

HEALTHCARE



Hope Grows in OC

CITY OF HOPE ORANGE COUNTY AND LOWE'S PLANT FIRST SEEDS OF HOPE AT HEALING GARDEN OF NEW CANCER CAMPUS

By Annette M. Walker, President, City of Hope Orange County



Lowe's and City of Hope Orange County executives Marisa F. Thalberg, Richard T. Lee, M.D., Bill Boltz, Annette M. Walker, and Joseph M. McFarland inaugurate the new Healing Garden

It is said that if you believe in the future, plant a garden. This is what City of Hope Orange County did on May 11, thanks to a \$1 million gift from Lowe's and the participation of many grateful patients and community members. Together, we planted a beautiful garden and sowed the seeds of hope for a future that will one day be cancer-free.

Our garden, like all that we build, is a sacred space. It will surround our new Lennar Foundation Cancer Center, the county's most advanced cancer treatment and research center, which will open later this year. Most importantly, it will enhance the environment of hope and healing that is so powerful on our Irvine campus, inspiring our patients, their loved ones, visitors, and staff.

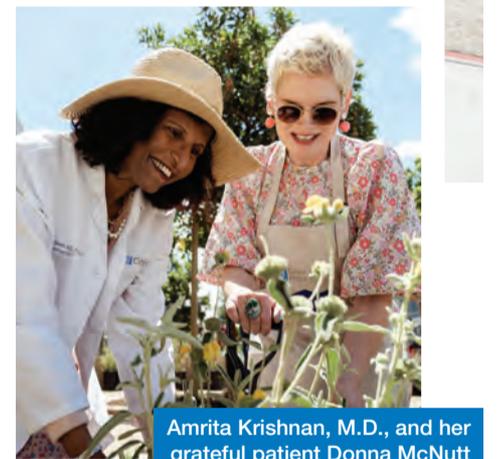
In a sense, every inch of this new garden speaks to our work at City of Hope. We are committed to healing the body, mind, and soul. At City of Hope, we don't just establish buildings with the latest research labs and medical technology. Recognizing that we care for unique and vital individuals, we attend to the whole person. From the compassion of our people to the restorative qualities of our setting, City of Hope assures patients and families that they have come to the right place.

We also believe in innovation. Beyond our pioneering cancer research, City of Hope is one of the first major cancer centers to have its own integrative medicine program that combines traditional and natural therapies – including therapies derived from plants. Recently, we welcomed one of the foremost experts in integrative oncology, Richard T. Lee, M.D., to our team. Together with Dr. Lee and all our world-renowned researchers and clinicians, we explore fascinating new avenues to support our patients.

Additionally, we include the community in everything we do. When City of Hope started planning our center, we asked hundreds of patients and community members to offer feedback on our design. Later, we asked patients to leave messages of hope as we started building. And now, we asked our friends to “dig in” and plant for the future with us.

But the lovely gardens are just one piece of our extraordinary Irvine campus. We will soon break ground on the only specialty hospital in Orange County focused exclusively on cancer, which will be finished in 2025.

This year, we will open the Lennar Foundation Cancer Center at City of Hope Orange County. This is the world-class health care resource we promised Orange County and we will now fulfill our vision.



Amrita Krishnan, M.D., and her grateful patient Donna McNutt planting seeds of hope

COMING SOON: LENNAR FOUNDATION CANCER CENTER AT CITY OF HOPE ORANGE COUNTY

Lennar Foundation Cancer Center at City of Hope Orange County will bring many cancer services never before available in the region. Patients will have access to more than 400 world-renowned physicians and 1,000 researchers and scientists, and they will benefit from nearly 1,000 lifesaving clinical trials, speeding promising treatments years before they become the standard of care.

Most of all, everyone at City of Hope Orange County shares the same focused goal – ending cancer. This determination – powered by our pioneering research, exceptional personalized treatment, preventive care, and ability to diagnose cancer at its earliest stages – puts us very close to the future we all want.

HOPE GROWS HERE

Generous donors like Lowe's, our dedicated team, and the community that supports us are all making an end to cancer entirely possible. This wonderful combination confirms that hope grows – in abundance – in Orange County.

For more information on City of Hope Orange County, visit CityofHope.org/OC



**LOWE'S,
THANKS
TO YOUR
GENEROUS
DONATION,
OUR HEALING
GARDEN WILL
BLOOM WITH
HOPE.**

Thank you to Lowe's for the generous gift of a healing garden at Lennar Foundation Cancer Center at City of Hope Orange County, opening in Irvine this year. Thank you too to all our grateful patients and community members who helped us plant and grow hope. Together, we have created a beautiful space of inspiration for generations of patients and their families, and we've sent a message that Orange County is coming together to end cancer once and for all. Because the future is hope.



To learn more about City of Hope Orange County's
Healing Garden, visit [HopeGrowsInOC.org](https://www.HopeGrowsInOC.org)

Healthy with a Side of Happy

Health care made simple.

Nothing should come between oneself and a long, healthy, and happy life. For more than 40 years, Kaiser Permanente Orange County has provided its members with the health care they need and the coverage they deserve.

Kaiser Permanente's industry-leading, fully integrated care model and renowned Permanente Medical Group physicians, specialists, and team of caregivers, work together to keep members healthy by delivering high quality, personalized care. By collaborating and seamlessly sharing members' records, Kaiser Permanente's care team stays on the same page, and each member's health always takes center stage.

Multiple locations to choose from.

Kaiser Permanente members can get care where, when, and how they want it, near home or work, including same-day, next-day, urgent and emergency care. At most Kaiser Permanente facilities, with many services under one roof, members can do more in less time, including visiting their physician for routine care and preventative services, getting a lab test, and picking up prescriptions – all in a single trip. Members can also leverage phone and video visits (if available), a convenient, secure way to see a physician,



face-to-face online. With the Kaiser Permanente mobile app and website, members can make routine appointments, email physicians, refill most prescriptions, and even view most test results. Health care made convenient.

Health care made inclusive.

Kaiser Permanente recognizes that where one lives and how they live have a big impact on their health and well-being. To ensure health access, improve community conditions for health and equity, and advance the future of community health through innovation, Kaiser Permanente shares financial resources, research, nurses and physicians, and their clinical practices and knowledge through a variety of grantmaking and investment efforts.

Kaiser Permanente is committed to helping shape the future of health care and their expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery, and world-class chronic disease management.

For more information, visit kp.org/orangecounty.



SMART SUMMER FUN IN THE SUN.

Remember to:

+ Use SPF 30+ Sunscreen

Reapply every two hours

+ Stay Hydrated

Drink plenty of water and avoid sugary,
caffinated, & alcoholic drinks

+ Wear Sunglasses

With a 100% UV protection rating



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 KAISER PERMANENTE®

Hoag Family Cancer Institute at the Forefront of Innovation



As Orange County's top choice for cancer care, Hoag Family Cancer Institute prides itself for consistently achieving survival rates that are above national averages.

By offering multidisciplinary inpatient and outpatient care, patients can feel confident that they will receive care that is rivaled by some of the leading institutions in the nation. Hoag continues to achieve rankings placing it in the top 10% in the nation for cancer care for several years running by *U.S. News & World Report*.



“Hoag is modeling the future of cancer care,” said Burton L. Eisenberg, M.D., F.A.C.S., Grace E. Hoag Executive Medical Director Endowed Chair and executive medical director of Hoag Family Cancer Institute. “We are providing our patients with access

to clinical trials and the most advanced prevention, early detection and treatment options available.”

Hoag's renowned specialists are developing new approaches to the prevention and early detection of cancer, to the diagnosis and treatment of cancer – and bringing newfound optimism to the thousands of patients who come to Hoag for treatment.

“What I've observed since joining Hoag is that the entire organization is committed to the best data-driven care for patients while addressing each patient's unique needs,” said Thomas Wang, M.D., Ph.D., who recently joined Hoag as medical director of its Melanoma/Advanced Skin Cancer Program.

Supported by philanthropy, Hoag's specialists are changing the face of cancer care, including:

- **A Focus on Multidisciplinary Care:** Hoag's multidisciplinary team of experts work seamlessly to coordinate care for patients and their families, including meeting in tumor conferences regularly to review patient cases and identify treatments.
- **Advanced Clinical Trials:** Hoag participates in more than 100 clinical trials for cancer detection and treatment with emphasis on testing or developing new drug therapies to advance treatment options.
- **Natural Killer Cell Therapy:** Cell therapy at Hoag studies the use of NK cells, or natural killer cells. These cells are the first responders that help the immune system recognize cancer and initiate an immune response, resulting in the development of antibodies to fight a patient's cancer.

- **Molecular Imaging and Therapy (MIT):** Offering the only program of its kind in Orange County, Hoag's MIT offers an emerging research discipline that uses cell biology, molecular biology and diagnostic imaging to detect and treat cancer.
- **Infusion:** Hoag offers four infusion center locations in Newport Beach and Irvine, including a dedicated gynecology infusion center.
- **Center for Applied Genomic Technologies:** Hoag combines the latest advances in genomic technologies, targeted therapies and research and uses these disciplines to apply precision medicine to diagnose, treat and prevent diseases.
- **Radiation Oncology:** Hoag is the largest provider of radiation therapy in Orange County. Hoag Radiation Oncology is also the first and only hospital in the county to offer ViewRay MRIdian.
- **Innovative Surgical Options:** A known leader in pioneering surgical options, Hoag has been designated as a Center of Excellence in Robotic Surgery from the Surgical Review Corporation.
- **New Oncologists:** Experienced medical oncologists David M. Burtzo, M.D., and Nicholas D. Reese, M.D., are some of the most recent additions to Hoag's renowned cancer care team joining Chaitali Nangia, M.D., Robert Carroll, M.D. and Tara Seery, M.D.
- **Patient-Centered Care:** Hoag cancer patients have access to nurse navigation, support groups, social workers, dietitians, genetic counselors, rehabilitation specialists and more.
- **Access to Care that is Close to Home:** Hoag's cancer centers in Orange County offer patients the full spectrum of cancer care and are equipped with some of the most advanced technology in the nation.

“Our community knows they don't have to leave Orange County to receive world-class oncology care,” said Dr. Eisenberg.

To learn more, visit hoag.org/fight or call 888-358-6294.



“ I chose to fight, so I came to Hoag.”

SARAH'S STORY



Hoag Family
Cancer Institute



An ER Doctor Fights – and Defeats – Breast Cancer During Pandemic

Sarah worked on the front lines as an emergency room physician in the height of the COVID pandemic. Her world came to a halt when the mother of three found out she had an aggressive form of breast cancer. At Hoag, Sarah never felt like a number. Hoag saw her as a person, a mother and a fellow physician. Daily, she felt the support of a team fighting hard to get her back to being healthy for her family. Today, cancer-free, Sarah credits the care and support she received at Hoag for helping her defeat breast cancer once and for all.

hoag.org/fight

Protecting patients during clinical trials

Dr. Susan M. O'Brien
photographed by
Michael Der



At any given time, more than 400 clinical trials are taking place at the UCI Health Chao Family Comprehensive Cancer Center to help bring innovative drugs and technologies to patients quickly.

Despite the many benefits of clinical trials, some myths about them and their safety persist.

Dr. Susan O'Brien, one of the nation's leading leukemia experts and medical director of the cancer center's Sue and Ralph Stern Center for Cancer Clinical Trials and Research, discusses some facts and myths about clinical trials.

How do clinical trials benefit patients?

Clinical trials may offer hope for patients with diseases that haven't responded to treatments that are the current standard of care.

If an investigational treatment turns out to be effective, trial participants will have benefited from the therapy long before it's available to patients everywhere.

Patients in clinical trials are also closely monitored by experts who specialize in their specific condition.

Don't some participants get a placebo (sugar pill)?

This is a common misconception about clinical trials. Placebos are rarely used. Sometimes patients receive a different drug or a combination of drugs in addition to the standard of care.

Some clinical trials that are designed to assess the preventive value of drugs or vitamins may use placebos for a control group of participants.

Is it true that you can't quit a clinical trial once you have signed on?

No. You are free to stop participating at any time and to return to treatment with the standard of care.

Does health insurance cover clinical trials?

Most insurance, including Medicare, pays for patients to receive the standard of care.

Costs for anything more required for the study, such as extra office visits, lab tests or scans, would be paid by the company of the drug or device being tested.

In drug tests, most of the drugs are free of cost to the patient. This is really important in the case of oral cancer drugs, which can cost about \$10,000 a month — with a copay. I have heard of copays of \$1,000 a month for the standard care.

What other protections for patients are in place?

There are a number of regulations in place to protect clinical trial participants, including:

- Manufacturers of new drugs must file applications with the U.S. Food and Drug Administration (FDA) detailing what's in the drug and how it's manufactured.
- Before a drug can be used in a clinical trial, the FDA requires companies to test it in animals — not just in mice, but in other mammals — to understand a drug's toxicity and how it is metabolized.
- Before any clinical trial can begin, the design of it is required to be submitted to the FDA for review, revision and approval.
- The FDA monitors all clinical trials in progress.

UCI Health

ucihealth.org/clinicaltrials

UCI Health

A clinical trial was my best hope.
The treatment saved my life.

At UCI Health, we're actively enrolling patients in more than 400 clinical trials for cancer, digestive health, cardiology, neurology and neurosurgery. With every new discovery and breakthrough moment, our research improves the lives of our patients and shapes the future of medicine for Orange County and beyond.



Learn more about our clinical trials program at ucihealth.org/clinicaltrials
Or call 714-464-6920

Model used for illustrative purposes.



The Future of Care, Here Today

INTRODUCING THE MEMORIALCARE VIRTUAL EXAM KIT, POWERED BY TYTOCARE



TytoCare, the global healthcare industry's first all-in-one modular device and examination solution for AI-powered, on-demand, remote medical exams, announced a partnership with MemorialCare, the only health system in the region to offer this capability to its patients.

The integration of the TytoCare solution into MemorialCare's current telehealth appointments enables physicians to provide patients with enhanced remote care with in-depth, physical examinations. Through the TytoCare partnership, MemorialCare expanded its virtual care options, differentiating it from other local providers, while ensuring that telehealth remains a pillar of patient care.

Beyond the COVID-19 pandemic, telehealth will remain a vital resource for patients and health systems as they increasingly adopt virtual primary care, enabling patients to stay on top of their health without the need for in-person visits.

To learn more about these innovative devices, visit memorialcare.org/tytocare.

MEMORIALCARE MEDICAL GROUP UNVEILS NEW CYPRESS PRIMARY AND URGENT CARE LOCATION



A new MemorialCare Primary and Urgent care location opened its doors in Cypress last month, providing greater access to primary care and urgent care services in the area, giving the residents of Cypress additional support for their needs.

"As a member of the Cypress Council, having more critical healthcare services located in our community makes it easier for our residents to seek out timely care," said Anne Hertz-Mallari, Mayor Pro-Tem, City of Cypress.

The new facility, located at 4755 Katella Ave., contains X-ray imaging and laboratory services, and several rooms for primary and urgent care visits.

MEMORIALCARE SIGNS 10-YEAR LEASE AT UNIVERSITY PARK IN IRVINE

MemorialCare's growth in Orange County continues through our commitment to providing high-quality care to the communities we serve. Our newest Irvine location is coming this December to University Park, with the signing of a 10-year lease for the available space on Culver Drive near the Michelson intersection. We are very excited about the opportunity to grow alongside the Irvine community and look forward to providing the level of care you've come to expect from MemorialCare.

THE TRUE COST OF BACK PAIN



It may come as no surprise that back pain is one of the top-three reasons for a visit to a health care provider in the U.S., according to a recent Mayo Clinic report.

From a financial standpoint, lower back and neck pain topped every other health condition (e.g. diabetes and heart disease) with a \$134.5 billion price tag in 2016 while back pain alone accounts for at least \$50 billion in expenses annually in the U.S.

Those financial figures don't even consider the uncalculated costs that back pain has on our workforce through missed time and declines in productivity. Back pain, specifically low back pain, is the most common diagnosis responsible for sick leave, long-term disability payments, and early retirements, according to a December 2021 Lancet report, and 4-out-of-5 people will experience back pain at some point in their lives.

If you can't alleviate back pain on your own, MemorialCare has your back with Spine Health Centers available at MemorialCare Long Beach Medical Center, MemorialCare Orange Coast Medical Center, and MemorialCare Saddleback Medical Center. These centers feature world-class providers committed to improving spine health through non-surgical evaluations and treatment options, with the vast majority of patients experiencing significant improvements without any need for surgery. If you do need surgery, MemorialCare has the most advanced technologies, including the ExcelsiusGPS® — an advanced technology improving surgical accuracy, patient safety and outcomes.

At MemorialCare's Spine Health Centers, your back is cared for professionally from consultation to treatment with a clear, tailored plan to guide you toward a life free of back pain.

To learn more about how you can improve quality of care while reducing costs for your employees, contact Cathy Capaldi at ccapaldi@memorialcare.org or (714) 377-2960.



Make the one choice that takes care of everything.

We're here with all the care and convenience you need. An entire healthcare support system that 97% of patients would recommend. That's MemorialCare. Giving you access to virtual care and the ability to speak online with a provider. Serving you with 225 locations. Even providing personalized guidance online or from a patient navigator. With an experience entirely focused on your convenience and best health, make the one choice that takes care of everything.

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MemorialCare™

Orange Coast Medical Center | Saddleback Medical Center | Long Beach Medical Center
Miller Children's & Women's Hospital Long Beach | MemorialCare Medical Group | Greater Newport Physicians



Leading the Way in Shoulder Surgery at Hoag Orthopedic Institute

If you've experienced pain in your shoulder, from lifting, reaching, vigorous exercise or while trying to sleep, then you understand the debilitating nature of shoulder injuries and problems.

As an orthopedic-only hospital and ambulatory surgery center network in Orange County, Calif., Hoag Orthopedic Institute performs a high volume of shoulder surgeries and the most total shoulder replacement and revision surgeries in Orange County during 2019-2020. This means our specialty trained staff and surgeons are well equipped to handle even the most complex of cases with high quality outcomes.

"We designed our team at HOI around orthopedics-only care because when you have a group of experienced surgeons in each modality, and nurses, therapists, anesthesiologists all work together, you naturally have better outcomes," shared HOI founding sports medicine and shoulder surgeon Russell Petrie, MD. "Shoulder surgery is a true core competency at HOI and as such, we are able to evolve and perform higher quality surgeries that didn't exist 5-10 years ago."

Some of the evolutions in shoulder care, specifically with shoulder replacements have been with anesthesia and nerve blocks before surgery to minimize post-operative pain, advances in arthroscopic techniques and implants as well as CT and MRI based modeling technology to improve accuracy.

"While advances in anesthesia has made surgery far less painful, the improvement in arthroscopic techniques and better implants have led to quicker recovery and better outcomes," shares HOI shoulder surgeon Daniel DeBottis, MD. "It's important to have a discussion with your shoulder specialist regarding your diagnosis and treatment options to dispel any concerns because not all

shoulder problems and surgeries are the same."

Another key differentiator HOI offers is pre-surgery education and discharge preparation from their expert physical (PT) and occupational therapists (OT).

"Since inception, HOI has viewed PT and OT as vital to the success of patients as they continue to recover at home," shares Jennifer Brandon, PT, physical therapy program manager. "We treat patients as a whole and address their individual needs to assure they are set up for success at home, focusing on one-arm limitations in addition to any other needs they may have such as balance."

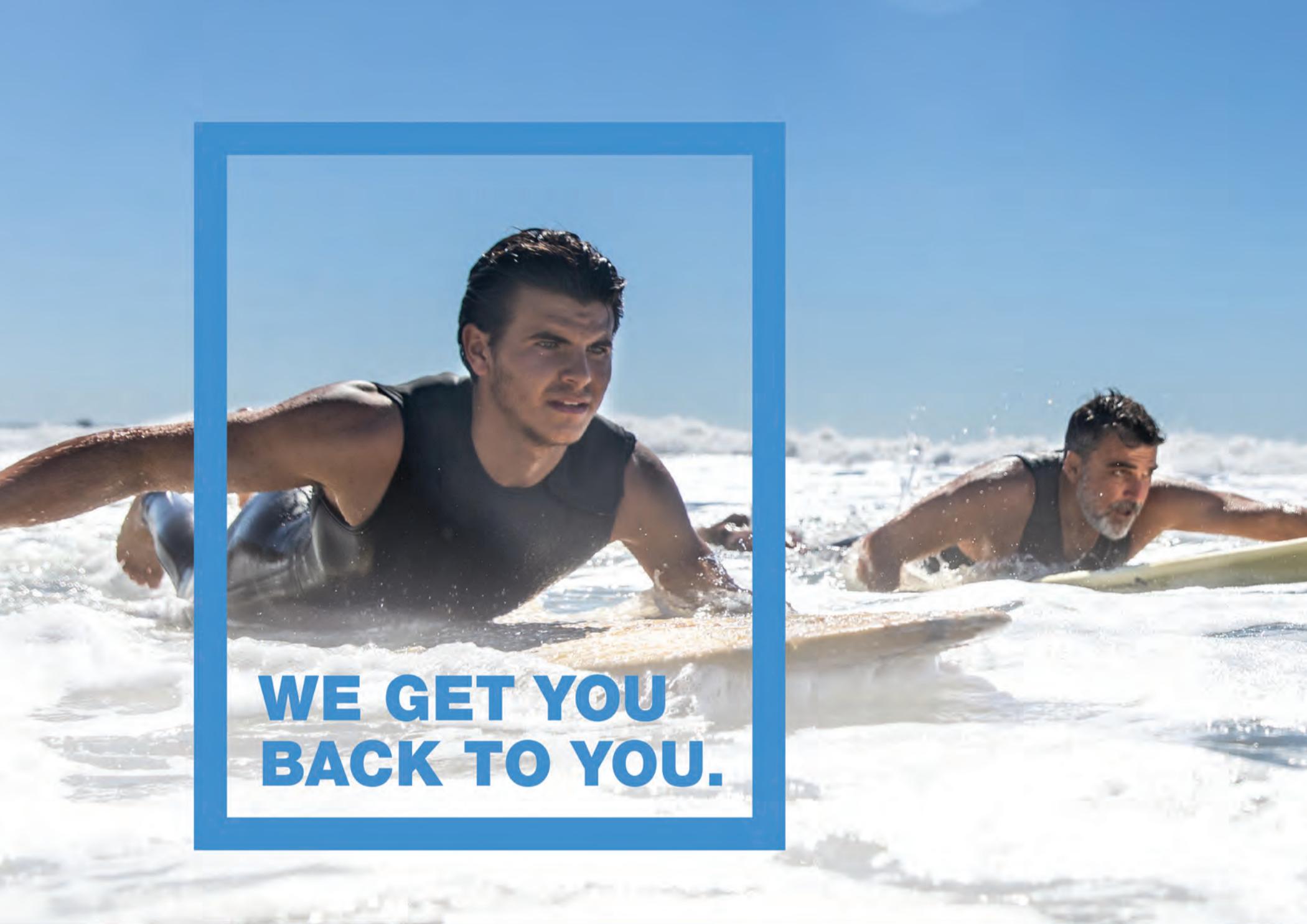
This comprehensive team approach in addition to dedicated expertise is what continues to set HOI apart.

"The shoulder joint is the most mobile and complex joint and requires great skill and technique to get superior outcomes," shares sports medicine and shoulder surgeon Taylor Dunphy, MD. "We use cutting edge technology and are consistently working to improve the outcomes of shoulder patients."

HOI Shoulder and Elbow expert Hafiz Kassam, MD also emphasizes that it's important to seek care for shoulder pain with a specialized shoulder expert.

"It is important to intervene at the right time when it comes to your shoulder because otherwise surgeries may become more complicated," Dr. Kassam shared. "When you seek the care of a shoulder expert who has that additional fellowship training, or a revision expert, they are able to treat you more effectively."





**WE GET YOU
BACK TO YOU.**

Orthopedics & Spine – It's All We Do

Of the 27 hospitals in Orange County, **only one** specializes exclusively in orthopedics and spine: **Hoag Orthopedic Institute.**

- #1 Orthopedic Hospital in Orange County and Top 1% in the Nation by *U.S. News & World Report*.
- Rated in the Top 1% of hospitals recommended by patients.
- Fellowship and specialty trained physicians and nurses focused exclusively on orthopedic and spine care.



When it comes to world-class orthopedic and spine care, choose the experts right here at Hoag Orthopedic Institute to **GET YOU BACK TO YOU.**

For more information about the world-class orthopedic care, or to find a physician, visit HOlexperts.com or call 855-299-1158.

**Hoag
Orthopedic
Institute**



Providence Wellness Care, the Key to Good Health



St. Jude | St. Joseph | Mission

She's in her 40s and sheepishly admits she hasn't seen a doctor in some 20 years. She typifies the group of patients Nancy Armanious, MD, is seeing these days – patients who have neglected their routine health care, especially during COVID-19, and want to get back on track.

So, Dr. Armanious tries to keep things light. She gets it. She has two daughters, 5 and 2, and understands how some truly important things can get pushed to the back burner.

"I tell them I'm glad they're here, that 40 is the new 30, and we have a laugh," said Dr. Armanious, a primary care provider with Providence Mission Heritage Medical Group in Foothill Ranch. "I tell them it's never too late to get on your health journey and we make sure we get their PAPs, their blood pressure and cholesterol testing up to date. And I remind them it's important to get screenings; it's the only way we can prevent bad outcomes."

At Providence, we're committed to keeping you healthy, which starts at the primary care level. We encourage our patients to get regular check-ups and health screenings so our doctors can detect disease in its earliest stage, before potentially serious conditions have a chance to develop.

Many of us let our routine health needs lapse during the past 2½ years as COVID-19 spread quickly. Unfortunately, some patients with chest pain suffered serious heart attacks and those with small tumors were later diagnosed with late-stage cancer. Too many patients of Thomas Kim, MD, a cardiologist on staff at Providence St. Joseph Hospital in Orange, waited too long for ongoing heart care.

"There is a fine line between a healthy respect for COVID and unhealthy respect that puts folks at risk," said cardiologist Dr. Kim. "We saw worsening symptoms, worsening mortality with patients who waited too long to come in for help, people who had put off seeing their doctors."

"A heart attack is much worse in later stages."

He said he urged patients to overcome their fear of COVID – stressing the extraordinary safety precautions at hospitals and clinics. Of special concern, were heart patients on medications that require regular monitoring of cholesterol levels and liver and kidney functioning.

Dr. Kim points to a recent article in the JAMA Network Open that says during the first COVID-19 surge in the U.S., from March to August 2020, there was a 2% increased risk of dying from heart disease and a 4% increase from stroke, statistics that erased a decade of gains. Significantly, for Black, Hispanic and Asian adults, these risks rose to 20% for heart disease and 13% for stroke.

The authors pointed to delayed or missed medical appointments for conditions that affect heart and vascular health such as obesity, diabetes and high blood pressure as likely causes of the increases.

Steven Kim, MD, an oncologist with Providence St. Jude Heritage Medical Group in Fullerton, said timely diagnostic screenings can identify cancer early and help avoid more complex treatment.

"We need to get back into the routine screening process and catch things early," the cancer specialist said. "This leads to less complicated treatment paradigms and better outcomes. The pandemic is becoming endemic, and it's time to be proactive again with regular physicals and screenings."

Cancer screenings, such as mammograms for breast cancer, pap smears for cervical cancer, colonoscopy or stool-based testing for colon cancer and CT scans for those at risk of lung cancer, are among the most important.

Cancer survivorship has increased the past 28 years according to annual statistics reported this year by the American Cancer Society. The risk of death fell 32% from its peak in 1991 to 2019, the most recent year for which data is available.

Some of this drop appears to be related to an increase in the percentage of people with lung cancer who are living longer after diagnosis, partly because more people are being diagnosed at early more treatable stages. Early detection of breast and colon cancers through mammograms and colonoscopies as well as new treatments contributed significantly to survivorship rates.

Your PCP will tell you when you need these screenings based on your risk, but generally:

Colonoscopy – The new recommendation is age 45, subsequent tests per doctor's direction

Lung screenings – If you smoke or otherwise are at high risk for lung cancer

Mammogram – Every year, starting at age 40

PAP – Every three years, starting in young adulthood

Prostate – Every two to three years starting at age 50

Dr. Steven Kim is optimistic that patients who have held back will now get back on track.

"While it may be true that many people have stopped getting regular care due to the pandemic, I've also seen the other side of the spectrum in my practice," he said. "People are being reminded of how important it is to prioritize their health, including preventive care. And many people who normally would not have established care with a primary care physician are coming in, often for the first time ever in their lives."

Promoting wellness, Dr. Armanious sees her role as a primary care provider as the captain of her patients' health journeys, urging key screenings and steering her patients to specialists when needed.

"We as primary care doctors take pride in managing the overall health of the patient. We help facilitate with their specialists. In fact, many times a patient comes to me after seeing their specialist and asks, "What do you think about what they said?" she said. "You have their trust and that's such an honor."

Providence is focused on simplifying health visits from making that first appointment to checking test results and paying bills online. The new Providence app guides users to same day care, including in-person clinics and virtual visits. It also features information on the latest developments in treatments for a range of conditions and other features.

[Providence.org/SoCal](https://www.providence.org/SoCal)



DISC in a Day: Innovations in Spine Surgery Creating New Care Options in Southern California

Nationwide, spine care is migrating to optimize site of service based on quality and innovation in minimally invasive techniques. One of the leaders behind this trend is Newport Beach-based DISC Sports & Spine Center, which is expanding the success of its ambulatory surgery center (ASC) and building an evidence-driven model for migrating spine surgery into the outpatient setting.

DISC, with a more than 20% year-over-year growth in spine volume since 2017, has expanded its capabilities to include complex surgeries that had once been limited to hospitals, setting a new standard for what's possible in the outpatient setting, all the while maintaining a 98% patient NPS and allowing patients to return home within a day.

"We've been building this model for more than 15 years – carefully defining the value of outpatient spine while developing a thorough understanding of what it takes to migrate care into ASCs," said DISC founding director, Dr. Robert S. Bray, Jr. "The secret to our success is a steadfast focus on clinical outcomes and patient experience that has kept our surgeons and staff operating at a gold-star quality."

After founding Cedars-Sinai's Institute for Spinal Disorders and building it into one of the largest spine programs in the country, Dr. Bray launched DISC in 2006. Recognizing that traditional spinal procedures often required lengthy hospital stays, he set out to develop the techniques, tools and protocols to make minimally invasive, outpatient spine surgery—whether simple or complex—a reality.

DISC has since then become a clear leader in its field by using a data-backed approach that improves quality, increases cost efficiency and betters patient outcomes. Earlier this year, DISC's ASC performed its 1,000th artificial disc replacement (ADR), a procedure that preserves range of motion and enables patients to quickly return to their daily life. Among those patients helped by DISC were numerous elite athletes, including a current NHL player who was one of the first professional players ever to undergo artificial disc surgery. DISC is excited to bring its unique class of surgical innovation to elevate the standard of professional



athlete care. These milestones underscore DISC's role as a clinical innovator, bringing the benefit of motion preservation and while elevating the safety of spine procedures through minimally invasive technique.

In the last few months, DISC has continued to expand its talented team of physician partners, recently welcoming pain management specialist/physiatrist Leia Rispoli, M.D. and orthopedic spine surgeon Nick Jain, M.D., both of whom are board-certified, outcome-driven and committed to DISC's gold standard of care.

Building on the learnings from its Newport Beach ASC, DISC is also at work on a new, next-level ASC and diagnostic imaging suite to be located in Los Angeles (Marina del Rey) that will provide a premium, seamless experience for patients in Southern California. With plans in place for additional DISC locations, the future is bright for transformational spine care in the outpatient setting. For more information, visit www.discmdgroup.com or call 949-988-7800.

Take the pain out of par.



Dr. Shifflett, one of the DISC MDs specializing in spine strategies that improve performance.

Spine health — the core of better performance.

We understand, you want to perform at your highest level and not have back pain get in the way. At DISC, we're experts in sports medicine. And, as the Official Partner of Red Bull Athlete Performance Center, we help some of the world's best athletes stay at the top of their game — and we can do the same for you. Make an appointment this week, meet with one of our physicians and tell us what's going on. We'll listen, and work with you to develop a plan that helps you perform at your best.

**Offices in Newport Beach and Marina del Rey.
Call 949-988-7800 today to schedule an appointment.**



Meet Jeff, a DISC patient who got rid of nerve pain so he could get back on the course.



LEARN MORE HERE.



For more information visit www.discmdgroup.com