

# GOODHEALTH™

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Dr. Chad Burgoyne, Orthopedics

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a healthcare journal from



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**Cover** Dr. Chad Burgoyne, Orthopedic Surgeon, with Paul Kushnerov.



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## GOODHEALTH

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Spring 2022

A free publication from Sansum Clinic published twice a year

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

Kurt N. Ransohoff, MD, FACP  
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Chief Medical Officer

Chad Hine, MBA  
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If you would like to be removed from our mailing list, please send an email with your full name and address to donotmail@sansumclinic.org.

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## Dear Patients,



I am pleased to introduce the premiere edition of our newly-redesigned *Good Health* magazine. I take great pleasure in previewing each issue before it goes to print, and I always come away with a sense of pride for the many ways in which Sansum Clinic contributes to the good health of our community.

Despite an ongoing pandemic, numerous state and national organizations have recognized our Clinic for the level of excellent care we offer.

- **Top 10% Performance in Patient Experience** from the Integrated Healthcare Association alongside other large integrated health systems like Cedars-Sinai, Sutter Health, Scripps Health and UCLA Health
- Only rated medical group in Santa Barbara and San Luis Obispo counties to **receive 5 out of 5 Stars**, the highest possible rating, for Overall Patient Experience from the California Office of the Patient Advocate
- Recognition as a **Breast Imaging Center of Excellence** by the American College of Radiology
- Re-accredited by the American Society for Radiation Oncology (ASTRO) APEX® **Accreditation Program for Excellence**

Since this magazine last published, we have had time to reflect on the many contributions we made to our community in these critical years battling COVID-19. The creation of a Telehealth program within weeks of the pandemic's start has so far resulted in more than **200,000 Telehealth visits**. We created the county's first drive-up appointment-based COVID-19 testing operation, providing more than **95,000 COVID-19 tests** to date. And we have administered more than **26,000 COVID-19 vaccines** to our community, including **1,000 vaccines for children**. I realize it is unrealistic to think that everyone will continue to be as vigilant in wearing a mask as we have for the last two years, but if you are going to be in a crowd, it still might be better to wear a mask for the time being to help protect our immunocompromised community members.

We regularly receive positive feedback from patients on the ease of using MyChart to enhance their healthcare experience with us. We heard that patients wanted some additional self-service options within MyChart, and we are very pleased to share that you can now conveniently schedule some appointment types directly online. We are rolling out MyChart Direct Scheduling one department at a time to ensure this goes smoothly. Visit [appointments.sansumclinic.org](https://appointments.sansumclinic.org) to see which departments are now offering this great new service.

We have also learned that our patients greatly value the ability to message their healthcare providers in MyChart. Our doctors have risen to the occasion by responding to and improving this form of communication. In some cases, MyChart inquiries are so complex they require additional medical expertise and more than a few minutes of your healthcare provider's time. We are now reviewing how other entities handle online patient communication that is akin to an e-visit. We may consider allowing providers to decide if an extended message exchange should be billed to your health plan. We want to encourage patients to use this efficient and convenient platform, while still being mindful of our doctors' time. The vast majority of our MyChart interactions are quick messages that will remain free of charge.

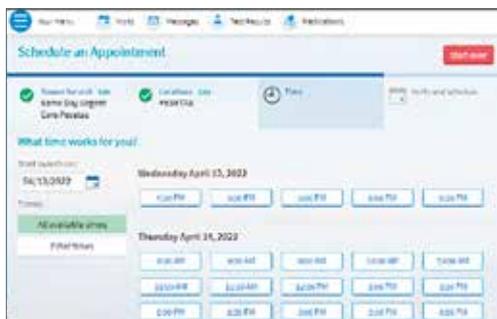
2022 marks my 30th year with Sansum Clinic, and is also our 101st year caring for patients in our community. It has been a true privilege to serve in this way, and I know that our entire team feels the same way. Thank you for choosing Sansum Clinic for your care, and we are still smiling under our masks!

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

# Getting the Most from Your Healthcare

## Tools You Can Use from the Comfort of Home

### MyChart



Direct scheduling for primary and some specialty care visits



Direct scheduling for mammograms, COVID-19 vaccines and flu shots

### Telehealth Virtual Visits



### Call-Back Option



Schedule a call back to book primary care appointments from the home page of [sansumclinic.org](https://www.sansumclinic.org)

### WELL Texts

Appointment information and appointment reminders



### Children's Symptom Checker

Free digital tool available 24-7 to help parents and caregivers decide when to call the doctor if their children are not feeling well or have a minor injury. The tool provides:

- Tips for relieving minor symptoms at home
- Dosage tables for common over-the-counter medications
- First aid instructions
- Pediatrician-recommended advice for situations such as family issues, discipline, sleep problems and more
- Available in English and Spanish.



Scan the code on your phone to learn more!

### Use this symptom checker to learn

- How serious your symptoms are
- If a healthcare visit is needed
- What steps you can take to relieve your symptoms at home

Select the age and gender of the person whose symptoms you are checking. \*

Age	Units	Gender
<input type="text"/>	Years <input type="button" value="v"/>	Female <input type="button" value="v"/>

[➔ Check Symptoms](#)

[Privacy](#)

\* Your Age and Gender choices filter the way the symptom checker works. If you are checking symptoms for more than one person, change the Age and Gender for each person.

# Getting the Most from Your Healthcare

## Extended Services



### Expanded Urgent Care

Open 7 days a week — [urgentcare.sansumclinic.org](http://urgentcare.sansumclinic.org)

### Evening and weekend hours

Extended hours for advanced imaging services

### After-hours triage nurse answering service

Managing urgent requests

### COVID-19 vaccination clinics

[covid19.sansumclinic.org](http://covid19.sansumclinic.org)

### Language assistance services

Interpreters free of charge



## Access to Health Information & Education



### Sansum Speaks

Virtual lecture series presented by the Sansum Clinic Women's Council to expand access to health information [sansumspeaks.sansumclinic.org](http://sansumspeaks.sansumclinic.org)

### Health Education

300 free classes, workshops and programs [sansumclinic.org/health-and-wellness](http://sansumclinic.org/health-and-wellness)

### Stress Management Videos

Series hosted on YouTube by Dr. Jay Winner [youtube.com/sansumclinic](http://youtube.com/sansumclinic)

### Community Resources Hub

Easy, online access to free or reduced-cost health resources and social services: [communityresources.sansumclinic.org](http://communityresources.sansumclinic.org)

## Extra Layer of Care

### Medical Social Worker Assistance

Addressing financial concerns, caregiver needs, complex care and connection to community resources

### Prescription Navigator

Review medications and make changes to enhance safety and health, and to save money

### Medication Therapy Pharmacist

Assistance for our endocrinology patients in managing diabetes

### Diabetes Educators

Help creating personalized care plans to improve health

### Registered Dietitian Nutritionists

Offering comprehensive nutrition education for a wide variety of health concerns

### Lactation Consultations

Fellowship-trained breast surgeon/board-certified lactation consultant

### Palliative Care and Advance Care Planning Program

Guide for patients and families with life-limiting illness

### Advance Directive Assistance

Classes for creating advance healthcare directives

# WE CAN GIVE THEM THEIR LIFE BACK

Dr. Chad Burgoyne and the Orthopedics Department Implement the Latest Surgical Techniques *By ED BAUM*



Dr. Chad Burgoyne, Orthopedic Surgeon,  
with patient Paul Kushnerov.

**MANY MEDICAL SPECIALTIES INVOLVE LONG-TERM CARE FOR CHRONIC CONDITIONS, WHERE DOCTORS MANAGE A DISEASE OVER A LIFETIME.**

But with orthopedics, doctors typically help healthier people get back to normal after a trauma or injury. “One of the great things about orthopedics is we get to make people better,” says Chad Burgoyne, MD. “We literally fix people. It is immensely satisfying to see how happy patients are when we take them from painful suffering and give them their life back. That could be an athlete who wants to get back on the field, someone who was in a car accident and thought they would never walk again, or a person who lived with pain from arthritis for years and now is pain-free and feeling wonderful.”

Dr. Burgoyne’s experience as a competitive swimmer on an Olympic path in high school and college influenced his career direction. When he was at an Olympic training center and became further immersed in the world of athletics and the support personnel, he recognized the possibilities for a profession. “I wanted to take care of athletes,” he shares. “I started looking at ways to do that and learned about vocations such as athletic trainer, physical therapist, orthopedic surgeon and other occupations.”

He shadowed an orthopedic surgeon while still in his teens and was fascinated with what he witnessed. “I got to see the doctor put on casts, take them off, do X-rays, and discuss surgical options with patients,” Dr. Burgoyne recalls. “I was hooked, and

it stuck with me. When I got to college I decided I was going to be an orthopedic surgeon.”

Dr. Burgoyne has been practicing since 2008 and has been with Sansum Clinic since 2018. He completed medical school at University of South Carolina, completed his residency at Mount Sinai Hospital in New York City, and did his fellowship at West Coast Sports Medicine in Manhattan Beach, California. He has been very involved with the sporting community as a doctor on the field for events and competitions, sometimes traveling internationally—including providing medical care for the U.S. BMX Supercross team prior to the 2008 Beijing Olympics. “Often we can patch up athletes right there on the field,” he says. “Sewing up lacerations is common. I can hand-set some fractures. In more serious cases, I accompany injured athletes to a nearby hospital emergency room.”

He says his practice at Sansum Clinic is comprised of about one-third sports medicine, one-third joint replacement, and one-third trauma work and fracture work. “There are typical conditions and injuries that we treat at Sansum Clinic Orthopedics Department,” he says. “One of the most common is a tear in the anterior cruciate ligament, also known as the ACL. We also see a lot of tears to meniscus, rotator cuff and shoulder injuries. Some injuries occur from trauma, and some from overuse. Treatment for those conditions often involves ligament reconstruction, which we can do arthroscopically as outpatient surgery at the Foothill

Surgery Center at Sansum Clinic.” In the past, reconstructive surgery was an open procedure that required a large incision. Advances in arthroscopic surgical techniques over the past 30 years have produced small cameras and surgical tools that enable doctors to perform surgical procedures with much smaller incisions. Arthroscopic surgery is less damaging to the body than open surgery and leads to easier and faster recovery. These procedures usually take around 90 minutes, and most patients can return home the same day.

For ligament reconstruction, surgeons take a strip of tendon from the patient’s body or from a cadaver and use it to repair the damaged ligament. “I typically use part of the quadriceps tendon, which is the big thigh muscle that attaches to the knee cap,” Dr. Burgoyne explains. “We sew it in place of the original tendon and then drill tunnels into the bone to fixate it. Once the body heals, it’s as good as the original. People can go back to normal function, including sports activities such as hiking and biking. The success rate is 98 percent.”

Joint replacement surgery, also known as arthroplasty can also be performed arthroscopically. A dysfunctional joint is replaced with an orthopedic prosthesis. Dr. Burgoyne says he and his colleagues in the department typically see osteoarthritis cases involving shoulders, hips and knees that are candidates for joint replacement. “Osteoarthritis is when a joint wears out and cartilage erodes, leading to raw exposed bone spurs,” he explains. “Those joints become painful, swollen and stiff. That may happen to people at different times in life—sometimes to people in their eighties or to people as young as in their fifties. Today’s latest techniques involve very durable and highly functional replacements that are usually made from metal such as cobalt chromium or titanium, with a polyethylene liner. These prosthetic devices restore mobility and improve people’s lives.”

Paul Kushnerov is a patient of Dr. Burgoyne. He recently underwent hip

replacement surgery at age 50. “I was very active in sports for my entire life,” Kushnerov says. “All of that stopped when I was 40. It just became too painful, and I didn’t have the range of motion. Dr. Burgoyne told me I was a good candidate for a hip replacement. At first I postponed the surgery, trying cortisone injections instead. But that did not provide permanent relief from the pain. I was taking pain medication daily, and I couldn’t sleep well. I was walking hunched over.”



**We literally fix people. It is immensely satisfying to see how happy patients are when we take them from painful suffering and give them their life back.”**

**— CHAD BURGOYNE, MD**

Dr. Burgoyne performed Paul’s surgery at Goleta Valley Cottage Hospital. Paul walked out of the hospital in less than 24 hours, and experienced almost no post-surgical pain. “For Paul’s arthroscopic surgical procedure, I was able to use what’s called an anterior approach,” Dr. Burgoyne explains. “That means we go in through the front instead of the back. This allows us to replace the hip joint without cutting any muscles. There is less trauma to the body, which means less pain, less risk and a quicker recovery. The procedure took about 90 minutes. He came to see me two weeks after the surgery, walking confidently and upright. He hardly had to take any pain medicine.”

“I had some anxiety the morning of my surgery,” Kushnerov recalls. “But the staff at Sansum Clinic was incredibly helpful and comforting. Everyone from the front reception to the nurse I worked with in the surgery wing put my fears at ease and told me success stories of other patients. That helped calm me down. Sansum Clinic also helped set up all my post-surgery physical therapy. It was completely seamless. I had in-home

PT for two weeks. Some of that was through a Sansum therapist, and some was through a private provider. The Orthopedics Department also helped me manage disability benefits since I was out of work for four weeks. My mobility is great now. I have no pain. I had a smooth recovery and I enjoy my life more now because I don’t suffer any limitations.”

Another development in the field of orthopedics is biologic treatments. “It’s a new technology that involves the use of platelet-rich plasma and stem cells,” Dr. Burgoyne says. “We inject these biologic products into different parts of the body to help stimulate healing. It’s still in research and development, but there is great potential and it holds a lot of promise for getting tendons to heal, stimulating bone, and perhaps even regrowing cartilage.”

Like many organizations, the Sansum Clinic Orthopedics Department was impacted by the COVID-19 public health crisis. “Earlier in the pandemic, we had to curtail our volume to conserve hospital resources,” Dr. Burgoyne explains. “But we are now back to fully functioning and open to all patients. We have very rigorous protocols in place and there have been no documented cases of anyone contracting COVID through medical procedures. People should not be nervous about visiting the clinic.”

“I love taking care of people in town,” Dr. Burgoyne concludes. “I see patients of mine all the time when I’m out and about in Santa Barbara. These people are proud to have me as their doctor. Along with the immediate satisfaction of being able to fix people, it is very rewarding to be in a community with them and see them doing well and returning to their normal lives.”

**To schedule an appointment with Sansum Clinic’s Orthopedics Department, please call (805) 681-7584.**



# Protecting our youth

## PROVIDING COVID-19 VACCINES TO CHILDREN

### **Sansum Clinic's Pediatrics Department has led our community in providing COVID-19 vaccines to children.**

With students back in classrooms and participating in sports and activities again, COVID-19 vaccination protects youth from getting ill and potentially spreading infection to others. Sansum Clinic held two all-day, by-appointment clinics in November 2021 at our Pediatrics Department at 51 Hitchcock

Way in Santa Barbara. Nurses, medical assistants and our pediatricians administered the Pfizer vaccine to more than 300 eligible patients. "Vaccinating this group of children was an important step in the fight against COVID-19," commented Saida Hamdani, MD, Sansum Clinic pediatrician. "We felt strongly about playing a part in the local effort to vaccinate a large number of youth before the holiday season began." Throughout the pandemic, Sansum

Clinic's pediatricians have been speaking to many families to answer questions and to explain the science behind the approval of the Pfizer COVID-19 vaccine for children. "The research has shown that these vaccines are safe and effective at preventing COVID-19 in children of the approved age groups," added Jerold Black, MD, Sansum Clinic pediatrician. Since the start of the pandemic, Sansum Clinic has provided more than 1,000 COVID-19 vaccines to children.



Greetings from the Sansum Clinic's Pediatrics Department team



“ The research has shown that these vaccines are safe and effective at preventing COVID-19 in children of the approved age groups.”  
 — JEROLD BLACK, MD

**Children’s Symptom Checker**

Are you unsure about whether that scrape or rash needs medical attention? Our symptom checker can help you decide when you need to see the doctor, and how you can relieve symptoms at home.

**SYMPTOM CHECKER**

A self-assessment tool for:

- ✓ WHEN TO CALL YOUR DOCTOR
- ✓ TIPS FOR RELIEVING MINOR SYMPTOMS AT HOME
- ✓ DOSAGE INFORMATION
- ✓ AND MORE!

Scan the code above on your phone to learn more!  
[pediatrics.sansumclinic.org](https://pediatrics.sansumclinic.org)

The Symptom Checker is not a substitute for professional medical advice, diagnosis or treatment, but is a resource vetted by our physicians to ensure you have access to trusted online information.

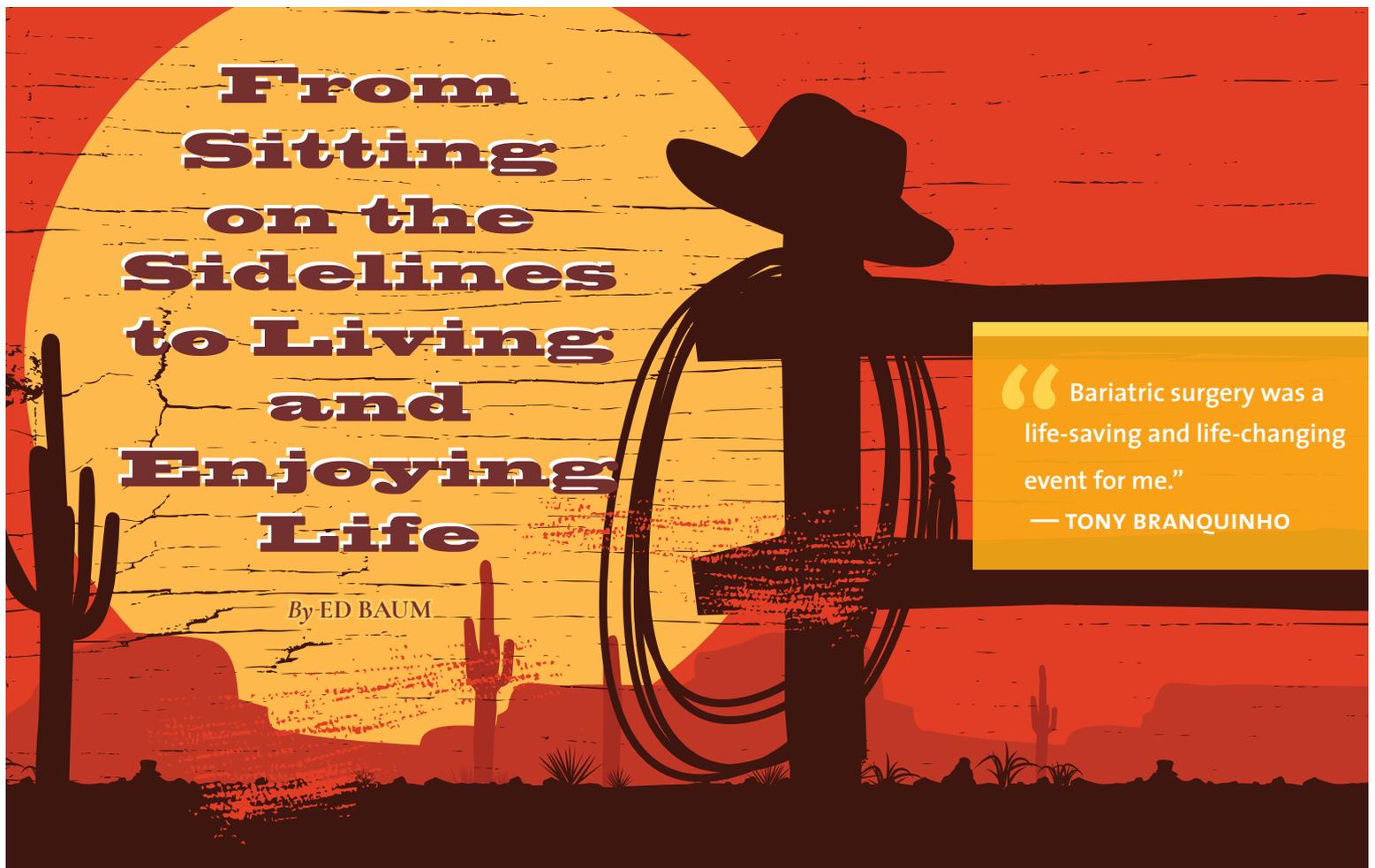
Available in English and Spanish.

**Postpartum Education for Parents**

**PEP** Sansum Clinic is proud to support PEP (Postpartum Education for Parents). This unique and special community organization helps families in the Santa Barbara area by providing free opportunities for education, encouragement, and social engagement. It offers classes, a 24/7 Warmline for new parents, and its New Parent Discussion Groups allow babies of similar ages and their caregivers to meet up on a weekly basis, starting shortly after birth. The opportunity to connect and support each other forges deep bonds that often continue for years, sometimes through second generations. Pediatrician Dr. Dan Brennan serves on PEP’s Advisory Board and attends group programs to answer questions on everything from normal baby care to raising children during a public health crisis. Jenna Richardson, Chair of the PEP Board says Dr. Brennan’s involvement has been invaluable. “He is a great cheerleader for our services, and is a tremendous asset to PEP and the local parents we serve,” she adds.



*I know that new parents value the chance to ask a pediatrician their questions and I find the opportunity very rewarding,” notes Dr. Brennan.*



## Tony Branquinho Dropped 190 Pounds through Bariatric Surgery

**TONY BRANQUINHO'S FAMILY HAS BEEN INVOLVED WITH FARMING AND RANCHING FOR SIX GENERATIONS, WITH A LIFESTYLE BASED AROUND AGRICULTURE.** The family is also active and well-known in the California rodeo community. The 46-year-old Buellton resident has been a big and tall person throughout his life. But recently he realized being overweight was constraining his lifestyle and spawning uncertainties about his future.

"I was still riding horses, but it wasn't enjoyable," Tony explains. "I only rode my own horse because it was accustomed to my weight of four hundred pounds. At an annual physical in 2019 I was diagnosed as morbidly obese and pre-diabetic, and I needed a higher dose

of blood pressure medicine. After that diagnosis I wondered, will I be able to walk my daughters down the aisle when they are ready to get married? Will I be able to play with my future grandkids? What will my life be like when I'm sixty? I knew it was time to take the necessary steps to ensure I'll be around as long as I can be for my family."

Mr. Branquinho tried informal weight loss strategies in the past, but successes were short-lived. "In my mid-twenties I was exercising four hours a day and trying to eat less. But I didn't have any guidance about nutrition, and it was difficult to maintain the almost full-time workout routine," he says. He temporarily lost some weight. But bad habits soon crept in. "When stress hits, some people

drink, some people smoke, some chew tobacco," he continues. "My go-to was food. If I had a stressful day, I would stop and have fast food on the way home from work. And then I would go home and eat dinner. It became a bad cycle. The next thing I knew, I was obese again."

In 2012, Tony's physician recommended bariatric surgery. He was two weeks away from the procedure, but he backed out. "I wasn't mentally prepared," he says. "But after my 2019 physical, I realized it was time."

He began consultations with Dr. Marc Zerey, a board-certified physician at Sansum Clinic who specializes in bariatric surgery and advanced laparoscopic techniques. "Dr. Zerey was very knowledgeable and easy to talk

to,” Branquinho says. “He presented information in layman’s terms that were easy to understand.”

The two common surgical procedures 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. Mr. Branquinho underwent sleeve gastrectomy. “I told Dr. Zerey I preferred the sleeve gastrectomy, because I had learned that it is less invasive than the gastric bypass,” Tony recalls. “He was very supportive and said it was a great fit for my age, lifestyle and activity level.”

“The sleeve gastrectomy is the more frequently performed of the two types of bariatric surgery,” Dr. Zerey explains. “It involves removing approximately seventy-five percent of the stomach using a stapling device, giving it a banana shape. This restricts how much food a person can eat and also has been shown to decrease appetite, reduce medical problems caused by obesity and increase overall metabolism. For the majority of patients, this is usually the best option given the relative simplicity of the operation and safety profile. Patients typically lose approximately thirty percent of their weight.”

Sansum Clinic’s Bariatric Surgery Center integrates surgical technology, dietary and nutritional counseling, emotional support and long-term follow-up care. As part of the orientation process led by Dr. Zerey, Tony also met with Registered Dietitian Nutritionist Christina Archer, MS, RDN, IFNCP. She leads Sansum Clinic’s support group for bariatric surgery. “The more information patients have before surgery, the more successful they will be afterwards,” Archer says. “They know what to expect and they are able to plan accordingly.”

Bariatric Coordinator Jessica Orozco also played a role in Mr. Branquinho’s success. As coordinator she helps bariatric patients with continuity of care, including keeping

them informed about appointments and support group meetings. “The support system through Sansum Clinic is fantastic,” Branquinho says. “Everyone is very professional and knowledgeable. That helps patients like me navigate the process before and after surgery.”

Tony’s wife dropped him off at Cottage Hospital on a bright September morning in 2020. “Covid protocols were in place,”



TONY BRANQUINHO BEFORE

Branquinho recalls. “So my wife could not come in to the hospital. She drove away and there was no backing out for me this time. I was nervous about the surgery. But Dr. Zerey, the nurses and everyone on staff was so caring and supportive. They helped me feel at ease. The anesthesiologist was outstanding. I’d never been put under anesthesia before. He told me: When you’re on that table, I’ve got you. He asked me to close my eyes and count down from one hundred. I think I got to ninety-nine. When I opened my eyes the surgery was finished—a complete success. It took about ninety minutes.”

Mr. Branquinho recovered very quickly, thanks to the minimally invasive nature of laparoscopic surgery. He was walking within fifteen minutes of the procedure. “I was doing laps around the hospital halls every hour and a half,” Tony says. “I went in for the surgery on Monday morning. By Tuesday evening I was back

home on my couch and feeling good.”

Within weeks, he noticed his weight steadily dropping. “My size 40 jeans were loose for the first time in a long time,” he shares. “It was a natural progression. As I resumed working out and taking walks, the weight starting coming off even faster. I have lost over 190 pounds and I’ve been able to keep it off. I no longer worry about things like getting

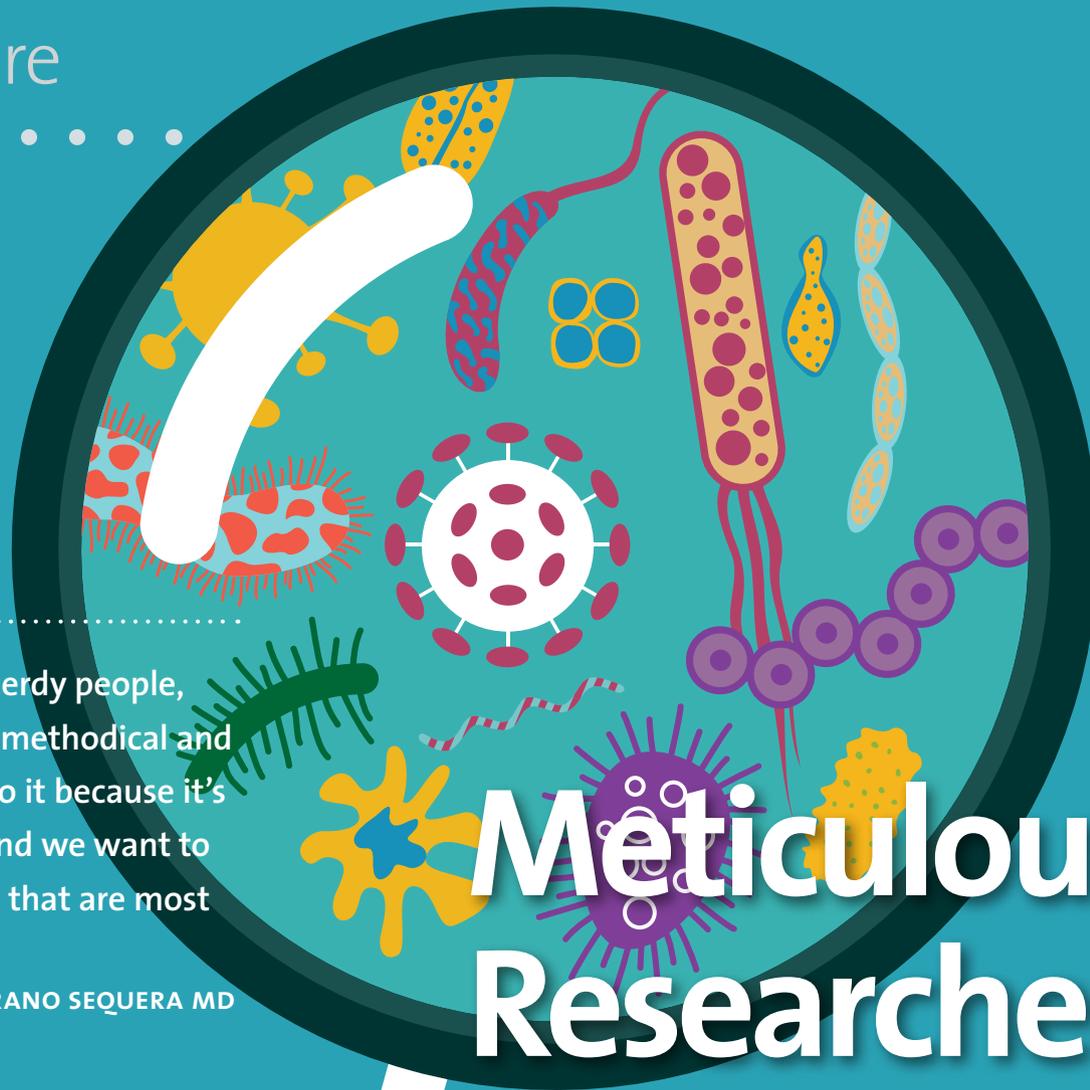


TONY BRANQUINHO AFTER

on an airplane and needing a seatbelt extension, or wondering how my size will affect the person seated next to me. I’m back to living and enjoying life, not sitting on the sidelines watching it go by.”

Tony is launching a podcast called The 180 Projekt with a couple of friends to share his experience about how bariatric surgery turned his life around 180 degrees. “I want to motivate people and let them know that no matter where you are in life, you can make changes to turn your life around and improve it,” he says. “This was a life-saving and life-changing event for me. I’m glad I can share my story and hopefully help people take a similar step to change their lives.”

**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.**



We are quirky, nerdy people, detail-oriented, methodical and analytical. We do it because it's what we love, and we want to treat the people that are most in need."

— ANDREA ZAMBRANO SEQUERA MD

# Meticulous Researchers



Infectious disease specialists dig into the medical data from many sources.

**BEFORE THE ONSET OF COVID-19,** most infectious disease physicians primarily worked out of the limelight, researching how to treat their patients' symptoms. During the pandemic however, the most highly-trained and experienced infectious disease doctors, including those here in our county, played a key role in assisting public health leaders and helping to care for the most critically-ill COVID-19 patients.

➔ **Nearly 80% of counties in the U.S. do not have even one infectious disease physician. Santa Barbara County has several.**

Source: *Annals of Internal Medicine*

Andrea Zambrano Sequera, MD, (“Dr. Zambrano”), Sansum Clinic’s newest infectious disease physician, says her colleagues here and abroad are focused on diagnosing and investigating their patients’ infections, and they prefer in most cases to fly under the radar. “We are quirky, nerdy people, detail-oriented, methodical and analytical,” describes Dr. Zambrano. “We do not go into this field to make money, to become famous or because we care about politics. We do it because it’s what we love, and we want to treat the people that are most in need.”

Infectious disease specialists are meticulous researchers who dig into the medical data from many sources including physical exams to determine what micro-organism may be the problem. Tropical diseases are not common in the U.S. outside of Florida, Louisiana or Hawaii, but the ID team does treat them often in returning travelers or immigrants. Infections in the bone, blood stream, urinary tract and skin, and valley fever are common diagnoses here, along with management of HIV. Care for infectious diseases involves medications as well as multidisciplinary coordination with other doctors and/or surgeons in the community to optimize a patient’s care. Dr. Zambrano enjoys the collaborative nature of her work. Her department regularly discusses cases and she can reach out to her many esteemed connections in academia when an infection is difficult to unravel.

After medical school in Venezuela, her home country, Dr. Zambrano completed her Internal Medicine residency here in Santa Barbara. She then moved to Seattle to complete her fellowship training at the University of Washington, renowned

for its Infectious Disease and Allergy program. She has an impressive research resume in preventative ophthalmology from Johns Hopkins, and has seen many of the world’s tropical diseases first-hand, from the inner cities and Amazon communities within Venezuela, to Mexico, Nepal, and Tanzania. Her passion for helping underserved populations stems from her upbringing in Venezuela, where battling tropical diseases is a regular part of life. Working in the public hospitals, she observed a great disparity in care between social classes. This inspired her to pursue numerous global public health opportunities in places where care was needed most, and her life would become enmeshed with the local people. “It was humbling and fulfilling to experience their day to day and live in their homes. I learned how we can be respectful culturally, while also bringing medical care,” shares Dr. Zambrano. Building personal, compassionate relationships with patients is important when physicians are trying to change habits in order to prevent disease, she adds, whether that is somewhere across the globe or here in Santa Barbara.

COVID-19 and the birth of her son, who is now 9 months old, had already tempered Dr. Zambrano’s drive for international travel, so when the rare opportunity to join the Infectious Disease Department arose, a chance to return to the city where she did her residency at Cottage Hospital, she knew she could not pass it up. “Working in research and academia for a while, I had missed clinical medicine,” she admits. “I have been surprised at the variety of cases here.” She is not currently treating COVID-19 patients, but she is part of the infectious disease brain trust that



Andrea Zambrano Sequera, MD

helped to protect our community’s health during the pandemic. Santa Barbara is fortunate to have quite a few infectious disease physicians, since nearly 80% of counties in the U.S. do not have even one, according to a recent study in the *Annals of Internal Medicine*. Many of the counties missing this specialty were in places hit hardest by the impact of COVID-19. “We now understand the need to invest in public health, rapid diagnostics, and the ability to easily transmit medical data and statistics between institutions and countries. We are going there, but we are not all the way yet,” says the physician. “We know the importance of having infectious disease doctors, and a good public health system, and it’s great to be part of that collegial environment here.”

“

I've gotten to know entire families and build relationships with patients over time. It feels almost like a private practice. Our clinic has a personal small-town feel to it.”

— JUSTIN HWANG, DO

# All in the Family

Balancing Raising Young Children and Busy Clinical Shifts *By* ED BAUM

**WHEN TWO STUDENTS BECAME STUDY BUDDIES** in their first year of medical school they had no idea that a few short years later they would be married and juggling the persistent demands of raising two young daughters while launching new careers, all amid the uncertainties of a global pandemic. Justin Hwang, DO and Caitlin Harris-Hwang, DO met at Touro University of California College of Osteopathic Medicine in the Bay Area city of Vallejo. The friendship soon blossomed into a romance. When the next step came in their career paths, they decided to do their residency together at the University of Wisconsin, Department of Family Medicine.



The next years brought a whirlwind of life-changing events for the couple. On a trip to Peru in 2016, Justin popped the question during a sunrise hike. They got married in 2017, had a baby in 2018 while in residency, and were both hired by Sansum Clinic in February 2020. They had their second child in January 2021. Today Justin provides care for patients at Sansum Clinic's Goleta Family Medicine. Caitlin practices at Sansum Clinic's Pesetas Urgent Care.

"When we were in Wisconsin we saw an ad from Sansum Clinic in the New England Journal of Medicine seeking doctors," Justin recalls. "We each hit it off very well with the people at Sansum during our interviews. They were very accommodating in the way they were able to place us in the organization to fit our career goals and family life. It's a fantastic staff."

"We both have family in California that we wanted to be closer to, so our move to Santa Barbara has been just perfect for us," Caitlin adds. "We have a lot of support nearby from aunts, uncles and our parents. And the directors at Sansum are very understanding about our needs as a new family. Justin wanted to do clinical-based medicine because that's where the majority of his training is. I said that as a young mother I preferred part-time work. That brought me to urgent care where shifts are more flexible and cases tend to be immediate and short term. It's my job to be there when I'm there, and to be a mom when I'm a mom."

Justin enjoys the intimate setting of Goleta Family Medicine where he treats a panel of patients, many of whom are long term. "I've gotten to know entire families and build relationships with patients over time," he says. "It feels almost like a private practice. Our clinic has a personal small-town feel to it." We have six physicians who cover three separate areas of the building. Each area has its own waiting room and staff."

Meanwhile, Caitlin's work at Pesetas Urgent Care places her on the front

lines of immediate medical care with patients for whom she is typically not their primary doctor. "I trained to be a full-spectrum doctor, including earning credentials to deliver babies," she says. "Our clinic is the best urgent care in Santa Barbara County. We're open every day and we address a wide variety of patient needs including injuries and illness. We suture up chefs who cut themselves. If an older person falls and doesn't think anything is wrong, we can order advanced diagnostic imaging to be certain. I enjoy balancing urgent care, where I get to use my brain for things such as a differential diagnosis, with making applesauce for my children and putting them down for naps. It's wonderful for me to have both the professional and maternal aspects in my life."

Pesetas Urgent Care also became Sansum Clinic's COVID-19 center providing care for the community throughout every stage of the pandemic. No one with COVID symptoms is allowed anywhere at Sansum Clinic except urgent care for the health and safety of all patients. "All COVID patients are funneled to us," Caitlin continues. "And we pivoted to be able to provide a testing center on behalf of the organization, performing tests in a separate trailer right outside the entrance of the urgent care."

Providing patient care during the pandemic placed the Hwangs in a precarious situation with two children at home who are too young to receive vaccinations. The couple followed a strict protocol of COVID-19 safety precautions that Sansum Clinic defined and maintained. The Hwangs also created a decontamination room in their home where they shower and change clothes before entering the main living areas of the house.

Justin and Caitlin are doctors of osteopathic medicine (DO). Like MDs, DOs complete four years of medical school and can practice in any specialty of medicine. Osteopathic physicians also receive an additional 300 to 500 hours in

the study of hands-on manual medicine and the body's musculoskeletal system, called osteopathic manipulative therapy (OMT). "I integrate OMT as needed as an additional aspect in urgent care," Caitlin says. "Osteopathic medicine follows the principle that the mind, body and soul are connected."

"Osteopathic medicine is a holistic approach," Justin says. "I try to treat the whole person, no matter the condition. I study a patient's medical history to see how various problems may relate to each other. There are times when we need to call in a specialist to consult with. We rely on our specialists to manage the nuances and intricacies of individual disease processes. Sansum Clinic is very strong in enabling departments to work together."

Collaboration and mutual support continue at home for the Hwangs. "Caitlin and I talk about our day and sometimes we help each other figure out puzzling medical cases, always maintaining patient privacy," Justin says. "We can ask: what would you have done? We talk after dinner or after the kids go to bed. Since we're both doctors there is a mutual understanding that patient welfare comes first. That sometimes requires working late or skipping dinner."

"We're both busy doctors and we know what it means to have a heavy caseload or a backlog of MyChart messages to address," Caitlin adds. "I can ask Justin to take care of the kids when I'm busy with work. We don't need to explain a lot when we say we need backup. We understand exactly what it means. We've always been there for each other."

**Sansum Clinic Goleta Family Medicine**  
122 S. Patterson Avenue  
Santa Barbara, CA 93111  
(805) 681-1777

**Sansum Clinic Pesetas Urgent Care**  
215 Pesetas Lane  
Santa Barbara, CA 93110  
(805) 563-6110



.....  
Mike brings such compassion and dedication to the healing of his patients, as if they were family members.”

— RANIA SHENODA, PHARMD,  
PRESCRIPTION NAVIGATOR



**Shenoda family**

Sansum Clinic staff members Michael and Rania, with Mya, Leah, and Noah, plus their dog, Oreo.

# A Passion for PATIENT CARE

Interventional Cardiologist Michael Shenoda, MD, FACC, FSCAI, and his wife, Rania Shenoda, PharmD, our Prescription Navigator, share a passion for patient care and helping those in need.

**T**HEY met as UCLA undergrads, and remained friends for quite some time before getting married. “I tease Rania that it took me eight years to build up the

confidence to ask her out on a date,” Dr. Shenoda says jokingly. Their common bond has taken the couple through nearly 18 years of marriage while on a professional journey through medical and pharmacy schools, internships and residencies, until they relocated to Santa Barbara in 2011 to work for Sansum Clinic. The complicated medical procedures and medications that consume their daily work life are woven into regular conversations at the home they share with their three children, Mya (14), Leah (12) and Noah (9,) plus their energetic pup, Oreo.

**“I tease my wife, Rania, that it took me eight years to build up the confidence to ask her out on a date.”  
– Michael Shenoda, MD**



continues on page 17

# A Personal Invitation

LETTER TO THE EDITOR, PUBLISHED IN MONTECITO JOURNAL

September 2021

*I have made a career out of solving complex business and operational challenges within the healthcare field, from large, big-city systems with multi-billion dollar budgets, to smaller and mid-sized systems throughout the country. Never during this many decade career, have I witnessed the breadth of obstacles and inspiration brought to our doorstep by this pandemic as I have by our local independent, outpatient network Sansum Clinic, where I am honored to serve as the chair of its Board of Trustees. Although healthcare has always been my calling, as with you, the last 18 months has greatly reinforced the value of excellent-quality healthcare close to home. I initially wanted to join Sansum Clinic's Board of Trustees to lend my time and experience to a non-profit I believed was the anomaly to healthcare offerings in most*



Arnold Schaffer

“ Here in Santa Barbara, Sansum Clinic provides highly-trained physicians, and access to world-class technology and treatments on the same level as large academic institutions. The Clinic's decision-makers and my colleagues on our Board live here, receive their healthcare here, and realize the choices they make on behalf of our Clinic impact their own families, friends and neighbors.

— ARNOLD SCHAFFER

*cities of similar size. Here in Santa Barbara, Sansum Clinic provides highly-trained physicians, and access to world-class technology and treatments on the same level as large academic institutions. The Clinic's decision-makers and my colleagues on our Board live here, receive their healthcare here, and realize the choices they make on behalf of our Clinic impact their own families, friends and neighbors. Many of our 200+ doctors and 1500+ team members choose to work for us because they value delivering compassionate care to those who live and work right where they do, alongside highly-trained colleagues who are the brightest in their fields. They collaborate with medical professionals from different departments in more than 30 specialties, exchanging information and ideas to achieve the best outcomes for our patients.*

*Our board takes seriously the responsibility to uphold the highest standards and principles upon which the Sansum Clinic was founded, and to sustain our mission that extends beyond the exam room into our*

*community. This means offering many specialties, not just the profitable ones. We provide patients financial assistance to afford the care and treatment they need. The important partnership between Ridley-Tree Cancer Center, the Cancer Foundation of Santa Barbara and the support they both provide helps all local cancer patients regardless of their ability to pay. This is a remarkable example of this commitment. We also invest in community programs which promote good health like free cancer screenings, our free health education program, flu shot clinics, Camp Wheez for children with asthma, and the list goes on.*

*What most recently energized my passion and desire to spread the word about Sansum Clinic, was observing the true grit, dedication and determination our Clinic team displayed as they served patients under the most difficult circumstances, personal and professional. From the adoption of telehealth and COVID-19 vaccine clinics, to the innumerable ways our doctors and staff transformed to protect our patients and our people from the virus, the overall effort has been nothing short of heroic. I am keenly aware of the expanding healthcare choices available in our market, and as a consumer of healthcare like you, I prefer to be as educated as possible on my options. Admittedly, I do want it all: access to smart, well-trained medical experts, the latest technical advancements, kindness and empathy, convenient locations where I won't feel like a number and the proceeds remain in the community. Sansum Clinic is all of this, and more. If you aren't already familiar with Sansum Clinic, please accept this letter as my personal invitation to get to know us.*

— Arnold Schaffer

Arnold (Arnie) Schaffer is the Chairman of the Board of Trustees of Sansum Clinic, and a Managing Director at Alvarez & Marsal Healthcare Industry Group, a previous Board Chair of both the California Healthcare Association and the Hospital Association of Southern California, as well as a resident of Montecito.

Dr. Shenoda is part of the Clinic's powerhouse Cardiology Department. He and Dr. Joseph Aragon are the only physicians between Los Angeles and San Francisco trusted with some of the world's most advanced heart devices due to their extensive clinical trial work, and years of experience successfully performing complex procedures. Rania leads The Elly Nadel Prescription Navigator Program (underwritten by Julie Nadel), a unique and innovative service which assists patients in managing their medications. A licensed pharmacist, Rania guides her patients in one-on-one consultations to ensure they use their prescriptions in a safe and effective way.

"Mike brings such compassion and dedication to the healing of his patients, as if they were family members," effuses Rania. Dr. Shenoda loves Rania's congenial personality, and refers to her as the resident therapist, noting how even strangers open up to her because she makes everyone feel comfortable. Their ability to balance their jobs and family life is greatly enhanced by the proximity of grandparents, whose generosity of time lets them do their best as both medical professionals and as parents. Both Michael and Rania greatly enjoy their work, and are grateful for the "village" that has helped them to raise their children while they pursue their passions.

## Dr. Erno S. Daniel Legacy Award

Yazmin Vega Escalera was awarded the Dr. Erno S. Daniel Legacy Award for 2022 by Dr. Bryce Holderness, Pesetas Internal Medicine Department Chair. Yazmin joined Sansum Clinic in November 2019 as a Patient Services Representative. She is the seventh recipient of the award.

Sansum Clinic meant so much to Dr. Daniel who passed away in February 2015. Dr. Daniel was a knowledgeable, kind and caring internist who worked at Sansum Clinic for more than 37 years, taking care of thousands of patients, in many cases, several generations of the same family.

The Daniel Family chose to establish this award with gifts given to the Clinic in memory of Dr. Daniel. This award is given annually by Dr. Holderness and Martha Daniel to an employee in the Pesetas Internal Medicine Department who exemplifies compassion, dedication, and integrity.



Yazmin Vega Escalera



Yazmin Vega Escalera with the Dr. Erno S. Daniel Legacy Award for 2022 presented by Dr. Bryce Holderness



# A WELCOMING, POSITIVE ENVIRONMENT FOR CARE

Bobbie Rosenblatt's love for art began long before she was leading Sansum Clinic's Art Committee, and before she became a collector herself.

**WHEN** she and her husband Eddie were raising their family and Bobbie was working as an educational therapist, they enjoyed taking their children to art museums to cultivate their cultural appreciation. Photography was her hobby and she favored a then novel-style where the images are transferred to canvas, giving the appearance of an oil painting. Bobbie's talent garnered enough recognition to be featured in two Los Angeles art shows.

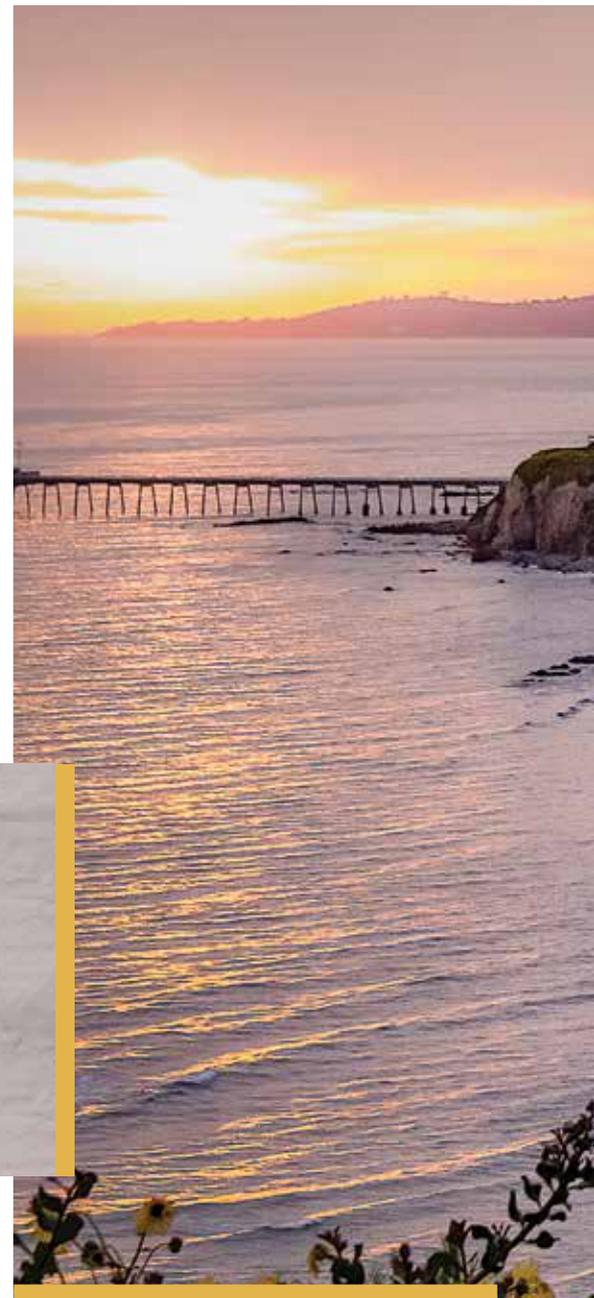
The couple's first fine art purchase, a plein air painting of coastal Monterey Pines, still hangs in their dining room and holds special significance. It is a reminder of the days before Eddie rose to become President/CEO for Geffen Records, and the idea of the couple buying a valuable painting for their home seemed out of reach. After both receiving cancer diagnoses, they are much more attuned to how art can offer healing and respite from medical challenges.

Exemplary care from the Ridley-Tree Cancer Center and Sansum Clinic physicians and staff after her 2017 lung cancer diagnosis greatly motivated Bobbie to want to give back. She learned first-hand how a welcoming,



Bobbie Rosenblatt

positive environment in which to receive treatment is essential to excellent care. Management of her disease coincided with construction of the new 60,000 square foot Ridley-Tree Cancer Center. Bobbie joined forces with Sansum Clinic Philanthropy Director Dru Hartley and Trustee Vicki Hazard and together they reached out to the art community with a request for paintings, photography and sculptures. The goal was to create a soothing, museum-worthy collection sourced from some of the most talented artists in Santa Barbara County as well as art from private collectors. Integral players in this endeavor, renowned local artists Marcia Burt and Arturo Tello, provided an entrée to The Oak Group, a local cadre of artists passionate about painting on location and preserving open spaces. While some hospitals and medical

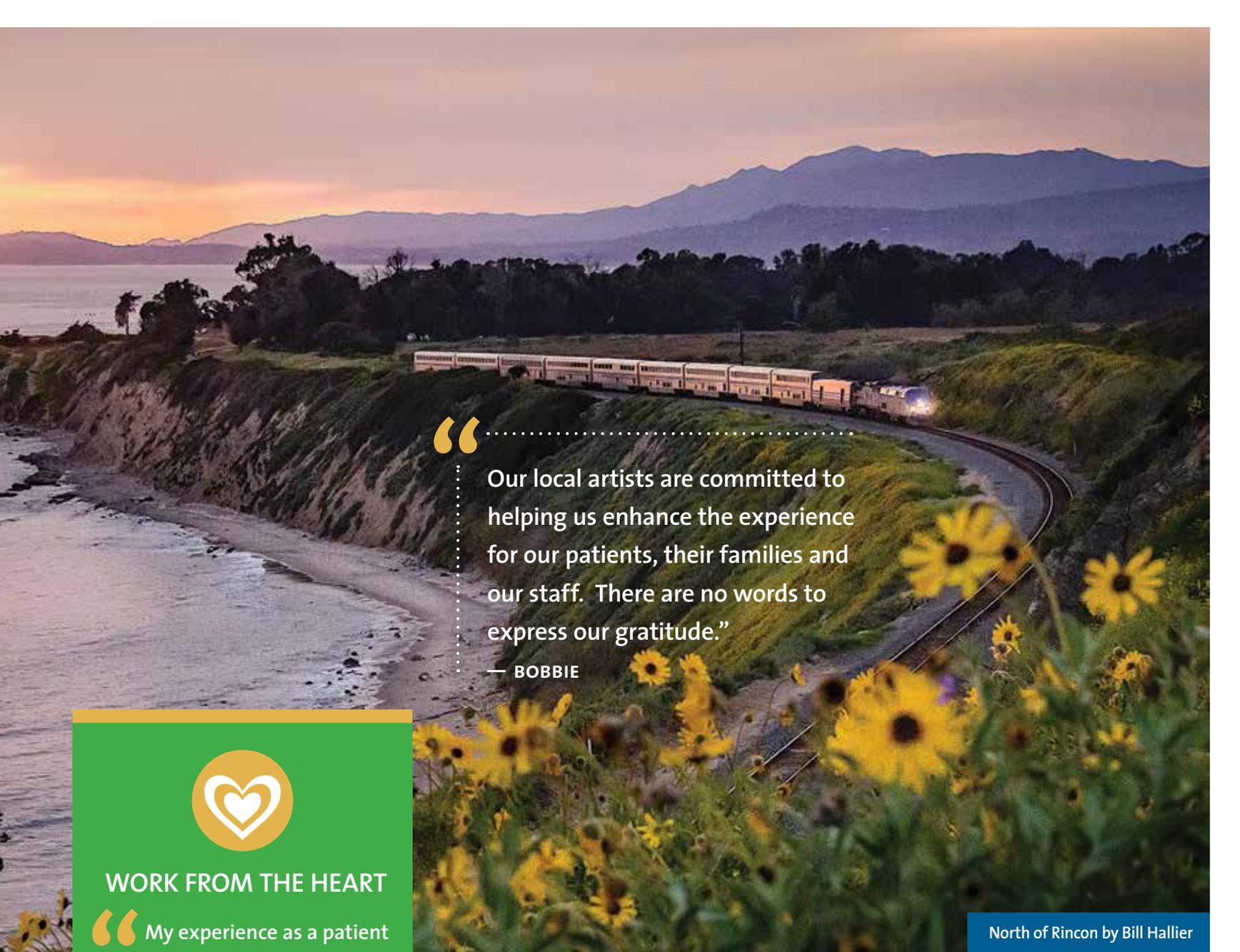


“ I have always felt that art can offer feelings of serenity, comfort and safety, and can bring a sense of ease.”

— BOBBIE

centers purchase fine art for new facilities, Ridley-Tree Cancer Center relied solely on its community for support.

Not long after the Ridley-Tree Cancer Center project was completed, the idea for an official Sansum Clinic Art Committee was born and the



“Our local artists are committed to helping us enhance the experience for our patients, their families and our staff. There are no words to express our gratitude.”  
 — BOBBIE

North of Rincon by Bill Hallier



**WORK FROM THE HEART**

“My experience as a patient makes me want to continue my involvement. The artists, donors and collectors giving us their works says so much about our community, the family of Santa Barbara.”  
 — BOBBIE

committee added to its roster Trustee Val Montgomery and Karen Handy, MPH, Sansum Clinic VP of Operations. The group began a process to procure paintings created by local artists and private collectors, physicians, nurses, techs, staff members and patients taking art classes at Ridley-Tree, as

well as photography from members of the Channel City Camera Club. Letitia Haynes serves as Curator and Facilities Coordinator Cathy Monclus are valuable additions to the Art Committee. Art installations were recently completed in the departments of Nuclear Medicine, Physical Therapy, Pueblo Lobby, Optometry, Gastroenterology, Radiology, Dermatology, Urology, Pulmonology, Doctors Weight Management and Pain Management. The task on the horizon is a new collection of art reflecting the Santa Ynez Valley culture and lifestyle when Sansum Clinic expands its services in Solvang.

French impressionist Edgar Degas said

“Art is not what you see, it is what you make others see.” A comforting vision and solace through art is what Bobbie hopes patients receive in the places and spaces where they receive their medical care. Humble to a fault, Bobbie downplays her role as the conduit between the art community and the incredible art collection that lives at the Clinic, but none of the Art Committee’s achievements could have been possible without her direction and dedication. With four children, six grandchildren and her husband of 67 years, Bobbie’s spare time could easily be just family-focused, yet her art projects bring her so much joy.

# TAKE A RIDE WITH GREGOR

Learn about his weight management journey

**AFTER INITIALLY LOSING WEIGHT WITH DOCTORS' WEIGHT MANAGEMENT PROGRAM (DWMP) IN 2017, GREGOR LEITE RETURNED TO THE PROGRAM IN JUNE OF 2021.** We had the privilege of chatting with him about the biggest lessons from his recent transition to Phase 2, his keys for success, and his high-octane hobby of motorcycle racing.

## **How did you get started with the HMR diet and lifestyle change program?**

I originally got started in the HMR program back in 2017 and had a lot of success. In 2018 and 2019 we had some family issues that were very stressful and then the pandemic hit which got me off track and allowed me to slip into old habits and regain the weight that I had lost. I restarted HMR Phase 1 on the Healthy Solutions option in June 2021 to get back on track and haven't looked back since.

## **You recently transitioned from Phase 1 to Phase 2. What is the biggest thing you have learned in the transition?**

The thing that I've learned since moving from Phase 1 to Phase 2 is to keep incorporating HMR foods often in order to keep caloric intake down. In Phase 2, I've found that having one of the HMR entrees for lunch combined with a serving or two of vegetables helps keep me satisfied with lower calories than getting a sub sandwich, a few slices of pizza or other calorie dense lunch options.

## **What have been your biggest keys to success so far in the program?**

Stick with the prescribed options! In Phase 2, I've certainly gained more options for meals since I can prepare my own lean proteins and as long as I'm keeping the portions reasonable I'm not experiencing weight gain.



## **We see that you're into motorcycle riding? How did you get into riding?**

The motorcycle bug bit me at an early age, though that was on dirt bikes at the time. I bought my first street motorcycle when I was 29 and had my first experience on track within a year which really got me hooked! Lots of people think that track riding is extremely dangerous. It certainly can be, but most of the factors that make riding on the street so risky (other people in cars, oncoming traffic, and unpredictable road conditions) aren't an issue when you're riding on track.

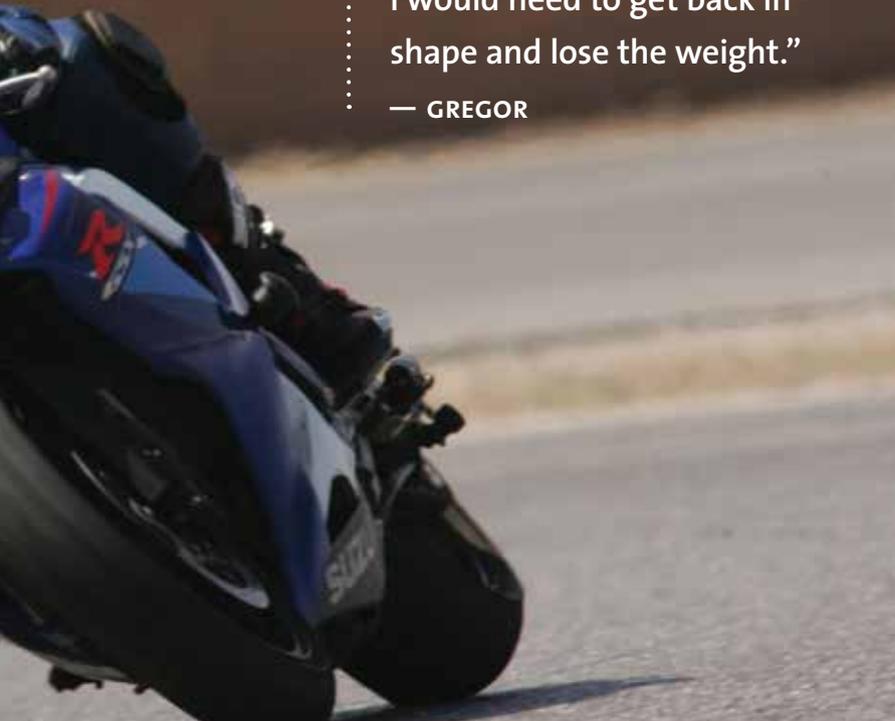
## **Since losing weight, have you noticed any difference out on the track or in any other areas of life?**

Most definitely! The racing leathers I'm wearing in the photo were custom-tailored and purchased almost 15 years ago. When my weight had crept up, I couldn't fit into them anymore and looked like a sausage trying to burst its casing. I realized that if I wanted to get back into the sport that I love I would need to get back in shape and lose the weight. Now, I'm actually lighter than I was when I had the suit made and have some room to spare when I'm wearing it. I also notice that my knees and feet aren't as sore from carrying around all that extra weight and I'm sleeping better too.



I realized that if I wanted to get back into the sport that I love I would need to get back in shape and lose the weight.”

— GREGOR



Gregor riding his Suzuki GSX-R 750 motorcycle at Spring Mountain Motorsports Ranch near Pahrump, NV



### Accelerate Your Results with a Fast Weight-Loss Diet

For the 7th year in a row, U.S. News & World Report named the program created by HMR and offered by Sansum Clinic, a Best Fast Weight-Loss Diet. Whether you choose the in-clinic or at-home option, HMR’s clinically-proven program can help, with a plan designed for fast, healthy weight loss.

#### How it Works

- Lose weight quickly without feeling hungry or deprived.
- Build healthier habits you can live with long after the diet is over.
- Get extra support and accountability with weekly group coaching.

*Sansum Clinic is a licensee of the HMR Program, a non-surgical, facility-based diet named by U.S. News & World Report as a “Best Diet for Fast Weight Loss”. U.S. News’ Best Diets panel of nutrition experts ranked the HMR Program, but did not evaluate any products or services of Sansum Clinic itself.*

To learn about the in-clinic program call 805-563-6190, email [hmrprogram@sansumclinic.org](mailto:hmrprogram@sansumclinic.org), or visit [www.sansumclinic.org/doctors-weight-management-program](http://www.sansumclinic.org/doctors-weight-management-program). To learn about HMR’s self-directed options, visit [www.hmrprogram.com/sansum](http://www.hmrprogram.com/sansum).

### What’s next? Is there anything you are looking forward to in the future, or any goal you have set your sights on?

I have another motorcycle that’s more appropriate for longer trips. My wife and I rode to Colorado and back on it back in 2018 while we were still slim and trim after our first experience with the DWMP/HMR program. We both want to start doing that kind of thing again, and as long as we keep the weight off we’ll be able to so. Barring any continued travel problems with the pandemic, we’d love to do a motorcycle trip in Europe!



GREGOR LEITE BEFORE



GREGOR LEITE AFTER



# Healthy Living

## Mara Sorkin, MBA

COMPLIANCE & PRIVACY OFFICER

Mara is a mom who enjoys outdoor adventures with her son, Skye. The family loves skiing, rock climbing, kayaking, and hiking.



## Aaron Mendoza

PATIENT LIAISON

## Antonio Sanchez

OPERATIONS DIRECTOR, PUEBLO

Aaron and Antonio get their sweat on while they are teaching kickboxing. They say the sport provides a great cardio workout, and acts as a stress-reliever.

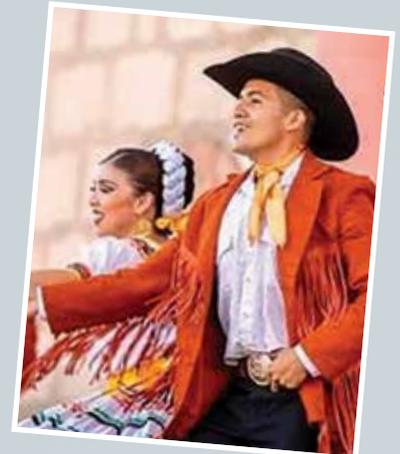


## Jonathan Napel

DATA PROCESSING SUPERVISOR

Every day, Jonathan rides his bike in to the corporate office, and hits the road for 11-14 miles during his lunch hour.

# Our Team Improving Health while HAVING FUN



## Javier Manuel Hernandez

EMPLOYEE EXPERIENCE COORDINATOR

Javier gets regular dancing workouts with his group, Xochipilli de Santa Barbara, with special performances at The Mission and other venues during the annual Fiesta season.

## Vilma Gonzalez, RMA

MANAGER, RIDLEY-TREE SOLVANG MEDICAL ONCOLOGY AND SPECIALTY CLINIC

Vilma stays active chasing after her “four-legged children,” German Shepherds Mickey and Shadow.



## Jason George, RN Specialist

GI AMBULATORY SURGERY CENTER

Jason can't get enough of the outdoors. He is celebrating his 25th year serving as a guide for mountaineering backpacking trips. He especially enjoys taking his two sons on wilderness adventures.



**Sansum Clinic has administered more than 25,000 COVID-19 vaccines to our community**  
*Since the start of the pandemic*

# Awards & Recognition



Sansum Clinic's COVID-19 Vaccine Team at 215 Pesetas Lane

## COVID-19 Vaccine Team Wins WE CARE Team Award

Honored for their inspiring dedication, Sansum Clinic's COVID-19 Vaccine Team received a WE CARE Team award in November 2021. Director of Operations Kim Hurley, RN, and Ian McLelland, BSN, RN, Quality Management and Infection Control Manager, accepted the award on behalf of the entire group. Staff members from many different departments worked extra shifts, nights and weekends to provide COVID-19 vaccines at a clinic inside our 215 Pesetas Lane site, and at a tent outside, specifically constructed to provide an additional safe venue to help vaccinate our community. "I have been in operations a long time and I have never seen such efficiency," commented Vice President of Operations, Karen Handy. "Our patients were in the very best hands, and we received an overwhelming amount of positive feedback for the way they were cared for." Kurt Ransohoff, MD, FACP, CEO and Chief Medical Officer described this team's achievement as something he is most proud of in the Clinic's long history. "You rolled up your sleeves, and truly boosted morale. You guys are really the hotshots." Sansum Clinic has administered more than 25,000 COVID-19 vaccines to our community since the start of the pandemic.



Ian McLelland and Kim Hurley with WE CARE Team Award trophy



## FREE Day Camp for Children with Asthma

Join us for camp fun! Enjoy games, crafts, cooking and more, all while learning about asthma. Now, more than ever before, taking care of your asthma will help you live your healthiest life. *Free of charge and open to the community.*

**Who:** Children with asthma who will be 6 to 12 years old on September 1, 2022

**When:** Monday through Friday, August 1 through 5, 2022, 8:30 AM to 12:30 PM

**Where:** First Presbyterian Church, 21 East Constance Avenue, Santa Barbara

**How** Apply today! Space is limited to a small number of children. For more information and to apply visit [www.SansumClinic.org/camp-wheez](http://www.SansumClinic.org/camp-wheez) or call (805) 681-7672

Camp Wheez is designed to meet the special needs of children with asthma and to meet the highest safety standards. It is staffed by medical professionals and community volunteers. Volunteer applications are welcomed!

Sansum Clinic is the largest independent nonprofit healthcare organization on the Central Coast, providing the full spectrum of services from primary care to more than 30 specialties.



Learn more at [www.SansumClinic.org](http://www.SansumClinic.org)



## 22nd Barbara Ireland Walk and Run

In-person event on May 21, 2022

# In the Community



## In-Person Walk and Run

Help us celebrate the Cancer Foundation of Santa Barbara's 22nd Barbara Ireland Walk and Run in 2022! This year marks the expected return of an in-person event on Saturday, May 21 at Chase Palm Park. Registration is \$60. All proceeds benefit breast cancer research and programs at Ridley-Tree Cancer Center. While some things may look a little different this year, we're excited to see everyone in person again!

**Register today!**

**Visit [www.cfsb.org/irelandwalk2022](http://www.cfsb.org/irelandwalk2022)**



### About the Cancer Foundation

*The Cancer Foundation of Santa Barbara was founded in 1949 on a promise—a promise that continues today—to provide the highest quality of cancer care to everyone in the Santa Barbara community, regardless of means. The Foundation commits proceeds from its endowment and fundraising efforts to support cancer diagnosis, treatment, research, technology and support programs at Ridley-Tree Cancer Center at Sansum Clinic. Thanks to our partnership and the generosity of the Cancer Foundation, Ridley-Tree Cancer Center serves our community as the only comprehensive cancer center in Santa Barbara County.*



# Testing the Newest Treatments

Testing the newest treatments and providing our patients with access to cutting-edge therapies.

**A CLINICAL TRIAL IS A RESEARCH STUDY** in which patients participate to help determine the effectiveness of a new medical treatment, procedure or technology. Our Clinical Research program contributes to the development of oncological therapies and advancements that result in a better future for patients here, and around the world. "In the past five to ten years, there has been tremendous progress in the field of oncology research. The increasing number of breakthroughs is enhancing care and treatment for an array of cancer types," remarked Mukul Gupta, MD, Ridley-Tree Cancer Center's director of the Clinical Research Department.

## Learn more

Browse our current clinical trials at [ridleytrecc.org](https://www.ridleytrecc.org).

For any questions, call (805) 879-0643 or email [research@ridleytrecc.org](mailto:research@ridleytrecc.org).



## Clinical Trials Awareness Month

Celebrate Clinical Trials Day on May 20, 2022



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

# Cancer Care

As part of our commitment to keeping the Central Coast at the forefront of modern cancer care, Ridley-Tree Cancer Center partners with US Oncology Research Network, TRIO-US Network, leading pharmaceutical companies and universities. Our recent affiliation with the NRG Oncology Network, an NCI funded collaborative, broadens our study portfolio adding Radiation Oncology and Surgical Oncology studies to our strong Medical Oncology pipeline, providing our patients with access to clinical trials at Ridley-Tree Cancer Center. Through these networks, we identify and initiate trials based on the science and the need in our community. Currently, we participate in 20 to 30 trials

at any given time, spanning diagnoses including breast cancer, lung cancer, lymphoma, melanoma, prostate cancer, ovarian cancer and more.

Our oncologists work with members of the Clinical Research Department to review patient records and identify those who would benefit from the promising new therapies offered in clinical trials. Additionally, the Cancer Center partners with Tempus Time Trial Network, a technology platform that analyzes molecular and clinical data on cancer patients in real time to find suitable and convenient trials. Through this program, we can accelerate patient enrollment in clinical trials

personalized for their molecular and clinical background. Implementation of these studies requires a team of dedicated physician principal investigators, highly trained research coordinators as well as regulatory and data specialists. This team is recognized for their focus on patient safety and personalized care, and they compassionately guide patients through each step of their treatment.

**The Clinical Research program at Ridley-Tree Cancer Center is made possible thanks to generous support from the Cancer Foundation of Santa Barbara.**



# Comprehensive Cancer Care.

Ridley-Tree Cancer Center's highly-trained and compassionate team cares for patients with the most advanced treatments and technology, global clinical trials, and evidence-based supportive care programs.

**Right here in Santa Barbara. All under one roof.**



**Ridley-Tree** Cancer Center

[ridleytrecc.org](http://ridleytrecc.org) • Santa Barbara • Solvang

# A Single Source for Cancer Treatment, Diagnostics and Supportive Care

- ✓ Full Spectrum of Medical, Surgical and Radiation Oncology
- ✓ World-Class Nuclear Medicine
- ✓ Patient-Centered Infusion Suite
- ✓ Groundbreaking Clinical Trials
- ✓ Genetic Counseling for Hereditary Cancer
- ✓ Multidisciplinary Breast Cancer Program
- ✓ Destination Pancreatic Cancer Program
- ✓ Cutting-Edge Prostate Cancer Program
- ✓ Palliative Care & Advanced Care Planning
- ✓ All-Encompassing Supportive Care – Patient Navigation, Oncology Nutrition, Social Work, Financial Counseling, Support Groups, Acupuncture, Wellness
- ✓ Solvang Branch Providing Services to Santa Ynez Valley and North County



To learn more about our team approach to fighting cancer, visit [Ridleytrecc.org](http://Ridleytrecc.org) or call (805) 879-0670.

# Health & Wellness

*Free of charge.*



## Open to the Community

**Advance Directives Workshop**

**Asthma Learning for Kids**

**Cancer Wellness & Support**

**Dementia Education & Support**  
by Alzheimer's Association

**Diabetes Basics**

**Doctors Weight Management Orientation**

**Health Resource Center**  
Reliable answers to your health questions

**Healthy People Healthy Trails**  
Connect to an active life. Connect to the outdoors.

**Healthy Recipes**

**Medicare Seminars by HICAP**

**Stress Management**

**Weight Loss Surgery Orientation**

**WomenHeart Support Group**

## Sansum Clinic Patients Only

**Advance Care Planning**

Get help with your Advance Directive form and answers to your questions.

Call 805-681-6599 for an appointment.

**Advance Directives Notary Service**

Bring your completed form to be finalized and entered in your medical chart.

Call 805-681-7672 for an in-person appointment.

**Medical Social Worker**

Get help with community resources, financial concerns, caregiver needs and complex care.

Call 805-681-7580 for an appointment.

**Prescription Navigator**

Review your medications and make changes for safety, saving money and better health results.

Call 805-898-3075 for an appointment.

Spring, 2022

More information at [SansumClinic.org/health-and-wellness](https://www.SansumClinic.org/health-and-wellness)  
or the Health Resource Center at (805) 681-7672.

# New Providers

## Andrea Zambrano Sequera, MD

Infectious Disease



Dr. Zambrano joined the Infectious Disease Department in December of 2021. She completed her infectious disease fellowship training at the University of Washington where she was named Chief Fellow. She was a post-doctoral fellow at the Johns Hopkins Wilmer Eye Institute. Dr. Zambrano completed her internal medicine residency at Santa Barbara Cottage Hospital, and attended medical school at Universidad Central de Venezuela in Caracas, where she was born.

## Michelle McAninch, NP

Pediatrics



Ms. McAninch joined the Pediatrics Department as a board-certified pediatric nurse practitioner in December of 2021. She received her Bachelor's and Master's degrees in Advance Practice Nursing from the University of California Los Angeles (UCLA). She's a member of the National Association of Pediatric Nurse Practitioners and the California Association of Nurse Practitioners.

## Emilie Halbach, MD

Urgent Care



Dr. Halbach joined the Urgent Care Department in January of 2022. She is a graduate of the University of California Davis School of Medicine, and completed her family medicine residency at Ventura County Medical Center. Dr. Halbach has experience as a hospitalist, and previously worked at Ventura's Academic Family Medicine Center and Ventura County Medical Center's Inpatient Psychiatric Unit.

## Brittany Nelson, PA-C

Internal Medicine



Ms. Nelson joined the Internal Medicine Department as a physician assistant in January of 2022. She received her Master of Medical Science (MMS) from Wake Forest School of Medicine's Physician Assistant Program, and her undergraduate degree in Biology, Anatomy and Physiology from California Polytechnic State University, San Luis Obispo. She previously worked as a physician assistant at an orthopedic practice.

## Julie Galavis, FNP-BC

REC Department



Ms. Galavis joined the Rehabilitation and Extended Care Department as a family nurse practitioner in January of 2022. She earned her bachelor's degree in nursing and her bachelor's degree in emergency medical services from Creighton University. Over the past decade, Julie has provided all aspects of primary care including geriatric care with emergency room, nursing home, palliative care and hospice experience.

## Angela Boyle, FNP-C

Carpinteria Family Practice



Ms. Boyle joined our Carpinteria Family Practice as a board-certified family nurse practitioner in January of 2022. She earned her Bachelor of Science in Nursing from Walden University in Minneapolis, and completed her nurse practitioner training at the University of Southern California (USC) specializing in family practice. Prior to joining the Clinic, she worked in both primary and urgent care settings in California.



Ridley-Tree  
Cancer Center  
at Sansum Clinic

# Community Health

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.

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

Sansum Clinic is here to care for you when you need it.

- 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  
Goleta  
(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  
Goleta  
(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

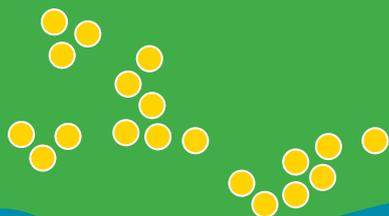
## State Street Psychiatry & Psychology

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

# Join Team Sansum Clinic



## You

- Looking for a challenge
- Ready to take the next step in your career
- Want to help people live their healthiest lives

## Us

- Rewarding work
- Great pay and benefits
- Opportunities for advancement
- Opportunities for training
- Multiple locations

Sansum Clinic, the region's premier healthcare provider, has many different opportunities open for a rewarding career for you. Come and feel what it is like to be part of helping your community members live their healthiest lives!