

FALL 2023

Inspired!

The Doctor Who Mends Motion: Hip & Knee Replacement's Extraordinary Impact

Every day, Foundation supporters like you help orthopedic expert Ryan Moore, MD, PhD achieve remarkable results for patients through advanced hip and knee replacement. And it's changing lives... story, page 2



HIP REPLACEMENT



KNEE REPLACEMENT



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The Doctor Who Mends Motion: Hip & Knee Replacement's Extraordinary Impact



Every day, Foundation supporters like you help orthopedic expert Ryan Moore, MD, PhD achieve remarkable results for patients through some of the nation's most advanced, acclaimed, hip and knee replacement. And it's changing lives...

Called to serve isn't a phrase you'd use for everyone. But Ryan Moore, MD, PhD has trained nearly his whole life to be the board-certified orthopedic surgeon he is today – as if the universe knew he had a mission to fulfill. Starting in childhood, when he watched his best friend's dad in action as the UCLA Bruins' sports medicine physician, continuing in high school with a love of science, followed by 15 years of medical schooling, training, residencies, and fellowships. Occidental. UPenn. The Rothman Institute. By the time he met Thomas Coon, MD – renowned orthopedic

surgeon and founder of St. Helena Hospital's Coon Joint Replacement Institute (CJRI) – Dr. Moore had forged world-class skills of his own. The day he saw Dr. Coon in action, Ryan Moore, MD, PhD knew he'd found his surgical home.

The best surgical home

"It sounded too good to be true. Dr. Coon described how well established the program was the infrastructure and efficiency. I saw the techniques he was using that were less invasive, using a sensor for balance, with computer navigation,

then robotics. I still pattern my techniques after him," Dr. Moore describes, gratitude and respect clear in his voice. Support like yours for CJRI makes the St. Helena Hospital institute so well regarded that in the year before COVID, Ryan Moore, MD, PhD completed 600 joint replacements. And if you talk to any expert, they will tell you, there is proficiency in numbers.

"You want a doctor who does this – every day"

Today, six out of every ten patients travel from five or more hours

LOCAL HEALTH WISH LIST

Can You Help Us? Current Foundation Funding Needs

State-of-the-art technology. It can treat faster, diagnose earlier, and get you back to better, sooner. But without generous gifts like yours to St. Helena Hospital Foundation, the advanced medicine that happens here simply wouldn't be possible. If you have the capacity to fund mission-critical medical technology and help our experts save lives close to home, we'd love to hear from you...

■ Pupillometer — \$12,000

Often signalling stroke and traumatic brain injury hours before clinical symptoms manifest, your gift to provide a pupillometer will help precisely assess pupils of the eyes, speeding triage and emergency treatment for some of St. Helena Hospital's sickest patients.

■ Arctic Sun 5000 — \$100,969

Cool the body, save the brain: your investment in Arctic Sun will help minimize damage after sudden cardiac arrest or ischemic brain injuries such as stroke, buying precious time in life-or-death emergencies.

away to entrust their hip and knee replacements to Drs. Moore, Diana, Caravelli, and the whole CJRI team. It's for good reason, he explains. "The program, CJRI, it's built exactly on our patient's problem: joint pain, hip and knee replacements. Our OR is optimized to do the surgeries. Our best practices are evidence-based. Our staff, from surgeons to nurse navigators – it's everything we do. Foundation supporters have built something special in CJRI."

Miracles on 2SU

But for all the focus and technical expertise, Ryan Moore, MD, PhD says there's one place at the heart

Learn More in Just Five Minutes

Take your free hip and knee risk assessment quiz at info.adventisthealth.org/ncn/st-helena/hip-and-knee/regain-mobility or scan the QR code right:

SCAN TO TAKE QUIZ



of his calling to be an orthopedic surgeon. "When I finish my surgeries, I don't leave the hospital until I visit the wing we call 2SU. It's where patients take their first steps after surgery. A lot of our patients, they don't remember life without pain – it was that insidious. But no matter how bad they get, we can fix them. And there's so much joy. One of Dr. Coon's patients climbed Mount Kilimanjaro after knee replacements, and I tell people, 'If you can climb

a mountain after bilateral knee replacement, there really isn't anything you couldn't do because of your knees or your hips once you've made those recoveries.' It's like being reborn into a new life." ■

For more on the nationally-ranked, comprehensive joint pain treatment at St. Helena Hospital's CJRI, visit adventisthealthjointcare.org or call (877) 747-9991.



When asked about his top ratings for arthritis, and hip and knee replacements, Dr. Moore replies, *"It's simple things, like when I see a new patient, we spend 30 minutes together one-on-one to go over everything they've gone through, where they're at, and what we're going to do. I see patients coming from elsewhere, and I can't believe they've never even met their surgeon. Here they get direct personal experience with us as surgeons, and a team that's top notch."*

■ FalconQuad Vascular Test Machine — \$34,400

Your gift for the FalconQuad will provide a leading-edge, noninvasive diagnostic system that can detect vascular disease using light and ultrasound, without radiation exposure.

■ CoroFlow Cardiovascular System — \$46,000

Choose to fund a CoroFlow System, and you'll be there for the up to three out of every ten cardiac patients with non-obstructive coronary artery disease (NOCAD). With your support, CoroFlow will accurately diagnose... help prevent unnecessary invasive

procedures... and help patients improve their quality of life.

■ Philips EPIQ CVx Ultrasound — \$90,000

Bring photorealistic, best-in-class 3D imaging in half the exam time for urology, cardiovascular, abdominal, OB/GYN, and thyroid patients, with your far-reaching gift to fund EPIQ.

To fund a wish list item, please call or email Foundation President/CEO Glen Newhart, at **707-963-6206** or **Glen.Newhart@ah.org**. Thank you for investing in the future of local healthcare!



Five-star-rated, board-certified, nationally-ranked: St. Helena Hospital cardiologists like **Monica Divakaruni, MD** use the state-of-the-art technology you help provide to save lives every day.

My Healing Journey

By Andy Schweiger, Schweiger Vineyards
Spring Mountain, St. Helena

It started with a slipped cartilage plate on top of his right leg bone at age 14. And for nearly three decades, Schweiger Vineyards winemaker Andy Schweiger was on a journey of hip and leg pain that grew worse every year. Until he turned to St. Helena Hospital's Coon Joint Replacement Institute...



You could say I learned to tolerate pain from a young age. By 14, I could tell you how bone-on-bone pain felt between the top of my right legbone and my hip socket. (Answer? Not good.) Then came what I call 'the body cast era.' That was when the pain got really bad.

A teenager in traction

On crutches after surgery to hold the cartilage in place on my leg bone, I slipped on a piece of paper at school. My right femur shattered and was driven beyond my hip socket – as agonizing as it sounds. Six weeks in traction, and my right leg was still nearly an inch shorter than my left. Doctors wanted me to wear a shoe lift, but... tell a kid to wear a shoe lift? Suffice to say that by age 23, the imbalance in my legs had worn out the cartilage in my left hip socket too.

Decades of pain

Fast forward to 2020. 27 years of arthritis pain later. Anti-inflammatories every day – ibuprofen, naproxen – and still I had a pronounced limp and constant,

worsening pain. By age 51, I had to walk with a cane. I knew I needed hip replacements, but I'd heard so many bad stories. I kept wondering, 'Is this going to be my story too?' But St. Helena Hospital's Coon Joint Replacement Institute – or CJRI – had good stories to tell. So in February of 2021, I had my first hip replacement surgery. Results were so good that in May, I had my second hip replaced.

Happy birthday, hips!

Let me tell you: there's a big difference between the searing, life-limiting joint pain I felt all those years, and recovery pain. *That's* healing pain. The kind that says you're getting better. And I did. Today I celebrate the first Thursdays in February and May – my hip birthdays. I feel better than I did in my 30s. Before my first surgery, I bought a Six Million Dollar Man t-shirt. That was my whole thing, like the TV show – better, stronger, faster, we can rebuild him. That's just what happened. **St. Helena Hospital rebuilt me. And if you're living with hip and knee pain, they can rebuild you, too. ■**

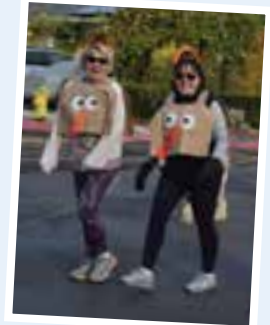
SAVE THE DATES!

Show your love of community and help strengthen St. Helena Hospital's medical services at these very special events...

Turkey Trot

Get some fresh air for a great cause before enjoying your Thanksgiving Day feast. Registration opens at

8:30am, and walk/run begins at 9am on **Thursday, November 23, 2023**, at Crane Park, 360 Crane Ave, in St. Helena. Proceeds benefit St. Helena Hospital's AHEAD program, lifesaving genetic screening for hereditary cancers.



Rockout/Knockout Cancer

Let's all COME TOGETHER on **Thursday, May 16, 2024** at The Charter Oak restaurant for the 3rd annual Rockout/Knockout Cancer event supporting St. Helena Hospital's early detection and cancer programs.



The Neighborhood Table

Mark your calendars to join us on **Saturday, May 18, 2024** for the 5th Annual Neighborhood Table. Tickets go on sale January 2024!



Tickets sell out quickly so be sure to watch our events page at shhfoundation.org/events for all the latest updates. See you there!

She Trains Tomorrow's Nurses... Today

As St. Helena Hospital's clinical nurse educator, Sarah Spence, RN, is a big part of the solution to the shortage of nurses in California. Thanks to generous gifts like yours for the work of St. Helena Hospital Foundation, Sarah is the nurse who's training tomorrow's nurses – today. But what is a nurse educator, and why does the role matter so much? Find out....

Always eager for a teaching moment, Sarah Spence, RN is delighted to explain her role as nurse educator. "At St. Helena Hospital I provide training and education for nurses that are either just coming into their profession at this hospital, or transitioning into an advanced area of nursing such as critical care. I provide that training and education through elbow-side support at the bedside, whether it's just a call to

say, 'Hey, I've never encountered this before. Can you walk me through it?' right down to holding lectures and teaching classes."

An innovative answer

With the shortfall of licensed nurses across the state of California recently forecast at 36,000, support like yours – for innovative roles like Sarah's that advance nursing – makes a massive difference. "My background

is all critical care nursing at very large academic hospitals across the Midwest United States. I was told about this hospital that did this really acute treatment of critically ill patients like ECMO – a type of heart-lung bypass for very, very sick patients – and Continuous Renal Replacement Therapy for patients who can't tolerate intermittent dialysis. That's St. Helena Hospital. Now being the person here that people can call and ask questions, especially in a situation where it's busy on the floor, I love helping them put the pieces together and grow in their profession." **If you'd like to honor and support a dedicated caregiver like Sarah with a tribute donation to St. Helena Hospital Foundation, see below. Thank you! ■**



“ *In my role as St. Helena Hospital's Nurse Educator, I've been able to see one of our new nurses grow from a new graduate nurse starting out in the ICU to being open-heart trained. Today he helps recover our sickest patients coming in. Being able to see those light bulb moments, it's amazing. I just want to thank Foundation supporters for the great learning opportunities they make possible.* **”**

✂-----To give: complete, cut, and send. Or scan below code. Thank you!-----

Honor Your Caregiver With A Tribute Gift to Advance Their Work

If you or someone you love received exceptional care and you'd like to say thank you in a special way, your kind contribution to St. Helena Hospital Foundation to honor your caregiver will advance their urgent work and fund lifesaving programs at the hospital. Every dollar makes a difference!

Yes! I want to make a special caregiver tribute gift of \$ _____ in honor of exceptional care given at St. Helena Hospital by:

Name of St. Helena Hospital caregiver you'd like to honor

My Name: _____

My Address: _____

City: _____ State: _____ Zip Code: _____

Please let my caregiver know I made a gift in their honor, and share my message of thanks:

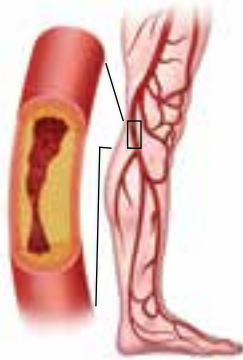
Scan QR code to give online by credit card and add your message, or mail this completed reply and your check to: St. Helena Hospital Foundation, 10 Woodland Road, St. Helena, CA 94754. **Thank you!**



SCAN TO GIVE

The Quest to Save PAD Patients From Amputation

A buildup of plaque in the arteries of your legs and arms is a serious, often painful, and common condition called *peripheral artery disease*, or PAD. Vessels can narrow so much that tissues below the blockage starve for nutrients. If tissue death occurs, it can lead to amputation of the toes and feet. But an innovative procedure called *deep vein arterialization* (DVA) – now offered at St. Helena Hospital – could bring life-changing news to people with PAD who may be facing the distressing prospect of amputation.



Said St. Helena Hospital interventional cardiologist Jon Faiwiszewski, MD, “In deep vein arterialization we are able to essentially turn the veins of the foot into something like an artery, forcing the vein to allow oxygen-rich, and nutrient-rich, blood down to the foot. The belief is that if we are successfully able to do this, then the foot may have a restored delivery of oxygen and nutrients, and it might be possible to salvage the patient’s limb either completely or at least partially. It’s an enormous benefit to that patient’s quality of life, and I’m very glad to say that St. Helena Hospital Heart & Vascular Institute is one of only a handful of centers in the country to be offering this procedure presently.” ■



Jon “Dr. Fai” Faiwiszewski, MD is a board-certified interventional cardiologist and one of a handful of experts in the country performing the minimally invasive, deep vein arterialization procedure, now available at St. Helena Hospital Heart & Vascular Institute. Thank you for supporting leading-edge medicine here at home!

LEARN MORE: If you or someone you love lives with PAD – or you’d like to learn more about the symptoms – visit adventistheart.org to explore how we can help you get back to life and living. And thank you to every supporter of St. Helena Hospital Foundation. We couldn’t do this work without you.

Thank You for Fighting Cancer in Firefighters and Farmworkers!

Generous support like yours to St. Helena Hospital Foundation is providing free Galleri screenings for our hardworking local firefighters and farmworkers, who face heightened risks of multiple types of cancers. An advanced detection tool able to screen for many of cancer’s deadliest killers with a simple blood test, Galleri allows for much earlier treatment when anomalies are found. With Napa Fire Department among the first to



be screened, the gratitude for your caring support has been overwhelming:

“The Napa Fire Department would like to send out a huge Thank You to the St. Helena Hospital Foundation for providing its members with free cancer screening blood tests!”

— @napacityfirefighters, Instagram

Thank you for your remarkable support of St. Helena Hospital Foundation in making all our lifesaving work possible. And thank YOU, firefighters and farmworkers, for ALL you do. **You’re our heroes, one and all.** ❤️



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