

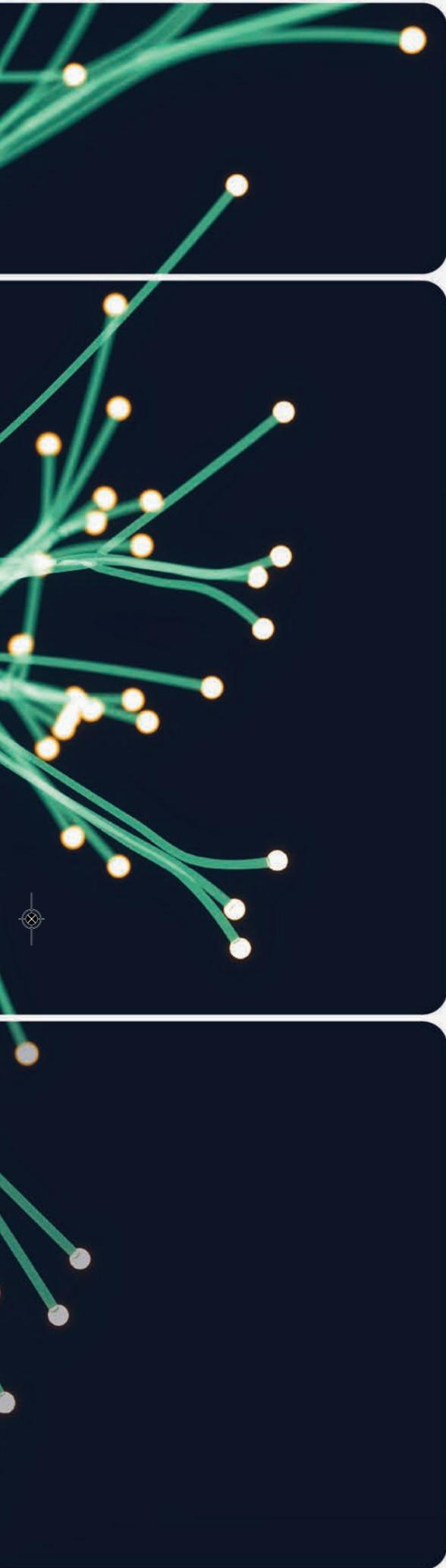
**THE FUTURE
OF HEALTH CARE
IS HERE TODAY.**

hoag.



**PRECISION-
GUIDED
INNOVATION.
EMPOWERED BY HOAG.**

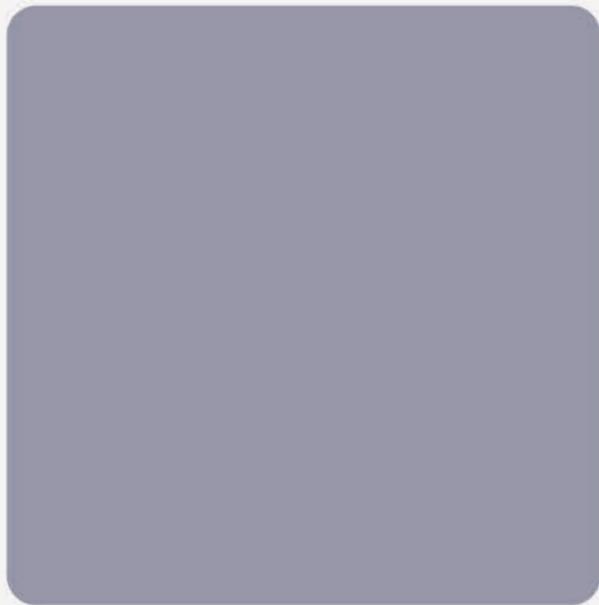
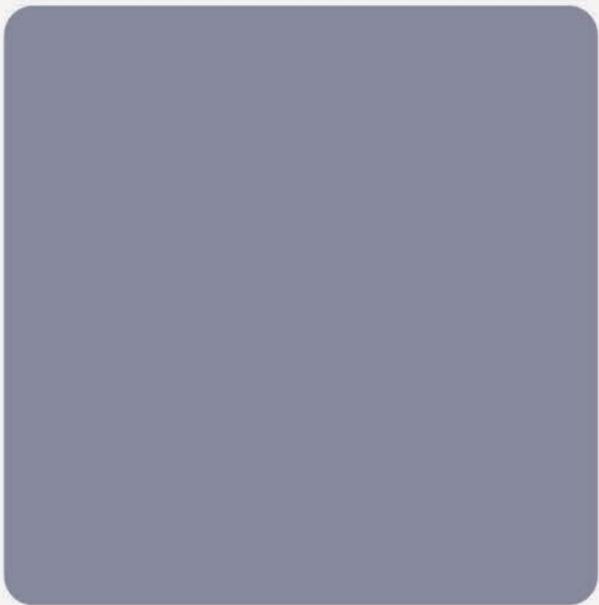
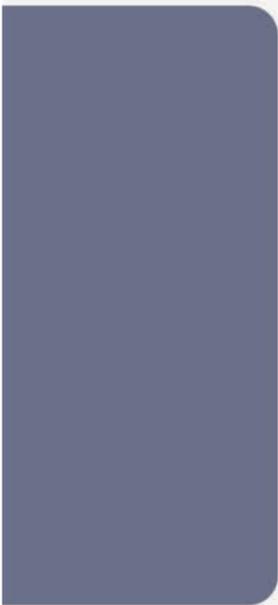
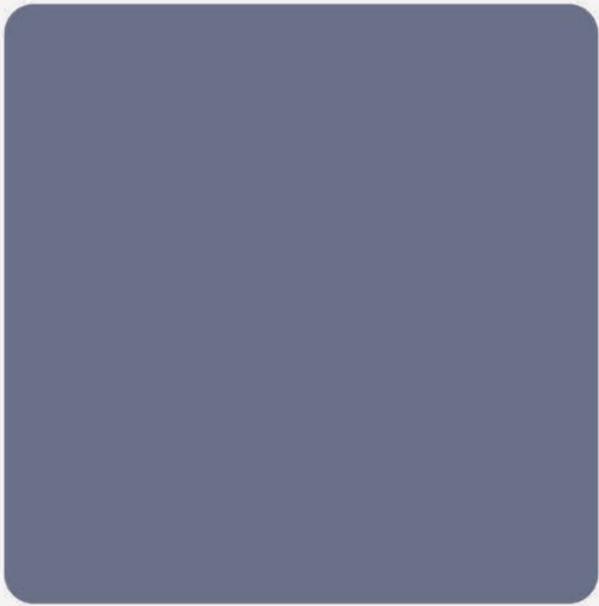
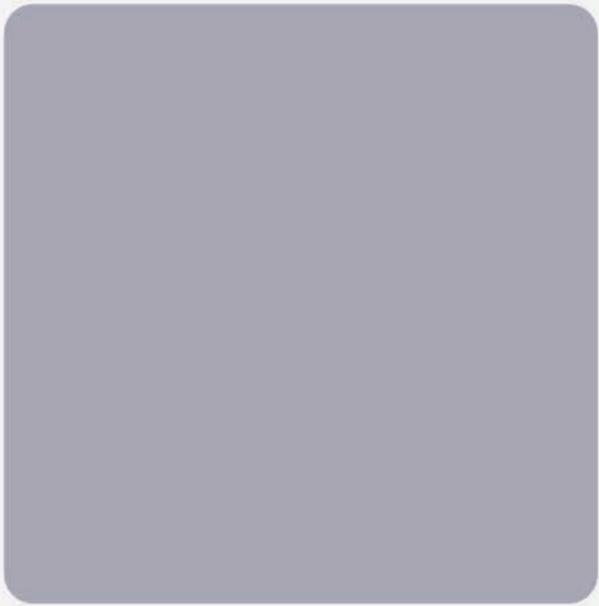
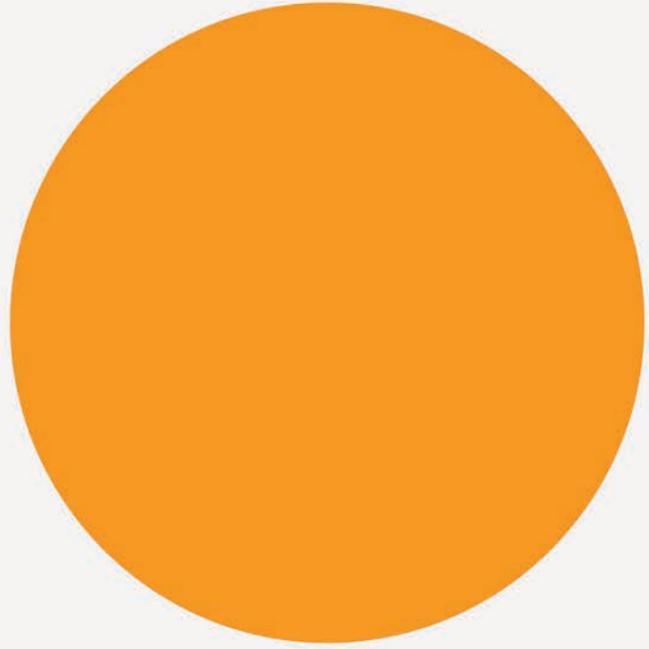
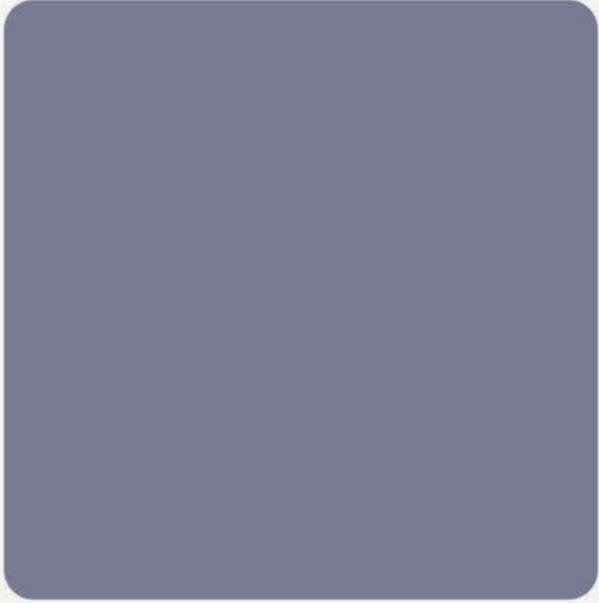
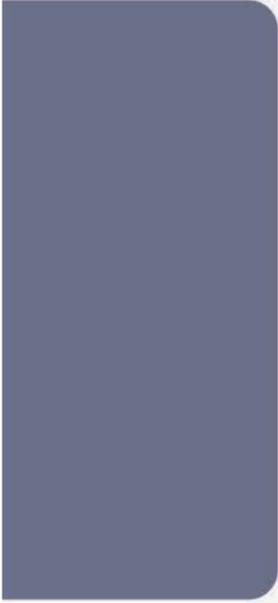
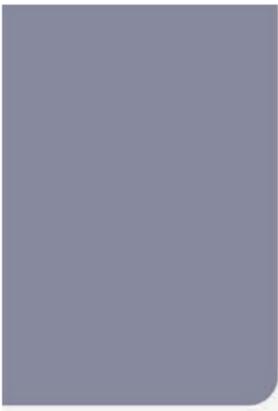




THIS IS REALITY, REIMAGINED. THIS IS PRECISION-GUIDED INNOVATION.

How do we innovate to achieve the highest medical standards and outcomes? Precisely. Our unrivaled investment in groundbreaking clinical research and state-of-the-art technologies, combined with our relentless recruitment of best-in-class physicians to guide these innovations ensures that no one needs to leave Orange County to receive the most advanced health care. Hoag is shaping the future of medicine. Right here in OC.

hoag[®]



A CATEGORY OF ONE. EMPOWERED BY HOAG.

IN THE FUTURE THERE WILL BE TWO KINDS OF HEALTH CARE SYSTEMS: THOSE WHO LIMIT CHOICE AND THOSE WHO EMPOWER CHOICE.

Welcome to the luxury of choice without compromise. There are over 5,000 hospitals in the nation. Hoag consistently ranks in the top 1%. This 1% includes a prestigious few who combine agility and personalized care with world-class medical expertise and innovation. Hoag is the only health care network, counted among this prestigious few, to call Orange County home. It all adds up to a luxury of choice rarely offered by traditional health care providers and is why we call Hoag a category of one.

hoag[®]



**WHEN IT COMES TO
LIFE'S MOST IMPORTANT
MEDICAL CHALLENGES,
WHERE DO YOU GO?**

Welcome to the Hoag Institutes. Counted among Southern California's most prestigious medical institutions, our physicians are experts in diagnosing and treating the most complex medical conditions. Our patient-centered



UNPARALLELED EXPERTISE. EMPOWERED BY HOAG.



approach to care is rooted in clinical excellence and guided by world-class teams wholly focused on helping you heal and move forward with your life. Unparalleled Expertise. World-Class Care. All within the Hoag Institutes. Right here in OC.





YOU.
EMPOWERED
BY HOAG.

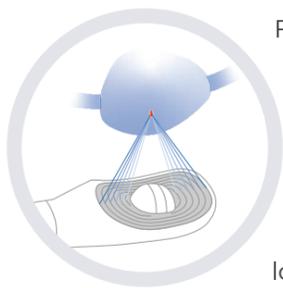


hoag.



Focal One® Robotic Focal HIFU:

A Non-Invasive and Non-Surgical Option for Prostate Cancer Patients Available in OC



Focal One Robotic Focal HIFU is a non-invasive, nonsurgical option offered to prostate cancer patients who are in the low to intermediate risk category. This technology ablates prostate tissue by focusing high-intensity ultrasound (HIFU) waves on the affected area, causing localized heating that destroys the cells in the gland without damaging the healthy surrounding tissue. Focused ultrasound works in the same way as rays of sunlight that pass through a magnifying glass and are concentrated at a single point, equally causing a significant temperature to rise around the focal point.

HIFU is the ideal treatment tool to ablate just the diseased part of the prostate. It is a non-invasive procedure with no incision, no blade, no scar, and no radiation. The real-time imaging allows for precise local ablation in one session under general anesthesia, repeatable, if necessary, with a low risk of side effects. HIFU gives men a treatment option with a low risk of urinary and sexual dysfunction when contending with a slow-growing and non-lethal cancer. The patients' quality of life is preserved with minimal time away from work and leisure activities.

This is a true outpatient procedure; the patient will be discharged and allowed to return home shortly after the procedure. Typical follow-up will include PSA testing at three months, six months, and one year, as well as an MRI image and potentially follow-up biopsies at one year to evaluate the result. This follow-up can be performed by the treating urologist.

Treatments using Focal One Robotic Focal HIFU at Hoag Hospital are performed by:



Jeffrey C. Bassett, MD



Daniel Su, MD

For more information about Focal One Robotic Focal HIFU and treatment options, visit: <https://www.hoag.org/specialties-services/cancer/treatments-services/high-intensity-focused-ultrasound-hifu/>.

Don't Let
Prostate Cancer
Slow You Down

No Surgery,
No Cutting,
No Radiation

Focal One[®]
ROBOTIC FOCAL HIFU

SURGICALTHEATER®

Transforming Medical Visualization

In the dynamic world of healthcare, the ability to visualize complex medical procedures has become an indispensable tool for both patients and healthcare professionals.

The transformation of typical 2D images into 3D 360° patient specific models empowers surgeons to push the boundaries of precision to achieve greater outcomes.

Surgical Theater, the pioneer and innovator of Virtual and Augmented Reality medical imaging, is revolutionizing the continuum of patient care by providing patients and surgeons with a deeper, never-before-seen view of the patient's anatomy.

From the moment the patient walks into the clinic, to the surgeon planning the surgery and into the operating room, Surgical Theater's 360XR (AR and VR) solutions exemplify limitless potential of innovation in medical visualization.

Imagine a patient having the ability to step inside their own body, to see their anatomy, and to understand their treatment options in a truly immersive way. Surgical Theater's 360XR visualization tools empower patients to do just that. Surgical Theater enhances communication between patients and healthcare providers, leading to more informed decisions and improved outcomes.

Now imagine a surgeon being able to "fly" through a patient's brain before performing brain surgery or to "walk" through a spine before a delicate procedure. Surgical Theater's 360XR visualization tools do just that. This level of immersive visualization empowers surgeons to create highly personalized surgical plans. They can identify potential challenges, map out the most precise incisions, and anticipate variations in anatomy – all before making a single cut.

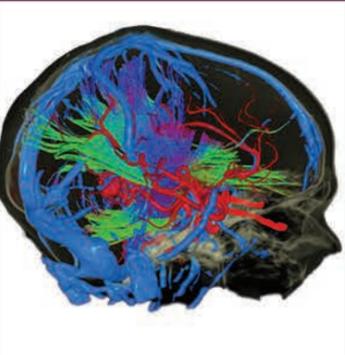
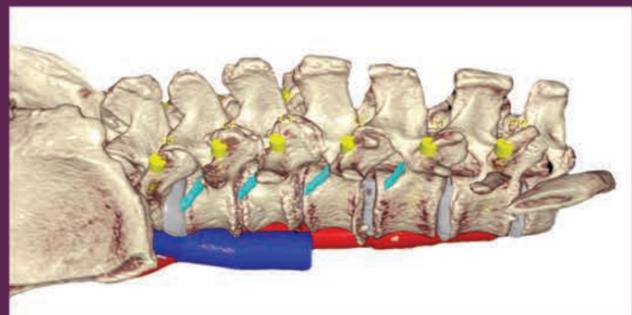
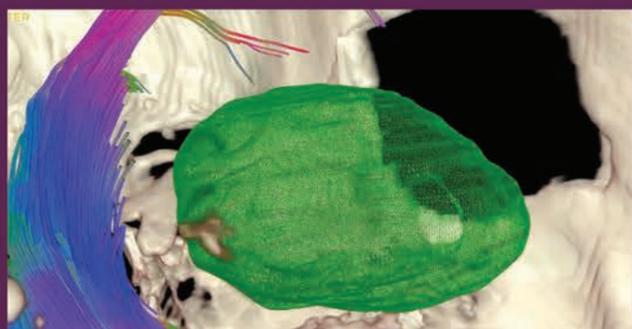
The one thing that remains constant in this evolving landscape of healthcare is the unwavering commitment to providing patients with the best possible care and surgeons with cutting-edge technologies.

This commitment to excellence is exemplified in the partnership between Surgical Theater and Hoag. At the heart of this partnership is a relentless dedication to transforming patient care.

Hoag has long been a beacon of excellence in Orange County, focusing on the well-being and satisfaction of its patients, and serving as an example of what is possible through the power of technology, in the hands of surgeons.

For more information visit www.surgicaltheater.com

*What was
virtually impossible
is now REALITY!*



*SEE
the
UNSEEN!*



We are Proud to Support Hoag's Mission

The new Sun Family Campus transforms the concept of healthcare delivery in ways that will serve the community for generations.



Changing Lives by Design®



Reshaping the Patient Experience

Our integrated team of architects, engineers, interior designers and landscape architects were honored to work with Hoag leadership and the community to explore every aspect of the health and wellness journey. The Sun Family Campus reflects our shared belief that facilities can change lives by design.

Connections to Nature

The Sun Campus will be a green, walkable health and wellness village. Connections to nature are integrated into every aspect of the site, reflecting nature's powerful role in the healing process.



The Comprehensive Patient Experience

Personalized care and a team-based approach to whole-person patient health are at the core of the Sun Family Campus design.

A New Model for Specialized Care

The campus will include a new surgical platform and specialty care institutes for cancer, digestive and women's health. Patients will have a tailored experience, depending on their specialty needs.



Thank you to Hoag and Hoag Hospital Foundation for all you do empowering the community to achieve their best health, live their best lives and do their best work



Changing Lives by Design®



Non-Operative Spine Experts at Hoag Orthopedic Institute Help Get Patients “Back to You”

Most Back Pain Does Not Require Surgery

As the highest volume provider of spine surgery in Orange County, Hoag Orthopedic Institute’s team of highly trained spine experts are committed to providing patients with high quality, evidence-based treatments. We offer a variety of therapies and surgical options so that *We Get You Back To You* in the most expeditious, conservative manner possible. Our multidisciplinary team is comprised of Orange County’s top spine experts that include fellowship-trained spinal surgeons, physiatrists, and physical therapists.

“When patients come in for an evaluation at Hoag Orthopedic Institute, we are looking comprehensively at the patient to ensure they receive the optimal course of treatment,” shared Jeremy Smith, MD, Division Chief of Spine Surgery at HOI.

“Non-operative methods are routinely the first line of treatment. If surgery is later indicated, we utilize the most up-to-date and advanced technology that helps guide and optimize the surgical approach in the most minimally invasive way, all while ensuring we maximize the safety of the patient.”

HOI’s Back to You Program

Most spinal conditions can be treated non-surgically and will respond well to conservative care. Hoag Orthopedic Institute physicians assess each patient individually and determine what approach would best address pain and symptoms. That may be surgery, spinal injections, physical therapy or a cognitive behavioral approach.

HOI has developed its own evidence-based spine strengthening physical therapy program Back to You in collaboration with ProSport Physical Therapy and Performance and Sports Conditioning & Rehabilitation (SCAR), which emphasizes spinal strengthening and measurable outcomes. The program is a unique, evidence-based approach to treating back pain that includes:

- A circuit based spinal strengthening program with individual measurements to document progress
- Education to promote an understanding of the physiology of pain
- Education on the role that diet and inflammation play in pain

“Our goal is to help patients understand their sore back, improve their functional mobility, decrease any fears associated with movement, and decrease flair-ups,” shares Mark Hambly, MD, an orthopedic surgeon and director of the HOI non-operative spine program. “Typically, as one becomes stronger, they become more functional, have less pain, and can return to their favorite activities.

Non-Operative Options to Treat Back Pain may include:

- Physical Therapy
- Exercise – Pilates, Tai Chi
- Spinal Injections
- Interventional Spinal Therapeutics
- Oral Pain Medication
- Acupuncture
- Cognitive Behavioral Therapy

Non-operative Spine Experts at HOI

HOI experts recommend that you might want to start by seeing a physiatrist if your insurance allows you to bypass your primary care physician. If you see your primary care physician initially for back pain, they may refer to you one of the following experts first:

Physiatrists are medical doctors who specialize in physical medicine and rehabilitation. If necessary, they order the appropriate testing and imaging. Physiatrists treat patients with injections and other minimally invasive modalities.

Physical Therapists are licensed health care clinicians that specialize in spinal rehabilitation. HOI’s physical therapy program Back to You is focused on evidence-based spinal strengthening treatment that provides objective feedback on your progress. Proper movement and exercise are key elements to healing and managing back pain.

If your situation requires one, a referral will be made to one of our fellowship-trained spinal surgeons for further evaluations.

When it comes to orthopedic and spine care, no one is better at getting you back to you.

To connect with one of HOI Spine’s experts, please call 855-999-4641 or visit HOIExperts.com/Spine.



Hoag
Orthopedic
Institute

SPINE



**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](https://www.HOlexperts.com) or call 855-299-1158.

**Hoag
Orthopedic
Institute**



NEWPORT HARBOR ANESTHESIA CONSULTANTS MEDICAL GROUP PROVIDES HIGHEST QUALITY CARE

Newport Harbor Anesthesia Consultants Medical Group (NHAC) was founded over 33 years ago and has grown with the community into a diverse group of 75 physicians. Well-known as a premier group of anesthesiologists in Orange County, NHAC is a physician-only practice where doctors are committed to directly providing the highest quality anesthesia care. The group is proud of over three decades of exclusive partnership with Hoag Hospital and its affiliated locations. NHAC has also been a partner with Hoag Orthopedic Institute since its inception and cares for patients at several other private centers throughout the county.

The group's physicians are carefully recruited and have trained at trusted and renowned institutions including Harvard, Stanford, UCI, UCLA, UCSF, USC, Virginia Mason, and Yale. Many group members have additional fellowship training in specialized fields of anesthesiology including Cardiothoracic, Obstetric, Critical Care, Neurosurgical, Regional, and Pain Management. Members are also leaders in state and national professional anesthesia organizations.

NHAC remains on the forefront of advances in anesthesiology to deliver modern, state-of-the-art anesthesia care. The group leads the way in multimodal pain management, reduction of delirium and cognitive dysfunction, blood-product conservation, regional anesthesia, and use of advanced imaging including 3D echocardiography. Utilizing these techniques along with customized electronic record keeping and medication delivery systems, NHAC provides "Enhanced Recovery After Surgery" programs to improve outcomes in most specialties.



At Hoag, NHAC is among a select few private departments in the world to achieve the designation as an Obstetric Anesthesia Center of Excellence. The group was also awarded the Four-Star Excellence Award by Professional Research Consultants for being a top anesthesia group in the nation and received the maximum stars from Medicare on all reported quality measures.

NHAC provides excellence in anesthesia care for everyone from the healthy to the critically ill—in the operating room, labor floor, ICU, endoscopy center, cardiac cath lab, interventional radiology suite, and ambulatory surgery center. The group is honored to care for patients in this community, values its strong professional partnerships, and is committed to continuing to provide the safest and most comforting patient experience.



Newport Harbor Anesthesia Consultants Medical Group
351 Hospital Rd, Suite 420
Newport Beach, CA 92663
(949) 424-NHAC (6422)
newportharboranesthesia.com



ADVOCATING EXCELLENCE · FOSTERING COLLABORATIVE SOLUTIONS



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