

SPRING/SUMMER 2023

# Inspired!

## The ICU Caring for the Region's Most Acute Patients

When lives are on the line,  
see how visionary support  
like yours for advanced, local  
acute care makes a massive  
difference in Napa County...  
pages 2-4.

Photo: Dedicated St. Helena  
Hospital ICU team members  
Hope Ballew and Nathan  
Snodgrass.

Earlier Lung Cancer Treatment?  
It's Here, Page 2



Investing in Your Health,  
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# The ICU Caring for the Region's Most Acute Patients

*Stand inside the doors of St. Helena Hospital's Intensive Care Unit and you quickly realize this is no ordinary ICU. Beyond the windows, REACH air medical helicopters land – bringing in critically ill patients from Napa Valley north to the Oregon border.*

*The phone rings from area hospitals that rely on this team as an expert, always helpful resource. Meanwhile intensivists support one of the busiest cardiac surgery programs in California, where hundreds of patients with some of the sickest, most complex hearts are helped each year. ICU Medical Director Roderick Fontenette, MD is immensely proud of the care he and his team deliver, and for good reason...*



**W**hen lives are on the line, the face you want to see is that of Roderick W. Fontenette, MD, Medical Director of St. Helena Hospital's ICU. He's treated wounded servicemembers

on medical airlifts out of Afghanistan and Kuwait, was part of a military team that worked within Community Regional Medical Center in Fresno providing DoD support for COVID-19

patients, and provided humanitarian support for Hurricanes Harvey and Irma as part of the Air Force's Critical Care Air Transport Team (CCATT). Dr. Fontenette is board-certified,

## NEXT-GEN CANCER TECH

# Earlier Lung Cancer Treatment? It's Here...

*Board-certified pulmonologist and critical care specialist Kiran Ubhayakar, MD, is on a mission to turn the tables on California's #1 cancer killer: lung cancer. But he needs your help to do it...*

**H**ere's the thing most people don't know about lung cancer. Lung cancers often wait twenty to thirty years to manifest, until patients are in their 60s and 70s. You may have quit smoking decades before. But the risk factors even from prior smoking



remain, and chance for cancer increases. But although lung cancer is the #1 cause of cancer deaths in California and nationwide, research shows only four out of ten Americans are concerned they could even get lung cancer. Just half that number – two out of ten – have talked to their

doctor about risk<sup>1</sup>.

It gets tougher yet. When lung cancer cases aren't detected until a late stage, the odds of surviving are only six percent. And California's rate of early diagnosis? That hasn't moved significantly in the last half decade.

## **Kiran Ubhayakar, MD wants to change all that**

Dr. Ubhayakar specializes in lung-related health conditions. In fact, it's the reason he's here. "What drew me to St. Helena Hospital, I've been here about six months now, is the prevalence of pulmonary disease here and in the neighboring areas – all the way up to the Oregon border – and the opportunity to build a lung nodule program that will help people."

<sup>1</sup>Source: "Lung Cancer is the Leading Cause of Cancer Deaths in California, Yet Survey Reveals that Most Americans Are Not Concerned About Getting the Disease," American Lung Association, <https://www.lung.org/>

Harvard-educated, and he heads up an Intensive Care Team that is second to none. The numbers say it all: after factoring out long-term skilled care facilities, St. Helena Hospital's ICU team stands among the top five in the state for patient acuity level – meaning, severity of illness treated and/or level of care needed.

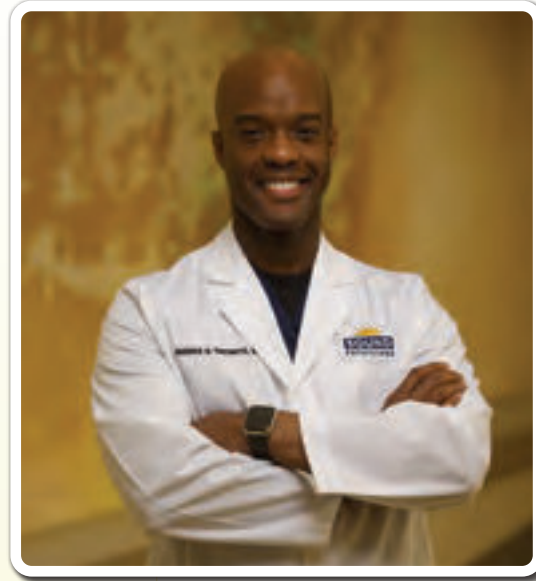
### **Standing ready, 24/7**

“We have patients that have received care at places like UCSF, Stanford, and UC Davis,” says Dr. Fontenette. His voice is confident and caring. “They know when they enter the doors at St. Helena, they will get that exact same level of care right here. Our nurses are absolutely top notch, we have very skilled respiratory therapists, pulmonologists, it's truly a community within the hospital. I don't have to

transfer you to other places, we can manage it right here because of the resources that we have. We stand ready, and we have all capabilities, 24 hours a day, here if you need us.”

### **Grateful for your trust**

Supporters of St. Helena Hospital Foundation may not be aware what a difference they make when every minute matters in the life of a critically ill patient. But Dr. Roderick Fontenette never forgets. “The reason we're able to deliver the level of care that we do is because we are supported by the Foundation,” he begins. “In fact we're working with the Foundation right now to get two additional devices – the Arctic Sun to help with lifesaving temperature management, and a suite of pupillometers, that can flag increased intracranial pressure



in stroke patients. Having Foundation supporters help us acquire the most up-to-date equipment enables us to save lives and stay at the forefront of delivering world-class care right here in Napa Valley, and I want to thank the community for trusting us with their care.”



*“Lung cancer is the leading cause of death in the US today in terms of cancer deaths. Robotic-assisted bronchoscopy is a game-changer which will allow us to diagnose and treat cancers earlier. If you can catch cancers at an earlier stage, such as stage I, you could potentially have an 80% cure rate. This means that we can save a lot of lives,”* said Kiran Ubhayakar, MD, board-certified pulmonary and critical care specialist at St. Helena Hospital, of robotic bronchoscopy and the lung nodule program he's hoping to build with generous support like yours. For more on how you can help, see article and page 5.

Currently on a six-month demo trial with a state-of-the-art robotic bronchoscopy system you'd normally only find in major academic centers, Dr. Ubhayakar is excited by the life-changing opportunity a formal purchase could present. “Having an accurate biopsy is the name of the

game. There is nothing more important than that. The remarkable thing about robotic-assisted bronchoscopy is that you have direct vision all the way. It's thinner, it's smaller, you can get all the way out to the very edge of the lung – and it doesn't fatigue. Years ago you could

not biopsy the lung nodules below 2 cm accurately. However now with the robotic bronchoscopy system, you can potentially biopsy nodules less than 1 cm extremely accurately. This will translate to a much higher survival rate from this terrible disease.”

### **Help Dr. Ubhayakar save lives:**

Generous gifts like yours to St. Helena Hospital Foundation are making a massive difference by helping with the purchase of a robotic bronchoscopy system. To help Dr. Ubhayakar further develop the Lung Nodule Program, see page 5 for details – and please ask your doctor about lung cancer screening, or call St. Helena Hospital's Lung Clinic today at **707-942-6233**. Your health matters! ■

*“The reason we’re able to deliver the level of care that we do is because we are supported by the Foundation. What we bring is a skill level and a skillset that compares to any of the big hospitals. Our acuity here at St. Helena Hospital is some of the highest I’ve seen, treating the sickest patients. I just want to tell the community, ‘I know you can go anywhere for your care, but you choose us – and that means a lot. As many times as you need us, we’ll be here and we’ll be ready for you,’”* said Roderick W. Fontenette, MD, board-certified emergency medicine and critical care physician, and Medical Director of the St. Helena Hospital ICU.

### **Help Dr. Fontenette and his ICU team:**

To help with the purchase of Arctic Sun or a pupillometer, see page 5 for details – and thank you for your visionary support of world-class medical care. ■

### **LEGACY OF A LIFETIME**

## **What Will Your Giving Story Be?**

*None of us will live forever; together we can create something that will. Diane and John Livingston have been friends of St. Helena Hospital Foundation for many years, and made the decision to set aside a gift to the Foundation in their will. Below, Diane shares what makes bequests so important – and how a legacy can shape the story you want your life to tell...*

### **Q: What inspired you and John to make your legacy gift, Diane?**

**Diane:** St. Helena Hospital and the Foundation have been important to me, and I want to see them strengthen and serve the community. The more awareness you have about endowments of any size, the more



### **One of the Region’s Most Advanced Medical Teams: Did You Know?**

When you see REACH air medical helicopters overhead, they aren’t flying patients out of the valley – they’re being flown here to St. Helena Hospital’s Intensive Care Unit, where the advanced medical team you support is able to care for the region’s most critically ill and medically complex patients in the region. **Thank you for helping us be here when we’re needed most.**



Legendary Foundation supporters, John and Diane Livingston

you see the importance of setting up a bequest and identifying the things you want to continue on after you’re gone: what’s important to you.

### **Q: When you and John set up your Foundation legacy, did you feel a sense of pride?**

**Diane:** We really just believe this is the right thing to do for the future. John and I both believe that. We’ve

seen other organizations, the huge endowments they have, but I just think St. Helena Hospital is great. The changes I’ve seen in the past 47 years, I’m so pleased I can be a small part of that. It’s the heat and the lights and the structure, all that has to be sustained. And of course seeing friends go through the cancer facility and then our own use of cardiac. This is planning for our families. This is planning for the future. ■

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**Learn about legacy:** A gift in your will to St. Helena Hospital Foundation, also known as a bequest or legacy, is one of the easiest and most everlasting gifts you can make. To request your free estate planning guide, or to discuss legacy options, reach us anytime at **707-963-6208** or **shhfoundation@ah.org**. Thank you for your love of community!

# Invest in Your Health: Current Foundation Funding Needs

*In the dedicated hands of St. Helena Hospital's top-tier experts, the most current medical technology can treat faster, diagnose sooner, and get you back to life and living. Without generous donations like yours to St. Helena Hospital Foundation, the advanced medicine that happens here simply wouldn't be possible. If you have capacity to help fund a mission-critical medical project below, we'd love to hear from you...*

## ● Pupillometer — \$12,000

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

## ● Arctic Sun 5000 — \$100,969

Your investment in Arctic Sun will buy crucial time in life-or-death emergencies by safely cooling the body to help minimize damage after sudden cardiac arrest or ischemic brain injury, such as stroke.

## ● AI for Lung Nodule Program — \$113,000

Lung cancer is the nation's #1 cancer killer. Your gift to help grow the Lung Nodule Program will fund

an Artificial Intelligence System to detect signs of cancerous lung nodules up to a year earlier than manual-only review of x-rays.

## ● Vivid Echocardiogram — \$116,511

Your gift to fund the leading-edge GE S70 will bring best-in-class 4D imaging for cardiovascular ultrasounds, with added essential applications for urology, OB/GYN, and ultrasonography.

## ● HeartFlow® FFRCT Analysis — \$225,000

HeartFlow® is a 100% non-invasive, personalized cardiac test that can help your physician create a more effective cardiac treatment plan without the added risks and costs of an invasive procedure.



St. Helena Hospital is the only hospital in Napa County poised to bring HeartFlow® online – your gift can make it happen.

**To fund or endow a critical needs project on the prospectus**, please reach out to Foundation President and CEO Glen Newhart, at [shhfoundation@ah.org](mailto:shhfoundation@ah.org) or **707-963-6208**. Thank you for investing in the future of your health.

## Helping Neighbors In Need



Caring support like yours for St. Helena Hospital Foundation and the incredible partnership of our Mobile Health Program, Celebration Nation, and Puertas Abiertas Napa – is making possible fresh produce distribution until December to help neighbors in need...

### Calistoga Community

Where: Calistoga Elementary School  
Date: 1st Friday of every month  
Time: 4-5:30pm

### St. Helena Community

Where: St. Helena High School  
Date: 2nd Friday of every month  
Time: 4-5:30pm

### Napa Community

Where: St. Thomas Aquinas Catholic Church  
Date: 3rd Friday of every month  
Time: 4-5:30pm

*Thank you for your love of community!*

# Meet Napa Heart and Vascular Expert Maia Eng, MD

*What it's really about, says this board-certified, fellowship-trained cardiovascular medicine and cardiac imaging expert – and the newest addition to St. Helena Hospital's world-leading Heart and Vascular Institute Team – is helping her patients live their best lives...*



**Maia Lee Eng, MD**  
**Cardiology Specialist**  
Board-certified in: Cardiovascular Disease, Internal Medicine  
Now accepting new patients.

**K**eck School of Medicine. Two fellowships at UC Davis. Dr. Maia Eng's credentials make it clear this board-certified cardiologist has dedicated her career to the screening, diagnosis, and treatment of cardiovascular disease. Whether it's congestive heart failure, coronary artery disease, or cardiac arrhythmias, Dr. Eng is ready. One of the most integral parts of her practice, though, is the long-term connections she forges with her patients, to help them live their best lives. *"I believe in creating relationships with my patients that center on supporting them throughout their health care journey with me,"* said Dr. Eng.

With five-star reviews that include *"Heart of gold. Saved my life!"*, Maia Eng, MDs top-tier expertise and patient-first philosophy will be right at home as a new member of the Adventist Health Physician's Network in Napa. ■

**Maia Eng, MD is now accepting new patients:** To find out if you need a cardiac referral, or to learn more, call **(707) 253-1135**. Adventist Health Physicians Network-Napa is located on 1100 Trancas Street in Napa, Suite 250.

## The Heart of a Volunteer

*What's inside the heart of a St. Helena Hospital volunteer? Program manager Annalisa Price is proud to tell you...*

**"M**y name is Annalisa Price, and I am joyfully beginning my St. Helena Hospital adventure as manager of the amazing Volunteer Program. To share with you that I am impressed and inspired by the scope of work and dedication SHH Volunteers have shown is an understatement.

In a single month, our volunteers served 249 hours in 5 different areas. Whether it's delivering flowers... providing our spectacular room-to-vehicle wheelchair discharge service...

transferring patients to different departments... or making sure labs and paperwork get to the correct locations quickly and efficiently... SHH volunteers arrive early, stay late, and give their energy, enthusiasm, and so many smiles. Thank you to our volunteers!"

**LEARN MORE: Join Annalisa in sending hugs, high fives, and blessings to every one of our loyal SHH Volunteer superheroes – you'll know them by the blue vests they wear. And if you'd like to learn more about becoming a volunteer,**



**We'd love to have you with us!** ❤️



Giving back by doing good: Superhero St. Helena Hospital volunteer Lary Taylor with program manager Annalisa Price. Thank you, volunteers!



**St. Helena Hospital Foundation**

10 Woodland Road, St. Helena, CA 94574



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**Email:** shhfoundation@ah.org

**Volunteer. Donate. Discover.** shhfoundation.org

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**Like us on:** www.facebook.com/sthelenahospitalfoundation