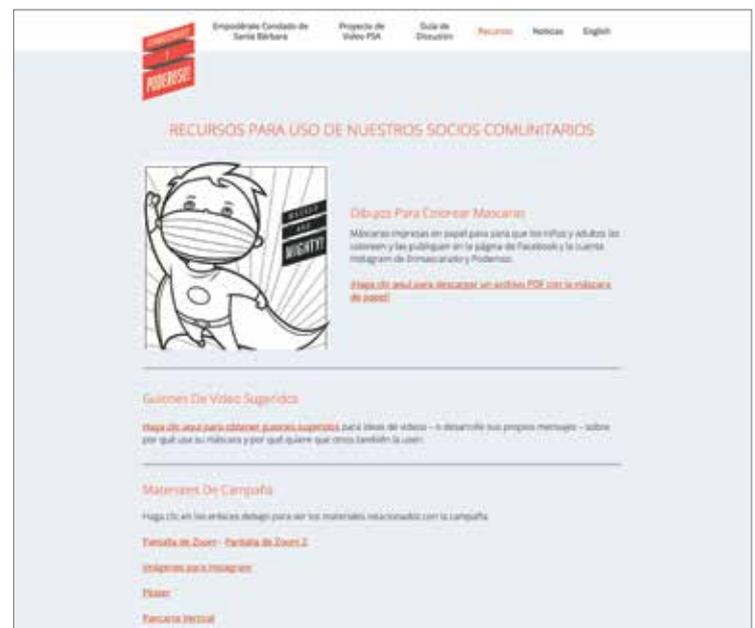
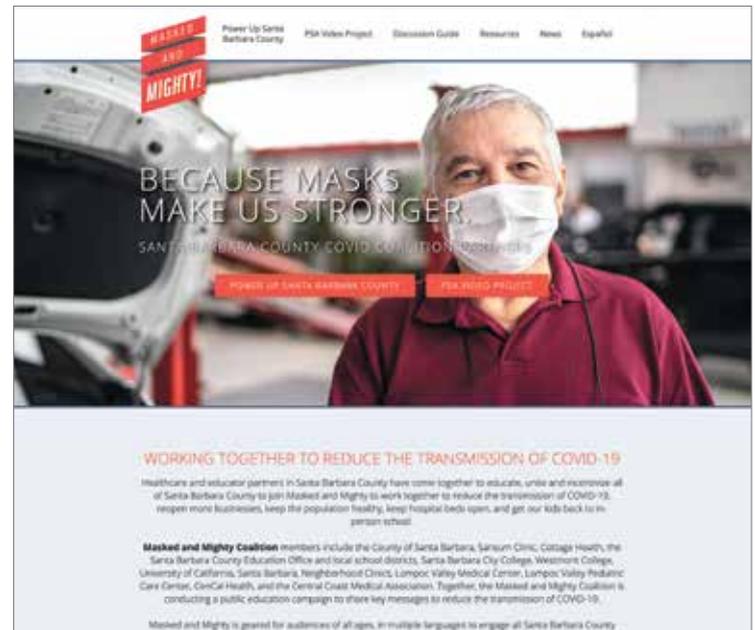
The **MASKED AND MIGHTY** coalition encourages all residents to stay at home as much as possible, avoid large gatherings and gatherings with people who don't live in the same household, but when you do have to go out to please wear a face covering, practice good hygiene, and observe social distancing of at least 6 feet.

Geared for audiences of all ages and translated into English and Spanish, the **MASKED AND MIGHTY** campaign uses local imagery and people to engage all Santa Barbara County communities with messages about the importance of **MASKS**, and the **MIGHTY** powers that physical distancing, good hygiene and other preventions can have to prevent viral spread.

The Santa Barbara County Board of Supervisors has issued a proclamation deeming **MASKED AND MIGHTY** a countywide approach to improving health and the economy.

Components of the campaign include:

- **MASKED AND MIGHTY** English- and Spanish-language websites: maskedandmighty.org, enmascaradoypoderoso.org



and Education Partners Launch COVID-19 Campaign



- **MASKED AND MIGHTY** outreach includes county-wide TV, print, radio, digital and outdoor media. Businesses can join the campaign and request a window poster by emailing masked@sansumclinic.org.
- The **MASKED AND MIGHTY** Coalition kicked off the campaign during a virtual press conference, with speakers including Superintendent Luke Ontiveros of the Santa Maria-Bonita School District, the largest district in the county, Dr. Peggy Dodds, Assistant Deputy Director at the SB County Public Health Department, Sansum Clinic Pediatrician Dr. Dan Brennan, and Dr. Lynn Fitzgibbons, Infectious Disease and Internal Medicine Specialist at Cottage Health.
- **POWER UP SANTA BARBARA COUNTY.** From October 27 to November 7, super powers came together to power up landmark buildings across the county with bright multi-colored lights to demonstrate commitment to adhering to safety precautions to reduce transmission of COVID-19. The event was a fun, safe alternative to Halloween trick-or-treating, with families and businesses sharing images on social media with the hashtag #maskedandmighty.

A **MASKED AND MIGHTY** Discussion Guide is available for teachers to engage in conversations with students about the best ways to protect against COVID-19. The guide is available on the **MASKED AND MIGHTY** website.

Adults and children alike can print **MASKED AND MIGHTY** coloring pages and share their artwork on the campaign's social media accounts.

All residents of Santa Barbara County are encouraged to harness their inner Super Powers and join us in being **MASKED AND MIGHTY!**

MASKED AND MIGHTY Coalition members include CenCal Health, Central Coast Medical Association, Cottage Health, County of Santa Barbara, Lompoc Valley Medical Center, Lompoc Valley Pediatric Care Center, Marian Regional Medical Center, Sansum Clinic, Santa Barbara City College, Santa Barbara County Education Office, Santa Barbara County Promotores Network, Santa Barbara Neighborhood Clinics, School Districts Throughout Santa Barbara County, UC Santa Barbara and Westmont College.

- Find **MASKED AND MIGHTY** on **SOCIAL MEDIA:**

Facebook: **Masked and Mighty Coalition**

Instagram: **Masked_and_Mighty_Coalition**
#maskedandmighty 🌟



Sansum Clinic's Newest Legacy Society Members

Dr. and Mrs. Alex Koper & Dr. Bret Davis

Urologist Alex Koper, MD and Dermatologist Bret Davis, MD, FACP have decades of perspective at Sansum Clinic. Dr. Koper will celebrate his 40th anniversary in 2021. Dr. Davis has invested 21 years with the Clinic. Both began before the Santa Barbara Medical Foundation Clinic joined with Sansum Clinic, when each was a small group practice with less staffing, technology and resources. Over the years, Drs. Koper and Davis have appreciated the incredible benefits of this merger including the recent addition of Ridley-Tree Cancer Center, and its medical and radiation oncology groups. The doctors are quick to point out that this evolution has resulted in many positive and transformative advancements in overall patient care, including in their respective fields.

The Urology Department has five physicians, with specialties in robotic and endoscopic surgery, female urology, and state-of-the art treatments for all types of urological conditions. The Dermatology Department staffs six physicians, now including two female dermatologists, all of whom work closely with other highly-trained physicians including dermatopathologists, surgeons, radiation and medical oncologists, dramatically improving diagnosis and treatment of skin cancers, including life-threatening melanoma. “We are able to detect the majority of melanomas early and eliminate them,” explains Dr Davis. “With advanced melanoma, previously a 100% fatal diagnosis, we can interact with a broad team of physicians who provide expertise and techniques, many of which were not available before. These are potentially life-saving advancements.”

As Dr. Koper and Dr. Davis reflect on the development of Sansum Clinic into a first-class healthcare organization, they are deeply inspired by the many people who consider it their personal mission to serve others. “I feel very honored to be here. It has been wonderful to be a part of this dynamic and well-respected healthcare system,” remarks Dr. Koper. “Sansum Clinic is a Santa Barbara treasure and is like family to me. It’s important to take an active role in the care of our Clinic to ensure its longevity.”

One way for supporters to ensure the Clinic’s longevity is for them to make a provision in their estate plans and join the



Judi and Alex Koper

Sansum Clinic Legacy Society which is what the Kopers and Dr. Davis have chosen to do. The Legacy Society represents a group of loyal friends who share a belief in the importance of providing high-quality, innovative healthcare to meet the specialized needs of our community now and into the future.

As Dr. Koper and his wife, Judi discussed what their legacy should be, Sansum Clinic rose to the top of their list. The couple considered making their gift anonymously, but felt it was important to share their decision to support Sansum Clinic even after they are gone. “The importance of giving is a deeply rooted value for us,” Dr. Koper elaborates. “We all have a responsibility to do what we can to make the world, and our community, a better place.” Dr. Koper gives freely of his time to improve healthcare locally. For over 35 years he has provided care to some of our community’s most vulnerable at the Santa Barbara County Health Care Center. He served on the Board of Directors for Sansum Clinic, Cottage Health and the Central Coast Medical Association. Giving financially is part of the equation as well, he notes, which lends a certain credibility when speaking with patients and other doctors about supporting the Clinic through philanthropy. Sansum Clinic is a nonprofit organization and relies on support from the community to launch new programs and services, some of which are offered free to the community and aren’t covered through medical reimbursement.

The Thomas Fire in late 2017 and the mudslides in early 2018 played a big role in motivating Dr. Davis to become more actively involved in philanthropy. Right after these two major events physicians and staff asked how they could help. The organization came together and established the Employee Assistance Fund that generated voluntary gifts of PTO (paid time off) and cash which enabled the Clinic to replenish and employees to recover. Funds raised were matched by the Clinic. This strengthened his belief in the power of philanthropy.

Dr. Davis’ experience on Sansum Clinic’s Board of Trustees has given him a front row seat to many major gifts of support that made possible the acquisition of advanced technologies like 3D mammography, whole breast ultrasound and state-of-the-art CT imaging, and major capital projects like the Elings Eye Center, the Foothill Medical and Surgical Center and the Ridley-Tree Cancer Center. “These things exist because of generous support from our donor community,” comments Dr. Davis. “It got me thinking about giving something substantial. I am now in a position where I can do something like that, whereas earlier in my career I really couldn’t.”

Especially important to Dr. Davis’ decision to join the Legacy Society is his friendship with and admiration for Dr. Koper. He appreciates Dr. Koper’s strong and exemplary leadership and the feeling of collegiality they share. When Dr. Davis was new to Sansum Clinic, Dr. Koper was one of the first physicians with whom he interacted regularly and in-person. Together, they now co-chair the annual physicians’ campaign. Dr. Koper has been co-chair of this campaign since 2009. He previously worked with Sansum Clinic Internal Medicine Physician Dr. Erno S. Daniel. When Dr. Daniel passed away unexpectedly in 2015, Dr. Davis graciously accepted the offer to work with Dr. Koper on the physician campaign. “It can be difficult to ask our



Dr. Bret Davis

colleagues to donate to their workplace when they already give so much of themselves. Our compassion and our dedication to high-quality care is tremendous. I want to help keep this going,” confirms Dr. Davis. The physicians are exceptionally proud not only of their fellow doctors and other clinicians, but all those on the front lines and behind the scenes. “Our staff go out of their way to make patients feel comfortable and cared for,” adds Dr. Koper. “We definitely want to support that, and to plan so the Clinic is here to take care of all of our children and our grandchildren, for the long run.” 🌻

If you have made a provision in your estate plan for Sansum Clinic, please let us know so we may thank you and include you in the Legacy Society. If you wish to leave a gift or would like information about the Legacy Society, please contact Dru A. Hartley, Director of Philanthropy, at (805) 681-7726 or dhartley@sansumclinic.org.

Tell Me Where It Hurts

Pain Management Specialists Offer Approaches for Alleviating Chronic Pain

ED BAUM

Everyone experiences pain at some point. It is one of the most common reasons patients see doctors. Pain often resolves on its own or with standard treatment. But when it persists longer than expected or it is severe, primary physicians may refer patients to pain management specialists. Sansum Clinic recently opened its Pain Management Department that provides patients who suffer from chronic pain with established first-line treatments as well as advanced techniques that represent the leading edge of medical innovation and emerging technologies. Interventional pain management specialists Graham Reimer, M.D. and Emanuel Zusmer, M.D. lead the department, supported by Cori Wright, N.P. and an experienced staff of medical professionals.

One of the typical ways people relieve pain is to take a pill. Options range from familiar over-the-counter tablets to strong prescription painkillers including oxycodone, hydrocodone, and fentanyl. Many of these medications are synthesized to resemble opium-derived drugs such as morphine and heroin. Dr. Reimer advises that while opioid medicines can be relatively safe and effective when managed in a controlled fashion by a physician, they also pose risks including addiction and overdose.

“There is a role for opiates in a medical setting if monitored appropriately in specific circumstances,” he explains. “But our hope is to minimize or eliminate the need for them by providing patients with safe and effective multimodal pain control procedures. We want to avoid the downstream effects of opioid medications while providing solutions that enable patients to live a more satisfying life with less pain.”

Dr. Reimer says the vast majority of issues that stem from minor injuries will get better on their own within six weeks. If pain persists beyond the expected healing period, then it may be appropriate for intervention by a pain management specialist. If it persists beyond six months, it is defined as chronic pain and is typically when patients become candidates for more aggressive treatments including injections and advanced procedures.

Interventional Pain Management

Dr. Zusmer says the goal is to break the cycle of pain. “Often when people experience pain that does not get better over time, they fall into a downward spiral that involves indefinitely taking pain pills and limiting activity,” he says. “That can lead to increasingly higher doses of medications, further disability, and lack of function. As interventional pain management doctors, we focus on procedures that target a specific painful area at the source of pain, therefore avoiding or minimizing the need for



Dr. Graham Reimer



Dr. Emanuel Zusmer

strong medications that can have a negative side effect profile or abuse potential.”

Multimodal or multidisciplinary pain management encompasses a variety of treatments. The three main goals are less pain, improved function so patients can return to normal activities, and less medications that may be harmful in the long term. “Most of our patients are in the 60-plus age range and have tried conservative first-line therapies through their primary physicians,” Dr. Zusmer says. “We treat age-related osteoarthritis, musculoskeletal conditions, shoulder and knee pain, bursitis, neck and back pain, radicular pain caused by irritation of a nerve root where it connects to the spine, sciatica caused by a herniated disk of the lumbar region of the spine, and other chronic conditions. It’s not uncommon for us to also treat younger patients including those in their twenties and thirties who have chronic pain-related issues.”

Regarding medication management, first line therapies often include non-opiate anti-inflammatories, nerve pain medications, and muscle relaxants. The goal of steroid based procedures is to use real-time imaging modalities such as fluoroscopy (X-ray) to target medication to a very focused area to reduce inflammation and pain, thereby avoiding some of the detrimental effects these medications may have. Additional treatments could include referrals to physical therapy, chiropractic care, and acupuncture. Psychotherapy can help with depression, anxiety and other comorbid conditions that often accompany chronic pain. For patients who do not experience satisfactory results from first-line therapies, innovative techniques that represent the latest advances in medical technology can be performed.

Innovative Advanced Techniques

The field of pain management is evolving rapidly, with significant research spanning new interventional approaches to managing pain. The latest methods apply modern medical technology and knowledge to provide solutions that can be very effective. Patients who are candidates for these techniques are typically referred to Sansum Clinic's Pain Management Department by a physician.

NEUROMODULATION: TURNING DOWN THE PAIN SIGNALS

One of the most robust and promising techniques is neuromodulation, which uses electrical stimulation of the spinal cord to reduce the volume of painful signals that enter the central nervous system. A small computer system and specialized leads that send electronic impulses through the body are surgically implanted under the skin. Waves of energy modulate the nerves to reduce pain. Patients can test to see if neuromodulation will help them before they have the device implanted. This is all done in an outpatient setting with minimal recovery time.

Recently, new frequencies and wave patterns have revolutionized the practice, making it more effective and accessible. Under the supervision of a medical technician, patients can try various wave forms to determine which frequencies work best for them. The most common application of neuromodulation is to treat sciatica and radicular back and leg pain. Earlier methods used low frequencies that mask painful signals, the way rubbing a stubbed toe activates non-painful pathways that disrupt pain sensations. New techniques use specialized high-frequency wave forms to mimic signals that instruct the body to release chemicals that help alleviate pain.

“For the right patient and the right indication, we see a very high rate of success with neuromodulation,” Dr. Reimer says. “Generally, these are people who have already tried the more conservative methods without beneficial long-term results.”

VERTIFLEX: MINIMALLY INVASIVE TREATMENT FOR SPINAL STENOSIS

Vertiflex is a minimally invasive treatment for mild to moderate lumbar spinal stenosis (LSS), which is narrowing of the canal through which the spinal cord runs in the lower spine. The most common symptom of LSS is neurogenic claudication (nerve-related leg pain and weakness) and can also include pain and numbness in the lower back and hips. Previous treatments involved laminectomy surgery, which required a large incision to facilitate the removal of the posterior arch of a vertebra. Patients required months to heal.

Vertiflex can provide effective long-term relief from the pain associated with LSS without major surgery. A small spacer is placed inside the spine without removal of any nearby bone or tissue. The spacer opens the central canal, which keeps pressure off the nerves that cause leg and back pain to help alleviate the symptoms. The outpatient procedure takes about 20 to 30 minutes and can be reversible.



Pain Management team

PERIPHERAL NERVE STIMULATION: LONG-TERM PAIN CONTROL

Peripheral nerve stimulation is similar in concept to spinal cord stimulation, but it is more targeted. Doctors identify specific peripheral nerves that cause painful issues and apply an electrical current to that nerve to modulate it. The practice can involve an implantable permanent device or a temporary device that the patient wears for a month or two. In many cases, long-term effects for pain control can continue after the device is removed.

ULTRASOUND IMAGING: ACCURATE TARGETING AND DIAGNOSTICS

Ultrasound is a real-time imaging technique that allows doctors to see soft tissue structures in real time. One way it is used in pain management is to assist with nerve block injections. Ultrasound helps doctors identify a specific muscle or nerve tissue area that is causing problems, with a high degree of accuracy. They can then target that specific site with local anesthetic and steroids. This is typically performed on patients who have bursitis or chronic joint pain as a result of degeneration such as in the shoulder, knee, or hip.

RADIO FREQUENCY ABLATION: NON-SURGICAL ALTERNATIVE TO STEROID INJECTIONS

Used in combination with X-ray or ultrasound imaging, radiofrequency ablation heats nerves to cause a thermal lesion that reduces pain signals. X-ray or ultrasound imaging enables doctors to accurately locate nerve tissues that cause pain. Using radio waves, they heat the tip of a needle to dissipate the nerve tissue. This process interrupts the ability of that nerve to send painful impulses. It is an alternative practice to repeatedly injecting an area with anesthetics and steroids, the cumulative effects of which may be detrimental to a patient's health over time. The outpatient procedure takes about 30 minutes and does not require general anesthesia. Pain relief usually lasts about one year.

SPHENOPALATINE GANGLION BLOCK: RELIEF FROM CHRONIC REFRACTORY MIGRAINES

Patients who suffer from chronic refractory migraine headaches and do not benefit from medications may be appropriate candidates for sphenopalatine ganglion (SPG) block. In the minimally invasive procedure, doctors apply local anesthetic to the sphenopalatine ganglion, which is a group of nerve cells at the posterior aspect of the pallet that has connections to the brainstem where migraine attacks may be generated. The anesthetic resets the nerve area that transmits painful stimuli. Doctors access the SPG area through the patient's nose. "An SPG block can provide long-lasting pain relief from migraines," Dr. Zusmer says. "It is fast and easy to do, and is low risk with a potential for high reward. I treated a family physician who experienced chronic migraine headaches that were poorly controlled with Botox. He had also tried antibody medications with little success. I performed an SPG block. When he returned for his first follow-up appointment, he told me that it was the most effective treatment he'd ever had. And for the first time in his life, he did not have a headache."

KYPHOPLASTY: TREATMENT FOR VERTEBRAL COMPRESSION FRACTURES

Kyphoplasty is a surgical procedure to treat vertebral compression fractures. It can reduce pain and increase mobility. It is a way to not only stabilize the fracture, but also to help restore the height of the vertebral body. With a compression fracture, the vertebral body is compacted and loses its height. Because of that, the patient's posture can get deformed and they stoop forward. A specialized balloon-like device is placed into the compression fracture. This procedure restores the normal height of the vertebral body and helps treat the pain from the fracture.

Patients don't always present an identifiable cause, but often it is the result of a fall or trauma. "Age plays a factor as elderly patients' bones become more brittle," Dr. Zusmer explains. "They develop osteopenia and osteoporosis, and that makes them predisposed to these types of fractures." The hour-long procedure is performed in a hospital setting. The doctors at the Sansum Clinic Pain Management Department are currently developing protocols that will enable them to offer this procedure in the future.

Expert Staff Provides Exceptional Care

Dr. Reimer earned his M.D. at University of Davis in California. Dr. Zusmer earned his M.D. at University of Miami, Miller School of Medicine in Florida. Both doctors are certified with the American Board of Anesthesiology. "Anesthesiology has become the standard background for pain management, especially as the practice has transitioned over the years from oral pain medication treatments to the realm of intervention," Dr. Reimer explains. "Many of today's interventional pain management procedures developed out of the anesthesia field, which is why the majority of pain management physicians are anesthesiologists by training."

Nurse Practitioner Cori Wright assists the doctors at the department in a team-based approach to care. She was trained

and certified at Pennsylvania State University School of Nursing. Ms. Wright is involved in follow-up and management of patients over time. She prescribes and manages medications, physical therapy and other physical modalities, and evaluates patients' progress following the various treatments and procedures they receive from the doctors at the department. She has worked in the neurosurgical field as well as the pain management and addiction domain.

Department staff also includes two medical assistants, two front-office professionals, and a billing and insurance specialist. Dr. Zusmer says one of the reasons he transitioned from anesthesia to pain management is because it is such a rapidly-evolving field. "The skills and tools available for care are constantly advancing," he says. "We want to continue to progress in our application of innovative techniques that help patients within the community gain control of their pain. Our goal is to expand our ability to help patients through a complete multimodal approach to treating chronic painful disorders."

"We are a good central hub to treat people who have painful issues, even if those issues have been addressed before and have become long-term conditions," Dr. Reimer adds. "For people who are looking for further steps they can take to help with pain, we can diagnose and treat many disorders and refer them to additional resources they may need." ❁

Sansum Clinic's Pain Management Department is at 3916 State Street, Suite 300, in Santa Barbara, California. For more information or to schedule an appointment, please call (805) 681-8901.

Register for our free educational Zoom Webinar

Advancing the Treatment for Leg and Back Pain: Alternatives to Pain Medication

Presented by: Dr. Graham Reimer and Dr. Emanuel J. Zusmer

Thursday, December 17th at 5:30pm

Please register for this Webinar by going to:

<http://tiny.cc/SansumPain>



The Webinar will feature interventional pain management procedures including Radiofrequency Ablation (RFA), the Vertiflex procedure and Spinal Cord Stimulation (SCS). These minimally invasive treatment options can provide lasting relief for people suffering with chronic pain. They are FDA approved and covered by most insurance companies including Medicare. ❁

FREE OF CHARGE



Health & Wellness

Right now, the things we think of first when we think of health are wearing masks, keeping safe distance from others, and wash, wash, washing hands! All the while, the things that were important for health before COVID-19 are still important. We invite you to care for your overall health with these trusted resources:



Open to the Community

- Advance Directives Workshop
- Asthma Learnings for Kids
- Cancer Wellness & Support
- Dementia Education & Support by Alzheimer's Association
- Diabetes Conversations
- Doctors Weight Management Orientation
- Healthy People Healthy Trails
Connect to an active life. Connect to the outdoors!
- Healthy Recipes
- Health Resource Center
- Medicare Seminars by HICAP
- Stop Smoking Help
- Stress Management
- Weight Loss Surgery Orientation
- WomenHeart Support Group

Sansum Clinic Patients Only

- Advance Care Planning
- Advance Directives Notary Service
- Medical Social Worker
- Prescription Navigator

For More Information:

Visit [SansumClinic.org/health-and-wellness](https://www.SansumClinic.org/health-and-wellness) • Call Health & Wellness Directory, (866) 829-0909

Julie Nadel, Visionary Philanthropist

“There is no ‘I’ in Team”



Julie Nadel (center in pink scarf) with Dr. Marjorie Newman (second from right) and the panelists from the May 2019 Spring into Good Health event hosted by the Women’s Council of Sansum Clinic. Drs. Alexandra Rogers, Rosa Choi, Toni Meyers, Heather Terbell, Mary-Louise Scully and Mica Bergman.

When Julie Nadel reflects on her childhood, she remembers her parents writing checks for charities. “It wasn’t until I became an adult that I realized the many different ways of doing philanthropy,” she remarks. “You can give your time if you don’t have money, deliver food to a food bank. You can tutor or coach someone. It’s not only measured in currency.”

Julie has spent most of her life offering her time, talent and treasure. When she founded and ran a major Los Angeles catering and event company, she worked with numerous hospitals and non-profit organizations. She instilled the value of giving back into her two daughters by requiring they donate their server paychecks from fundraisers. She and her late husband, Jack Nadel, also a successful entrepreneur as well as a decorated World War II combat veteran who flew 27 missions over Japan, sought out opportunities to donate and actively become involved with organizations. “We were very good partners because our strengths were in different areas,” comments Julie. “He was a big idea person and my strength is in the execution.”

From their first interactions with Sansum Clinic, Julie and Jack’s inquisitive nature led the couple to discover projects that needed financial support. Conversations with the CEO, Dr. Kurt

Ransohoff, turned into a renovated lobby in the Clinic’s multi-specialty center on Pueblo Street that now bears their name. They also upgraded the waiting areas for the surgery and gastroenterology departments, and fully remodeled the OB/GYN building in honor of Dr. David Raphael. Along with the “treasure” to fund these plans, Julie invested her time, personally overseeing every detail to ensure an enhanced patient experience. She also coordinated Sansum Clinic’s successful 90th anniversary luncheon in 2011, and managed the Clinic’s first-ever gala featuring Jay Leno in 2013. “Julie takes leadership by example to a whole new level,” affirms Dr. Ransohoff. “She doesn’t just help with projects, she owns them, bringing vision and drive to everything she touches. We are honored she has chosen us to benefit from her many talents.”

In 2015, the Nadels established and funded the community’s first Prescription Navigator Program. This pharmacist-led medication therapy management program ensures the safe, effective, and appropriate use of medications by Sansum Clinic patients. The program, under the direction of licensed pharmacist Rania Shenoda, PharmD, has significantly reduced the percentage of patients returning to the hospital due to unintended drug interactions.

While Jack passed away in 2016, Julie is celebrating his 93 years of life by carrying on their philanthropic work. With the opening of the Ridley-Tree Cancer Center in September of 2017, Julie created the Elly Nadel Music Therapy Program, named for Jack’s late wife who was a musician. This treatment has been proven to reduce stress and anxiety for cancer patients as well as their families and caregivers. Classes and private sessions led by music therapist Saiping Lin, MS, MT-BC offer extra support and care for those managing their disease.

Julie’s ongoing talks with Dr. Ransohoff about programs or services that can provide the most positive impact have resulted in everything from a new dictation system where physicians can complete their charts from any location, to blanket warmers in a surgery center, to a replacement for an antiquated phone system. These types of gifts don’t always translate into an engraved plaque somewhere. “Few understand the importance of investing in a seemingly mundane area like infrastructure, but



Janet A. Garufis, Chair, Board of Trustees, and
Kurt N. Ransohoff, MD, FACP, CEO and Chief Medical Officer

Dear Friends,

Next year, Sansum Clinic will mark its 100th anniversary of providing excellence in healthcare to our community. Our founders could not have imagined how we have grown or how we have adapted to the challenges of the last several months to continue to deliver on our mission during this unprecedented time.

We have pulled together as a community with a collective **resilience and strength** — as we have in the past with fires, a debris flow, economic crises, and now, a global pandemic. **Despite the challenges that COVID-19 has presented during this past year, the holidays remind us to pause and be grateful.**

We are grateful for and proud of our physicians, nurses, medical technicians and other professional staff members who work tirelessly to deliver the best care possible, despite the challenges we all face and will continue to face in the coming months.

We are grateful for the continued support of our donor community who serve an incredibly important role in helping us provide the high quality healthcare our community needs and has come to expect from us.

We are grateful to be able to keep our doors open for our patients because we know that some doors haven't been able to stay open and many businesses are still struggling.

While we don't have a crystal ball to forecast the future, we know that keeping our patients healthy and safe during COVID-19 will continue to be the main focus of our attention.

Your philanthropic support will help
meet the healthcare needs of our community.

Won't you join us today with a year-end gift to
support our efforts?

Sansum Clinic delivers a major share of the front-line care for COVID patients. We were first to set up a testing program specifically for large-scale testing of ambulatory patients. Our doctors in the Clinic and in the hospital provide care to critically ill COVID patients, 24 hours a day, 7 days a week, while continuing to serve the medical needs of all our patients whose conditions still require the care for which we are so well known. And, we are once again providing a significant share of annual flu vaccinations for our community, although this year with the added challenge of social distancing.

The support we have received from our donors as well as local businesses has been gratifying. They believe in the critical role we play in providing healthcare to our community and value the work we do for our patients. Their interest in supporting our work at this critical time warranted us establishing the **Pandemic Relief Fund**.

This fund will help us purchase additional personal protective equipment and testing supplies so that we may continue performing essential testing. We will use some of those funds to deal with the unique challenges the pandemic has caused in terms of our regular operations — for instance the increased costs associated with providing large scale vaccinations — for the flu first, and hopefully for the novel coronavirus one day soon.

As a nonprofit organization, your philanthropic support will make the critical difference in helping to continue providing the same high-quality healthcare we have provided for nearly 100 years, regardless of any challenges we may encounter.

Thank you for your support of Sansum Clinic and the Ridley-Tree Cancer Center. To you and yours...happy holidays and remember that we are here for you. Please know that we are all smiling under our masks.

Sincerely,

Janet A. Garufis
Chair, Board of Trustees

Kurt N. Ransohoff, MD, FACP
CEO and Chief Medical Officer

P.S. As part of COVID-19 relief, people who don't itemize their taxes may deduct \$300 in cash donations for the 2020 tax year. Please make a gift today! 🌟



Advanced Imaging

with Breast Radiologist Winnie Leung, MD



Winnie Leung, MD, with her husband, William (Hod) Dunbar, MD, and children



Winnie Leung, MD, Sansum Clinic's new fellowship-trained breast radiologist, would like cancer screenings for women to feel pleasant and stress-free. "Breast imaging should be like going for a dental checkup. Nothing scary. I liken it to looking for a small cavity before it requires a big filling," she explains. Sophisticated imaging technology can locate cancer in its earliest stages, when it is very treatable. More advanced machines means fewer false-positives and less chance of having to call women back for more tests or possibly unnecessary biopsies. If cancer is detected, the imaging often guides treatment decisions and can monitor a patient's response to different therapies.

Dr. Leung is part of the Clinic's Advanced Imaging Department along with three other radiologists who have the experience and training to use world-class equipment like 3D mammography or tomosynthesis, as well as automated whole breast ultrasound and MRI.

"In modern day medicine, nary a diagnoses goes through without having an imaging study," remarks Dr. Leung. The conversations with patients while gathering the studies are what she enjoys the most. During the screening, she may have a woman show her an area of concern, or she may perform a physical exam of the breast or ask about the size of a lump or mass. "Is it the size of an M&M? An olive? A golf ball?" she often asks. She might pull up the digital pictures for the patient on an exam room computer screen, commenting about what she's learned.

Should a breast cancer diagnosis be confirmed, Dr. Leung has full confidence in referring her patients to Ridley-Tree Cancer Center. The multidisciplinary team there was one of the reasons she made the move, after practicing in Santa Barbara for nearly a decade. The ease with which she can communicate with a patient's entire medical team through the shared electronic health record streamlines the process, she adds. "Breast radiology is a highly-collaborative discipline and this approach works best for the care of the woman whether they are healthy and careful about prevention, or if they have breast cancer. You find this approach at big academic centers for a reason." Dr. Leung currently chairs the Santa Barbara Breast Care Alliance, an accredited group of breast cancer experts who use a team approach to care for those with breast health concerns. "With breast cancer, we know what to do and the resources are right here in this town," she confirms.

A STEM internship with a practicing radiologist during her time as an undergrad at Dartmouth College sparked Dr. Leung's interest in the field. She continued her medical education at the University of Wisconsin-Madison School of Medicine

where she also completed a radiology residency and breast radiology fellowship. The "human side" of radiology solidified for Dr. Leung that this slice of the medical field was for her. "It's mothers, it's daughters, it's family. It's the best of radiology combined with women. That is why I love it," she effuses.

An added benefit from Dr. Leung's years of world-class training in Wisconsin was her marriage to her husband, Dr. William (Hod) Dunbar, a Sansum Clinic orthopedic surgeon, who provides support and perspective on caring for people within the community where they live, work and raise their children. She takes a holistic view of health in her own life, by practicing yoga and playing golf with her family. She adopts the same approach with her patients, understanding that she often is the first to guide women through a very personal test, triage them, review their history and look for red flags. "I want to make their care tailored and personalized. And if there are questions surrounding their imaging, we can find an answer." 🌻

Diagnostic Imaging Services

Sansum Clinic offers a full host of ACR accredited services, including:

- MRI, Breast MRI
- Computed Tomography (CT)
- Low-Dose CT Lung Screening
- Mammography (Genius™ 3D)
- Ultrasound
- Radiography



Services are offered at two locations:

- Pueblo Multi-Specialty Clinic
(805) 898-3141
- Pesetas Multi-Specialty Clinic
(805) 681-7671

Could Breastmilk Reveal a Predisposition to Breast Cancer?



Katrina Mitchell, MD, IBCLC, FACS

Ridley-Tree Cancer Center fellowship-trained breast surgeon Katrina Mitchell, MD, IBCLC, FACS, is participating in a groundbreaking project that will look at whether breastmilk could demonstrate a predisposition to breast cancer. Dr. Mitchell is joining forces with University of Massachusetts-Amherst cancer researchers on a study that will examine breastmilk from nursing women who have a pathogenic BRCA1 or BRCA2 genetic mutation. Women who have these genetic mutations face a significant risk, even at a young age, of breast and ovarian cancer. No fully-effective breast cancer screening method currently exists for nursing mothers in this high-risk group. New mothers, and to a greater extent those with a BRCA mutation, also face an increased risk of pregnancy-associated breast cancer (PABC), which can be aggressive for about a decade postpartum. “Breastmilk is a fascinating biospecimen with potential to change our approach to the early detection of breast cancer,” explains Dr. Mitchell.

Through the examination of breastmilk cells, the hope is to uncover profiles that may identify risk of breast disease. The research team hopes to ultimately develop a new, noninvasive test that would use women’s breastmilk to detect breast cancer in its earliest stages. “Breastmilk essentially provides a liquid

biopsy of the entire breast,” says lead researcher Kathleen Arcaro, PhD from the UMass Breastmilk Lab. “We hope to better understand breast tumor development and progression in these at-risk women.”

The study is recruiting participants from across the U.S. through social media and with the help of breast surgeons and lactation specialists like Dr. Mitchell. Women will provide breastmilk and saliva samples, and their BRCA test results. They’ll need to complete a health questionnaire and agree to annual, long-term follow-up. A control group with neither a BRCA mutation nor multiple close relatives with breast cancer is also being recruited. The research is supported by a grant from the Department of Defense’s Breast Cancer Research Program.

In addition to recruiting participants, Dr. Mitchell will act as a clinical consultant and assist in manuscript writing. She has a longstanding, special interest in breastfeeding medicine. In addition to her breast surgical oncological fellowship training at MD Anderson Cancer Center, Dr. Mitchell is a board-certified lactation consultant and lectures nationally and internationally on topics related to lactation and breast cancer. ☀



Breastfeeding Medicine

Our fellowship-trained breast surgeon and international board certified lactation consultant, Katrina Mitchell, MD, IBCLC, PMH-C, provides one-on-one lactation consulting to help mothers be more confident and overcome nursing challenges at any stage of their baby’s development.

SERVICES AVAILABLE:

- In person consultations and telehealth appointments. To learn more, visit <https://breastfeedingmedicine.sansumclinic.org/> or call (805) 682-7302.
- A new online class, Breastfeeding Your Baby, is free of charge and open to the community. To sign up, visit <https://calendar.sansumclinic.org/event/breastfeeding-your-baby>.



McNamara Fund for Professional Enrichment and Education and Nursing Scholarship Recipients

Sansum Clinic knows the value of investing in employee education and development. Through the generous support of donors, the McNamara Fund for Professional Enrichment and Education, and the Nursing Scholarship Program help to support both clinical and non-clinical employees with educational endeavors enabling them to reach their career goals. Nine recipients were awarded with grants and scholarships in 2020 toward development in their respective fields and careers. These programs continue to make a direct impact on our community, offering the assistance deserving staff needs in order to afford high education, and by developing our next generation of leaders.

McNamara Fund for Professional Enrichment and Education Recipients:



Jessica Acevedo, Patient Access Manager
(joined Sansum Clinic in 2013)

Jessica's grant will enable her to complete her Master's in Business Administration. She worked her way up from her position as a temporary Call Center Representative to her current role as a manager. "Education is really important to me. I was the first individual in

my family to go to college and also the first to pursue a Master's degree. Under the guidance of my supervisor Betty Lee and my experience at Sansum Clinic, I found my passion is in leadership which is why I chose a program that emphasizes nonprofit leadership. I want to find ways to develop high-performance teams that put the patient experience first and effectively learn to build strong connections with each other."



Christina Archer, MS, RD, IFNCP,
Clinical Dietitian, Pesetas
(joined Sansum Clinic in 2017)

Christina's role as a dietitian is vital to helping our patients with treatment plans through Medical Nutrition Therapy and Diabetes Education. This grant will allow Christina to complete a 10-course

Dietician Training on FODMAP, which will provide her with additional knowledge to help further support patients with chronic health conditions. "Completion of this course will reinforce the education I already have and provide the additional knowledge I need to guide patients accurately, efficiently and most importantly to ensure nutrient adequacy from beginning to end. This will allow me to further enhance care for patients at Sansum Clinic."



Patricia Arzate, Medical Assistant,
Pesetas Urgent Care
(joined Sansum Clinic in 2017)

Patty, an employee of Sansum Clinic for 23 years, is always looking for ways to further enhance patient care in Urgent Care. By getting her Phlebotomy certification, she will be able to perform blood draws on patients rather than sending them to a lab or waiting for an RN to become available. This will make for more efficiency

within the department and ease the workload of her coworkers. "At times, the Pesetas Urgent Care works at an ER level, high-paced and high-acuity care for 12 hour shifts 7 days a week. I love it! With a certification in phlebotomy, I will be able to do more for our patients."



Colton Betts, Clinical Research
Coordinator, Ridley-Tree Cancer Center
(joined Sansum Clinic in 2017)

Colton Betts wants to be a doctor. The expenses involved with the application process can be costly. This grant for medical school applications will enable him to focus on his top prospects for medical

school. "When I am finally admitted to medical school, not only will I start the training required to make me a technically-capable physician, I will also continue the mentoring process that will allow me to be the caring and empathetic physician that I aspire to be. This process was started by the physicians in both the Dermatology and Oncology Departments who have mentored me during my time at the Clinic."



Melissa Van Groningen, RN Specialist
Pesetas Urgent Care
(joined Sansum Clinic in 2008)

Melissa is a two-time recipient of a McNamara grant; this time for the American Academy of Family Physicians (AAFP) Urgent Care "livestream" update. This course will provide important

updates for our Urgent Care Department, including COVID-19 information. Melissa was selected again due to the implementations and knowledge-sharing she provided after receiving her Certified Emergency Nurse certification in 2016. "These topics will directly translate to my work in the Urgent Care in helping to identify septic patients as well as servicing a large elderly population and more efficient triage of patients."

Nursing Scholarship Program



Kim Hurley, RN, Director of Operations
(joined Sansum Clinic in 1986)

Kim Hurley is a 34 year veteran of Sansum Clinic having worked in multiple areas and departments. Most recently, Kim spearheaded the COVID-19 efforts at the

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It Feels Like My Life Started Over

Sally Reagan Dropped 120 Pounds and Resolved Multiple Medical Issues through Bariatric Surgery

ED BAUM

It wasn't that long ago that Sally Reagan could only stand on her feet for a few minutes before getting tired. Today she runs half marathons. Sally reclaimed her health and vitality through gastric bypass surgery and support programs at Sansum Clinic.

Over the course of her life, the sixty-two-year-old Goleta grandmother and businesswoman struggled with numerous health problems related to Cushing's Disease. The disease necessitated the removal of her pituitary gland when she was twenty-three years old. Cushing's and the surgical alteration of her endocrine system caused severe weight gain, which led to diabetes, high blood pressure, high cholesterol, and kidney problems. She required CPAP oxygen therapy to sleep.

"I gained more than one hundred and twenty pounds after my pituitary gland was removed," Sally says. "Before that, I was in very good physical shape as an active member of the military, stationed at Vandenberg Air Force Base."

Sally attempted diet programs including Nutrisystem, Weight Watchers and Jenny Craig, without satisfactory long-term results. "Being overweight affected my physical health, lifestyle, and emotional wellbeing," she continues. "I wanted to do yoga and exercise, but I was just too big to move comfortably. I got tired very easily. I would attend chamber of commerce mixers, but I couldn't stand on my feet for long without pain, so I couldn't enjoy them. At five feet tall and two hundred and fifty pounds, I couldn't find clothes that fit. I didn't feel comfortable with the way I looked or felt, so my entire self-confidence was low. I was single, but I didn't pursue relationships. I just wanted to hide."

Sally was receiving medical care and guidance from multiple healthcare professionals including Daniel Berger, MD, who is an endocrinology, diabetes, and metabolism specialist at Sansum Clinic. Dr. Berger has worked with many patients to help them lose weight and keep it off permanently. He encouraged Sally to attend a Sansum Clinic orientation session for bariatric surgery.

The orientation was led by Dr. Marc Zerey, a board-certified physician at Sansum Clinic who specializes in bariatric surgery and advanced laparoscopic techniques. At the session, Sally learned about the various changes that are produced by bariatric surgery.



Before



After

"The orientation was very extensive," Sally says. "Along with Dr. Zerey there was a Sansum Clinic dietitian who provided information about the process, what to expect and how to prepare, including behaviors patients should commit to for success. I learned that the surgery would not only produce weight loss by limiting food intake, but would also create chemical and hormonal changes in my body that would alleviate other health problems including my diabetes. In fact, I was able to stop taking my diabetes medication almost immediately after the surgery."

The two most common surgical procedures performed for weight loss are the sleeve gastrectomy and the Roux-en-Y gastric bypass. Both are performed laparoscopically with small incisions to promote quicker recovery than a traditional open approach.

"The sleeve gastrectomy is the more commonly performed of the two procedures and involves removing approximately seventy-five percent of the stomach using a stapling device, giving it more of a banana shape," Dr. Zerey explains. "This restricts how much food a person can eat and also has been shown to decrease appetite, improve medical problems caused by obesity, and increase overall metabolism. Patients should expect to lose approximately thirty percent of their weight."

Because of Sally's advanced diabetes and other conditions including a hiatal hernia and severe acid reflux that were revealed



during preoperative tests, Dr. Zerey recommended the Roux-en-Y gastric bypass. “Dr. Zerey told me it was my choice which surgery I had, but said we’d be much better off doing the bypass,” Sally says. “I trusted him, and I’m glad I did. I had no problems.”

In the Roux-en-Y gastric bypass operation, a small gastric pouch is created (about the size of an adult thumb). The thumb-sized pouch from the upper stomach is accompanied by bypass of the remaining stomach. The small intestine is divided using a stapling device. Afterwards, food no longer goes into some parts of the stomach and small intestine that absorb food.

“The Roux-en-Y gastric bypass is the most studied of all weight-loss procedures and is considered the *gold standard*,” Dr. Zerey says. “Patients should expect to lose approximately thirty-five percent of their total weight. And as Sally personally experienced, patients are often able to stop or decrease their diabetic medications soon after surgery, before any meaningful weight loss has occurred.”

Postoperative Support and Commitment Helped Sally Maintain Her Life-Changing Results

Sally describes the day of her procedure. “I was excited but also scared,” she says. “I thought, oh my gosh, I’m making this permanent change. Everyone on the medical staff was so nice, helpful, and supportive. That was comforting. And the Sansum Clinic programs and meetings had prepared me very well. I knew

this was more than just a surgery, it’s a big change in lifestyle.” She was back on her feet soon after the operation. “I actually felt very little pain,” she recalls. “Immediately after waking from anesthesia I wanted to get up and walk. Within a few hours I was doing laps around the halls of the hospital with the nurses. I felt great. I could have gone home the next morning, but they kept me an extra day for observation because of my medical history.”

Sansum Clinic dietitians provided Sally with postoperative guidance including a comprehensive book that details dietary guidelines. “I followed the recommendations faithfully,” Sally says. “That included having just water and clear fluids for a day, and then gradually transitioning to liquid protein and pureed foods. Sansum Clinic provided me with an on-call dietitian whom I could call or email at any time if I had questions. I saw Dr. Zerey and a Sansum Clinic dietitian for follow-up visits beginning one week after my procedure.”

Because bariatric surgery changes the body’s release of a hormone called ghrelin that stimulates appetite and promotes fat storage, Sally had no appetite. She set timers to remind her to get the recommended nutritional intake. “The Sansum dietitians were very clear in their guidance about exactly what and how much I should eat and drink,” she says.

After the surgery, Sally attended monthly support groups through Sansum Clinic. Medical professionals, guest speakers, and other patients provide information and discuss tips and strategies at the meetings. The sessions are attended not only

by patients who recently underwent bariatric surgery, but also by those who are preparing for it and those who had it years earlier. Guest speakers present a variety of topics including vitamin requirements, exercise, meditation, acupuncture, and other relevant themes. Meetings also include cooking demonstrations for healthy food preparation and field trips to grocery stores to learn about nutrition labeling.

“I encourage people to attend and continue with the support groups,” Sally says. “They help us maintain success so we don’t regain weight. They are also a way to repay the system by providing an opportunity to support and reassure new patients who have not yet undergone the procedure. I tell people who are considering this surgery: Don’t let your fears hold you back. You’re missing a great opportunity. My only regret is that I didn’t do it sooner.”

Sally lost 120 pounds over nine months after the surgery and continues to maintain her healthy weight. She attributes her success to following Sansum Clinic’s nutritional program closely, staying active, and pursuing psychological and emotional support through friends, family, and professionals. “I hired a life coach who I still work with,” she says. “And I connect with people through online support groups, including bariatric groups on Facebook. There’s also a resource called *ObesityHelp.com* that is a great health and wellness system for those navigating weight loss surgery. I attend their national conferences and read their online newsletters, forums, and research.”

A few months after the surgery, Sally wanted to find something besides her diet to focus on. “I was never a runner, but I went to a trainer and told him I wanted to start,” she says. “At first I could only run for a minute, and then I would walk for five minutes. I was out of shape because being overweight had restricted physical activity for so long. But my new weight and vitality permitted me to gradually build up my stamina. Within one year I was able to run the *Rock ‘n’ Roll Half*

Marathon event in Las Vegas. Now I run or walk three to five miles every morning. I do yoga and Pilates a few times a week, and I continue to work with a personal trainer as I prepare to participate in full marathon events in the coming years. Exercise does as much for my mind as it does for my body.”

Bariatric surgery alleviated multiple medical issues for Sally, including diabetes, asthma, high cholesterol, high blood pressure, kidney problems, and sleep apnea. “Dr. Berger said diabetes doesn’t need to be part of the diagnosis on my medical chart anymore, so he marked it resolved,” Sally says. “I don’t have to take all those medications, and I no longer require CPAP therapy.”

“It’s life changing,” she concludes. “I have way more energy, more confidence, and I feel more comfortable with myself. It feels like my life started over. I feel younger and healthier now than I did when I was in my thirties. I love to put my young grandchild into a jogging stroller and take her out with me around the evergreen open spaces and parks in my Goleta neighborhood. And it’s nice to be able to buy clothes I like. Previously, I often couldn’t find clothes that fit because I was too big. Now I sometimes can’t find my size because I’m too small. That’s a nice problem to have.” ☀

Sally Reagan is the on-site manager of a homeowner’s association in Goleta. She moved to the Santa Barbara area in 1988 after serving in the military at Vandenberg Air Force Base. She has a son, a daughter-in-law, and a granddaughter who live near her.

To schedule an appointment with Sansum Clinic’s Bariatric Surgery Center or to sign up for an upcoming weight loss surgery seminar, please call (805) 898-3472.

Visit online at:

<https://www.sansumclinic.org/medical-services/bariatrics>

November is National Diabetes Awareness Month

Did you know that 1 in 10 people have diabetes? And more than 1 in 3 people have pre-diabetes, putting them at a higher risk of developing the disease?

At Diabetes.SansumClinic.org you can:

- Hear our diabetes educators in these short videos:
- Checking Blood Sugar: less pain and better results with Diana Bullock, RN, CDCES
- Carbohydrate Counting with Nicole Almanza, RD, CDCES
- Making Cooking At Home Easy During COVID-19 with Christina Archer, RD
- Determine your risk using our diabetes calculator
- Get tips on making changes to your diet and exercise routine to prevent diabetes
- Join our small group program, Diabetes Conversations

Visit Diabetes.SansumClinic.org or call 805-681-7672 to learn more.



continued from page 14

it serves a critical role in helping us take good care of our patients,” notes W. Warren Suh, MD, MPH, FACR, Ridley-Tree Cancer Center Radiation Oncologist.

“I believe in Jack’s theory ‘Find a need and fill it,’” states Julie. She often leverages her personal and business contacts for the greater good, always focused on the goal at hand. “There is no i in team,” Julie adds. This fall, a request from Julie to Bright Event Rentals resulted in a complimentary tent to house Sansum Clinic’s drive-through flu shot operation. “Her gifts have touched every corner of the organization, pushing it closer to its promise to provide every patient with an exceptional experience,” describes Karen Handy, Sansum Clinic’s Vice President of Operations.

During a college internship, while at the University of Pennsylvania, Julie weighed organs in the autopsy ward of her local community hospital in New York. Declining her mother’s advice to marry a doctor instead of becoming one, in 1967 she applied to medical school along with her first husband. They both got accepted but the household budget could only afford one tuition. Julie let go of her dream, but her love of medicine endured. A current example of this inspiration coming to life is the Women’s Council, created by Julie and Bobbie Rosenblatt. Julie and Bobbie work closely with the Directors of Marketing and Philanthropy, Jill Fonte and Dru Hartley, to educate the community about timely health issues, to bolster the Clinic’s position as the leader in local healthcare, and to enhance relationships with patients and donors.



Bobbie Rosenblatt & Julie Nadel of the Sansum Clinic Women’s Council

Along with her non-profit work, Julie keeps busy with Spanish lessons, virtual bridge tournaments and visits with her granddaughters. She manages her own medical challenges like she does her passion projects: marshall a team, push through and stay determined and resilient. “You can go down the rabbit hole and not come out or you tell yourself ‘I am going to be strong and get through this,’” she muses. Julie hopes that the next generation of young philanthropists will pick up the torch and find ways to collaborate to support medical excellence in our community. “We all get sick and need medical care. We all have problems and the only way to solve them is to come together and help each other,” she concludes. “I feel blessed and lucky to be part of Sansum Clinic and a team that makes a difference.” 🌸

Don’t Delay Your Cancer Screenings!

Many appointments, including cancer screenings, have been cancelled due to the pandemic.

Early detection saves lives.

Reschedule your appointments today!

- Mammogram
- Colonoscopy
- Pap Test
- Prostate Cancer Test
- Skin Cancer Screening
- Lung Cancer Screening



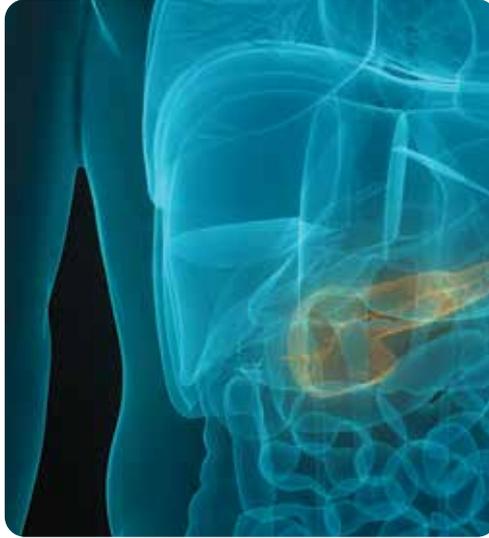
**Ridley-Tree
Cancer Center**
at Sansum Clinic



**CANCER
FOUNDATION**
of SANTA BARBARA

Online! 

Ridley-Tree Cancer Center Community Lectures



WATCH ONLINE

Nutrition and Immunity: Supporting Your Immune System with Foods and Other Lifestyle Choices

Rebecca Colvin, MPH, RDN, CSO
Oncology Dietitian Nutritionist
Ridley-Tree Cancer Center

The immune system is constantly working to defend the body from infection, injury and disease. Diets that lack certain nutrients may disrupt the production and activity of immune cells. Watch this lecture to learn about foods and lifestyle choices that will help support your immune system.

NOVEMBER

Pancreatic Cancer: Screening, Diagnosis and Treatment

W. Charles Conway, II, MD, FACS
Surgical Oncologist
Ridley-Tree Cancer Center

Pancreatic cancer accounts for approximately 3% of all cancers in the United States. Though it is often difficult to diagnose and treat, researchers are advancing methods of prevention, detection and treatment. This lecture will discuss risk factors, screenings and techniques used to diagnose pancreatic cancer, as well as the latest surgical and medical treatments for the disease.

DECEMBER

The Science of Sleep and Its Effect on Health

Ann M. Lee, MD
Pulmonary & Critical Care Physician
Sansum Clinic

Both doctors and medical researchers understand that getting the right amount of sleep is essential to the health of your body and mind. This lecture will discuss the effects of sleep deprivation, the various conditions and lifestyle choices that can impact the quality of your sleep, and the appropriate testing and treatment options for insomnia and sleep disorders.

Ridley-Tree Cancer Center Community Lectures are co-sponsored by the Cancer Foundation of Santa Barbara.



To adhere to social distancing guidelines, these lectures are available online at lectures.ridleytrecc.org 

To learn more about our upcoming lectures or to access our library of past lectures, visit lectures.ridleytrecc.org. For any questions, contact (805) 879-5698 or library@ridleytrecc.org.

Medically Supervised Doctor's Weight Management Program



For over thirty years, Chris Donner, MD, FACP, FACE, has helped hundreds of patients lose thousands of pounds. Dr. Donner began the partnership between HMR Weight Management Program and Sansum Clinic in 1986 because the community needed a medically-based program to help people address excess weight. The medically-supervised Doctor's Weight

Management Program, known for its fast and safe weight loss, is a behavioral weight management program that addresses high blood pressure, diabetes (and pre-diabetes), metabolic syndrome, joint pain, and other illnesses and conditions associated with weight management and obesity. The program uses HMR Weight Management's meal replacements as the foundation of the diet, and is located at 51 Hitchcock Way in Santa Barbara.

We caught up with Dr. Donner, between his daytime Endocrinology patients and evening Weight Management patients and asked him a few questions:

WITH 73% OF MEN AND 70% OF WOMEN IN THE US BEING OVERWEIGHT OR OBESE, WHY IS IT MORE DIFFICULT FOR PEOPLE TO LOSE WEIGHT THAN IT WAS 30 YEARS AGO, WHEN THE RATES WERE AROUND 40%?

The math is frustrating but straightforward. As a culture, we are overeating and under exercising.

WHY IS MEDICAL SUPERVISION SUCH AN IMPORTANT PART OF THIS PROGRAM?

Many of our patients are high risk, meaning they have medical problems that require constant attention. We are dedicated to not only weight loss but doing this in a safe and medically rigorous fashion.

HOW CAN FAST WEIGHT LOSS BE HEALTHY?

In the 1970s, liquid diets, because of the poor protein source, resulted in some significant medical complications including loss of life. The stigma has actually carried forward over the decades. Our program uses a healthy and compatible protein source that is safe and effective for rapid weight loss. The overall goal is to lose fat not muscle protein.

HOW COULD MEAL REPLACEMENTS (I.E., PACKAGED FOOD) BE HEALTHY?

Wouldn't it be better to eat my own food? Wouldn't someone have to eat meal replacements forever to keep weight off? Meal replacements are the backbone of our program and have been shown in multiple scientific studies to be safe and effective. Most of us, on our own diets, overestimate our exercise and underestimate our caloric intake! Meal replacements solve this dilemma.

YOU'VE BEEN DOING THIS A LONG TIME! WHAT DO YOU SEE ARE THINGS THAT MAKE PEOPLE SUCCESSFUL IN LOSING WEIGHT ON THIS PROGRAM?

Our three program foundations support success. 1. Structure: Meal replacements and physical activity. 2. Support: Expert staff and medical backup. 3. Maintenance program to instill healthy eating habits to maintain weight loss and health.

THESE PATIENTS HAVE LOST POUNDS BUT GAINED HEALTH, CONTRIBUTING TO A BETTER QUALITY OF LIFE. WHAT'S THE SECRET TO KEEPING IT OFF?

I'm glad you asked me that question again in a different way! Maintenance cannot be over emphasized. Losing weight on our program is relatively easy but where the rubber meets the road is maintenance of that weight loss and physical activity. Our program focuses on this long-term goal of keeping the weight off.

HOW DO YOU MANAGE YOUR OWN WEIGHT?

Very clever, in other words, do I practice what I preach? Bike riding and resistance training are part and parcel of my program. Unless there are torrential rains, I take a 30-minute walk every day at lunch and consume a liquid meal replacement.

WHAT ARE SOME OF YOUR FAVORITE THINGS ABOUT WORKING WITH PATIENTS AT THE DWMP?

First and foremost, the atmosphere at DWMP is incredibly upbeat and positive. Patients want to be there and know that they will be successful; that makes for a pleasant experience for all involved. Secondly, my staff runs a great show. They are incredible professionals and 'walk their talk'. It's a pleasure working with them all. Thirdly, it is incredibly gratifying as a physician to watch people lose weight and gain health. My patients and I at the program almost get giddy when we invariably lower and/or stop their blood pressure, diabetes and cholesterol medications!

Dr. Donner concluded by saying that most adults in America have been on numerous and sundry diets. In a sense, there are too many food choices in the marketplace. Paradoxically, the weight loss phase of the program actually puts that choice on hold for a meal replacement weight-loss formula that we know will lead to success. Since it is so difficult to start and maintain weight loss in our culture, taking food choices off the table, as it were, and applying our successful meal replacement formula is a relief to our patients. Immediate success occurs and then we slowly and surely add back food choices after weight management and maintenance skills have been taught and reinforced. 🌟

The Doctors' Weight Management Program staff, led by manager Donna Gill, appreciates the years of experience and expertise that Dr. Donner brings to the program. His insights are beyond value and continue to help patients achieve some of their greatest accomplishments...loss of weight and gaining of health. Call (805) 563-6190 or register online for the free Doctors' Weight Management Program orientation.

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Clinic. Kim is a strong leader and highly regarded member of the staff. She was awarded a scholarship toward obtaining her BSN. “My goal is to be a resilient leader and to use my education to get me to my next position at Sansum Clinic. While my career path may not have been a straight line to each goal, the twists have lead me back to my original goal of being the best caretaker and leader I can be.”



Alexis Tinajera, LVN, Hitchcock Pediatrics (joined Sansum Clinici in 2019)

Alexis brings great passion to her role as an LVN to our littlest patients. Her goal is to complete the LVN to RN bridge program. “Being able to see a variety of patients from a first neonate visit to a patient’s last 18 year check really brings excitement to the work day. In the Pediatrics Department you are not only connected to the patient, you are connected to the entire family which makes the job even more fulfilling.”



Sarah Delgado, Clinical Resource RN, Hitchcock Pediatrics (joined Sansum Clinic in 2012)

Sarah’s heartfelt essay really struck a chord with the review committee and she was awarded a scholarship towards her BSN. As a Clinical Resource RN in the Pediatrics Department, Sarah is a go-to for clinical

questions and leadership on the floor. “I love the nursing field. As a nurse, I took an oath to devote myself to the welfare of the patients I serve...it’s my moral obligation.”



Lori Wells, RN Specialist, Pesetas Urgent Care (joined Sansum Clinic in 2008)

In her 12 years at Sansum Clinic, Lori has made such a wonderful impression on patients and staff. She started as an LVN and moved up to her current position as an RN in the Urgent Care Department. This scholarship will enable her to become a Nurse Practitioner. “I will continue to work for Sansum Clinic as I advance my career with this incredible learning opportunity. I really have learned a lot along the way and I value the work I do.” 🌻

Special thanks to Dr. James and Chris McNamara for establishing the McNamara Fund for Professional Enrichment and Education, and to the many donors who have chosen to support the McNamara Fund. Nursing Scholarships are made possible through the generous support of John C. Mithun Foundation and Mithun Family Foundation. Congratulations to all our award recipients. We’re so proud of you and greatly appreciate the investment you are making towards your career and the health and well-being of our patients and the community we serve.

All of the urgent. All of the care.



Our Urgent Care team includes board-certified doctors and a compassionate care team with experts in emergency, internal, family and sports medicine. We offer advanced imaging, infusion therapies, on-site lab and pharmacy. 7 days a week – no appointment needed.



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urgentcare.sansumclinic.org
215 Pesetas Lane, Santa Barbara
(805) 563-6110

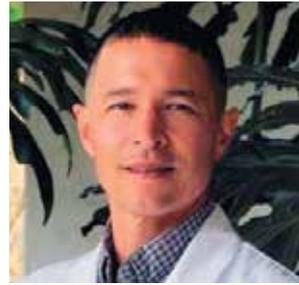
Welcome New Providers



RON GOLAN, MD



EMANUEL ZUSMER, MD



JEFFREY KIM, MD

RON GOLAN, MD

Urology Department

4151 Foothill Road, Santa Barbara, CA 93110

Ron Golan, MD joined the Urology Department in September. Dr. Golan earned his medical degree from the University of Pennsylvania School of Medicine and then went on to complete his urology residency at Weill Cornell Medical Center where he was chief resident. In addition to a rotation at Memorial Sloan Kettering Cancer Center where he was an acting uro-oncology fellow, he completed an endourology fellowship at Columbia University Medical Center in New York City.

EMANUEL (MANNY) ZUSMER, MD

Pain Management Department

3916 State Street, Suite 300, Santa Barbara, CA 93105

Emanuel (Manny) Zusmer, MD joined the Pain Management Department in September. Dr. Zusmer earned his medical degree from the University of Miami School of Medicine and completed his anesthesia residency at the University of California at San Francisco. Dr. Zusmer worked with the Anesthesia Associates Medical Group in Santa Barbara for five years before transitioning to pain management. Dr. Zusmer completed his pain management fellowship at Oregon Health and Science University.

JEFFREY KIM, MD

Goleta Family Practice

122 S. Patterson Avenue, Santa Barbara, CA 93111

Jeffrey Kim, MD joined the Goleta Family Practice branch in October. Dr. Kim is a board certified family physician. He earned his medical degree from Boston University School of Medicine and then went on to complete his residency in family medicine at the University of Washington in Seattle. For the past several years Dr. Kim has been working as a family practitioner in Alaska where he has worked in ambulatory care settings, emergency rooms and urgent care clinics. 🌻

Community Resource Hub



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Transit • Health • Money
Care • Education
Work • Legal

Need a little help?

Find the resources you need quickly and easily.

Visit our online Community Resources Hub for free or reduced-cost health resources and social services. Because everyone needs a little help sometimes.

[COMMUNITYRESOURCES.SANSUMCLINIC.ORG](https://communityresources.sansumclinic.org)

Community Health



**Ridley-Tree
Cancer Center**
at Sansum Clinic

Santa Maria



Dermatology Associates of Sansum Clinic
1414 S. Miller Street
Santa Maria
(805) 349-7576

Lompoc Specialty Care
1225 N. H Street
Lompoc
(805) 681-7500

Ridley-Tree Cancer Center (Solvang) & Specialty Care
2040 Viborg Road, Suite 140
Solvang
(805) 686-5370

Sansum Country Clinic
2027 Village Lane, Suite 102
Solvang
(805) 688-3440

Lompoc



Buellton

Santa Ynez



Solvang

200+ Doctors. 30+ Specialties. 20+ Locations.

Working together to get our community through this challenging time.

Call **(805) 681-7500** to determine what type of appointment will best meet your needs.

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- In-person appointments
- Urgent Care for unplanned medical conditions, open 7 days a week
- Telehealth visits to connect with a doctor from the safety of your home

is Our Commitment

Carpinteria Family Medicine

4806 Carpinteria Avenue
Carpinteria
(805) 566-5080

Doctors' Weight Management Program

51 Hitchcock Way
Santa Barbara
(805) 563-6190

Foothill Elings Eye Center

4151 Foothill Road
Santa Barbara
(805) 681-7500

Foothill Medical & Surgical Center

Elings Pavilion
4151 Foothill Road
Santa Barbara
(805) 681-7500

Foothill Surgery Center at Sansum Clinic

4151 Foothill Road
Santa Barbara
(805) 681-6550

Goleta Family Medicine

122 S. Patterson Avenue
Santa Barbara
(805) 681-7500

Hitchcock Allergy & Immunology

51 Hitchcock Way
Santa Barbara
(805) 681-7635

Hitchcock Pediatrics & Adolescent Medicine

51 Hitchcock Way
Santa Barbara
(805) 563-6211

Obstetrics & Gynecology

515 W. Pueblo Street
Santa Barbara
(805) 681-8911

Occupational Medicine

101 S. Patterson Avenue
Santa Barbara
(805) 898-3311

Pain Management

3916 State Street
Santa Barbara
(805) 681-8901

Pesetas Multi-Specialty Clinic

215 Pesetas Lane
Santa Barbara
(805) 681-7500

Pesetas Urgent Care

215 Pesetas Lane
Santa Barbara
(805) 563-6110

Physical Therapy

5385 Hollister Avenue
Goleta
(805) 681-7781

Pueblo Multi-Specialty Clinic

317 W. Pueblo Street
Santa Barbara
(805) 681-7500

Pulmonary & Critical Care Medicine

301 W. Pueblo Street
Santa Barbara
(805) 898-3400

Ridley-Tree Cancer Center – Nuclear Medicine

300 W. Pueblo Street
Santa Barbara
(805) 563-5870

Ridley-Tree Cancer Center

540 W. Pueblo Street
Santa Barbara
(805) 879-0670

State Street Family Medicine

1919 State Street
Santa Barbara
(805) 563-6120

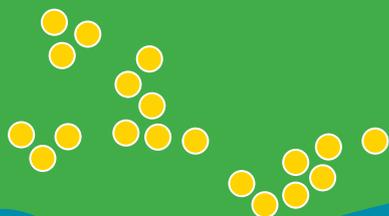
State Street Psychiatry & Psychology

3916 State Street
Santa Barbara
(805) 681-7517

Wolf Education and Training Center

529 W. Junipero Street
Santa Barbara
(805) 879-5698

Goleta



Isla Vista

Santa Barbara

Carpinteria

SANSUM CLINIC



— YEARS OF —
MEDICAL EXCELLENCE

Sansum Clinic Celebrates *100 years of Medical Excellence* 1921-2021



Throughout our history, Sansum Clinic has not just cared about our patients, we care about healthcare.

Today, Sansum Clinic has more than 200 specialists in over 30 specialties, working collaboratively to help our patients live their healthiest life.