

EXECUTIVE HEALTH & FITNESS



Hoag Orthopedic Institute | Spine



Hoag Orthopedic Institute Spine delivers world class care at every level, from non-operative to the most complex surgeries.

- Only Specialty Spine Hospital in Orange County
- 6 surgery centers in Orange County and Los Angeles County
- Physical Therapy partnership with ProSport & Sports Conditioning & Rehabilitation (SCAR)
- Research and Academic approach with Spine Fellowship Program

Our Team of Experts

- 23 Fellowship Trained Orthopedic and Neuro Spine Surgeons

+Gerald Alexander, M.D.
+Raed Ali, M.D.
+Michael Burdi, M.D.
+Jeffrey Deckey, M.D.
+Payam Farjoodi, M.D.
+Michael Gordon, M.D.
+Stephen Keun-Heng Huo, M.D.
+Nickul Jain, M.D.
+Sanjay Khurana, M.D.
+Vu Le, M.D.
+Richard Lee, M.D.
+Jason Liauw, M.D.

+Eric Lin, M.D.
+Rojev Melikian, M.D.
+Hamid Mir, M.D.
+Todd Peters, M.D.
+Alexandre Rasouli, M.D.
+Kasra Rowshan, M.D.
+Grant Shifflett, M.D.
+Jeremy Smith, M.D.
+Kushagra Verma, M.D.
+Michael Weinstein, M.D.
+Jon White, M.D.

- 8 Pain Management specialists
- Dedicated Spine Nurses and Physical Therapists
- Dedicated Spine Nurse Navigator to support the patient journey

As a nationally ranked organization and the only hospital in Orange County focusing exclusively on orthopedic and spine care, HOI's doctors, nurses, physiatrists, pain management specialists, physical therapists and more are specially trained to help our patients achieve the highest outcomes and patient experience.

HOI Non-Operative Spine Care Options

Back to You Spine Strengthening Physical Therapy Program

"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, 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."

Physical Therapy Partnership

Like HOI, ProSport and SCAR are well known in the community for superior outcomes in their comprehensive rehabilitation services for all patients.

Pain Management

Our board-certified physiatrists, work in collaboration with our spine doctors to provide noninvasive and minimally invasive evidence-based pain management treatments to help patients effectively manage their pain while carefully assessing and treating their underlying conditions.

Surgical Options

"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," shared Jeremy Smith, MD, Division Chief of Spine Surgery at HOI.

- Degenerative Disc Disease - Cervical, Thoracic, Lumbar
- Discectomy, Decompression, Spinal Fusion
- Minimally Invasive Spine (MIS)
- Artificial Disc - Motion Preservation
- Complex Spine Surgery - Deformity, Tumor & Trauma

To learn more about HOI Spine and locations, visit [HOIExperts.com/Spine](https://www.hoiexperts.com/spine) or call **866-327-0847**

Hoag
Orthopedic
Institute



SPINE

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

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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

Optimizing healthcare for executives



Photograph by Jared Novakovich

For the busy executive, multiple appointments and wait times can be a reason to delay care.

That is why having access to an executive health program that coordinates your care in one appointment is essential to staying on track with your health goals, says Dr. Ronald M. Tilsen, medical director of the UCI Health Executive Health Program.

For more than 30 years, the UCI Health Executive Health program — Orange County's first — has partnered with individuals, top companies and business leaders to provide thorough health and wellness assessments.

Tilsen, a longtime provider of executive and concierge healthcare services in Orange County, believes in building a long-lasting partnership with his patients to help them achieve their personal goals and optimal health.

Why is it important to join an executive health program?

Life expectancy has extended, but for many, the quality of life has not improved with longevity. Clinicians spend a considerable amount of time managing chronic diseases. However, we know lifestyle modifications can help patients to live longer and better lives than earlier generations.

The goal of the UCI Health Executive Program is to develop a comprehensive care plan that empowers leaders to improve their health and prevent disease now and in the future.

What does the UCI Health Executive Health program offer?

Our team of experienced and empathetic staff work with patients one-on-one to create a comprehensive and personalized health assessment and physical. Everything about the patient experience is carefully planned to maximize the patient's time and have a positive effect on their health and wellness.

As part of an academic health system, our patients have access to the region's largest team of medical experts, innovative research and the most advanced diagnostic and treatment technologies.

What happens during an executive health appointment?

At UCI Health, we conduct an initial intake assessment, which includes an extensive interview to understand the patient's lifestyle and current health status. Then, we perform a comprehensive physical examination that includes a fitness test.

Diagnostics may include vision and hearing screenings, laboratory blood testing, body composition assessments, cardiovascular studies and cognitive tests. We also offer genetic testing to determine susceptibility to various diseases and drug sensitivities, as well as early detection of more than 40 cancers beyond current standard screenings. Appointments may last up to three hours.

We refer patients to the experts at UCI Health when a health concern requires follow-up care. Our team also coordinates care with the patient's primary care physician.

How does the affiliation with the Susan Samueli Integrative Health Institute benefit patients?

Our affiliation with the Susan Samueli Integrative Health Institute enables us to add another dimension of evidence-informed, whole-person care. By bringing together conventional and integrative approaches to healthcare, we are better positioned to address both the physical and emotional state of our patients. They have access to healing modalities such as acupuncture, massage therapy, biofeedback and mindfulness, as well as classes for weight management and nutritional counseling all under one roof.

Learn more at ucihealth.org/executivehealth

UCI Health

UCI Health

Expert care within reach.

No matter who you are or what you need, we are here for you with the groundbreaking care you deserve.

From primary care to specialty care and clinical trials, UCI Health offers compassionate, evidence-based care delivered by world-renowned experts who are part of Orange County's only academic health system.

Learn more at ucihealth.org





No more wait, no more hassle: Hoag's Compass offers world-class healthcare that's accessible anytime, anywhere

ORANGE COUNTY – As we head into a future of health care where consumer centric needs must be addressed, the Digital team at Hoag strongly felt that regardless of what technology led products were built a human experience was most important.

A key aspect of building digital health products must center around the customer and what problems any product built would solve. Hoag Compass was created after spending significant time with the Orange County Community to learn where the gaps were within the Healthcare journey and what products would impact health outcomes positively.

The feedback from consumers was simple - They wanted a more personalized experience, convenient and accessible ways to quality care and easy access to specialty care.

Compass Melds Hoag's Renowned Healthcare with a Cutting-Edge Digital Experience

Hoag listened to the patient community by creating Compass, the premier digital healthcare membership.

Compass isn't just another "one-click doctor shopping" mobile app—it's a reimagined primary care experience offering a range of unmatched benefits:

- **Instant Access:** The days of waiting weeks and months to see a doctor are over. With Compass, same and next-day appointments are at your fingertips.
- **Continuity of Care:** In a world of revolving-door physicians, Compass stands out by ensuring that patients see the same doctor consistently, offering a continuous and personalized care experience.
- **Virtual Convenience with a Personal Touch:** While Compass gives virtual consultations for efficiency, it also recognizes the importance of in-person care. Compass members have the flexibility to transition from screen to a clinic whenever they want.
- **Concierge Care Coordinator** - We understand healthcare is complex. Your Care Coordinator will help simplify your experience by answering questions, booking visits with Hoag's award-winning specialists and more.
- **Extended Hours:** Recognizing the long hours that professionals often keep, Compass offers extended appointment times, so healthcare doesn't become a 9-to-5 constraint.

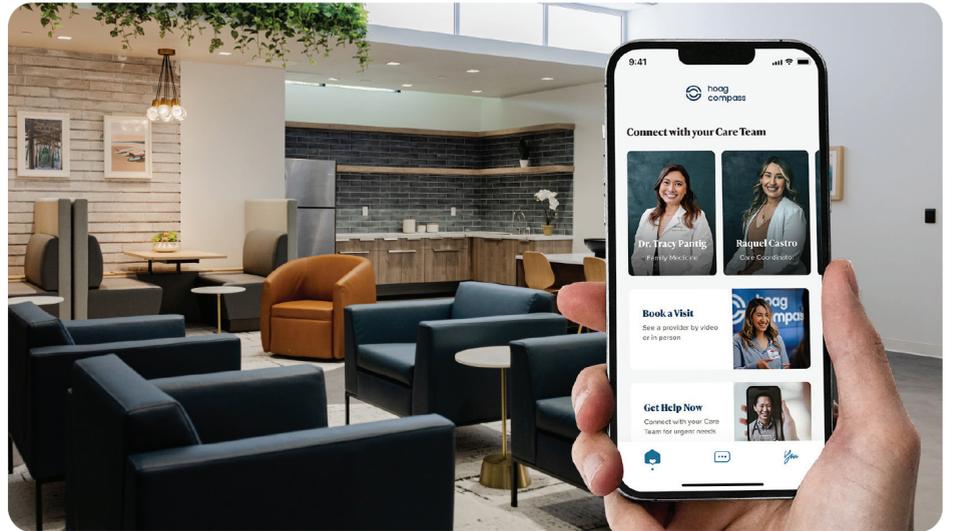
An Invitation to Join Compass Today

As we stand on the cusp of a new year, Hoag is committed now more than ever to offering quality healthcare in a digital age. **Hoag invites you to experience Compass, a blend of world-class healthcare and innovation, with a free 7-day membership trial.**

After the trial period, if patients choose to join Compass, it's only \$50 per month. A Compass membership enhances their existing PPOs or EPOs.

For more information, please visit <https://www.hoagcompass.com/> or call (949) 557-0951.

Dr. Pantig and her team at Compass are delighted to offer this innovative experience to the Orange County community. Many of Dr. Pantig's patients grew up in the surrounding area, so they already know the Hoag brand and have the highest regard for the Hoag Medical Network.



Dr. Tracy Pantig: The Compass 'North Star'

At the helm of this transformative initiative is Dr. Tracy Pantig, a Primary Care Physician who perfectly encapsulates the essence of Hoag's commitment.

Dr. Pantig reflects, *"Our patients are more than just a chart to us. I want to understand what's happening in their lives, how their stresses might be impacting their health. At Compass, we're not just treating symptoms; we're striving for holistic health. It's essential for patients to see the value in our recommendations, as we shift from mere sick care to true healthcare."*

Dr. Pantig's sentiments mirror the broader vision of Compass: continuity of care. Compass ensures that patients maintain consistent interaction with their dedicated doctor.

It's a member benefit that has garnered rave reviews. Paul Daftarian, a prominent Orange County realtor and Compass member, summed it up:

"I can't believe the value that's provided for easy access to incredible care and Dr. Pantig is exactly the proactive type of doctor that I've been looking for."

This commitment to patient-centered care is evident in the experiences of Compass members. "We recently had one of our members who is an avid surfer see me for a re-occurring ear infection and ultimately needed to see an ENT specialist.

He saw me at 11 am the same day his earache developed to address his immediate condition. Then by 5 pm that same day, he also had an ENT appointment scheduled for two days later, so he could have a more thorough ear examination. This ENT appointment was booked by his Compass Care Coordinator, without any extra effort on the patient's part. Without his Compass membership, it could have taken him a month or even longer to see a top ENT elsewhere," says Dr. Pantig.

Dr. Pantig believes that in this hectic, stressful, and uncertain world, patients need accessible, reliable, and holistic healthcare now more than ever.

"You want that one place that has everything for you," she says.

Finally, Orange County professionals have a healthcare option as dynamic and ambitious as they are.



hoag
compass



Avoid the wait. Get *convenient* *care* today.

The only primary care that combines the convenience of digital access with Hoag's world-class specialty care network.



Same & Next-Day Physician Access

Minimal wait times and extended availability with our lead Hoag physician, Dr. Tracy Pantig, MD. Virtual or in-person.



Concierge Care Coordination

Concierge coordinators to help you book follow-ups and specialist referrals and ensure you'll get answers to your questions within 24hrs



Data-driven Personalized Care

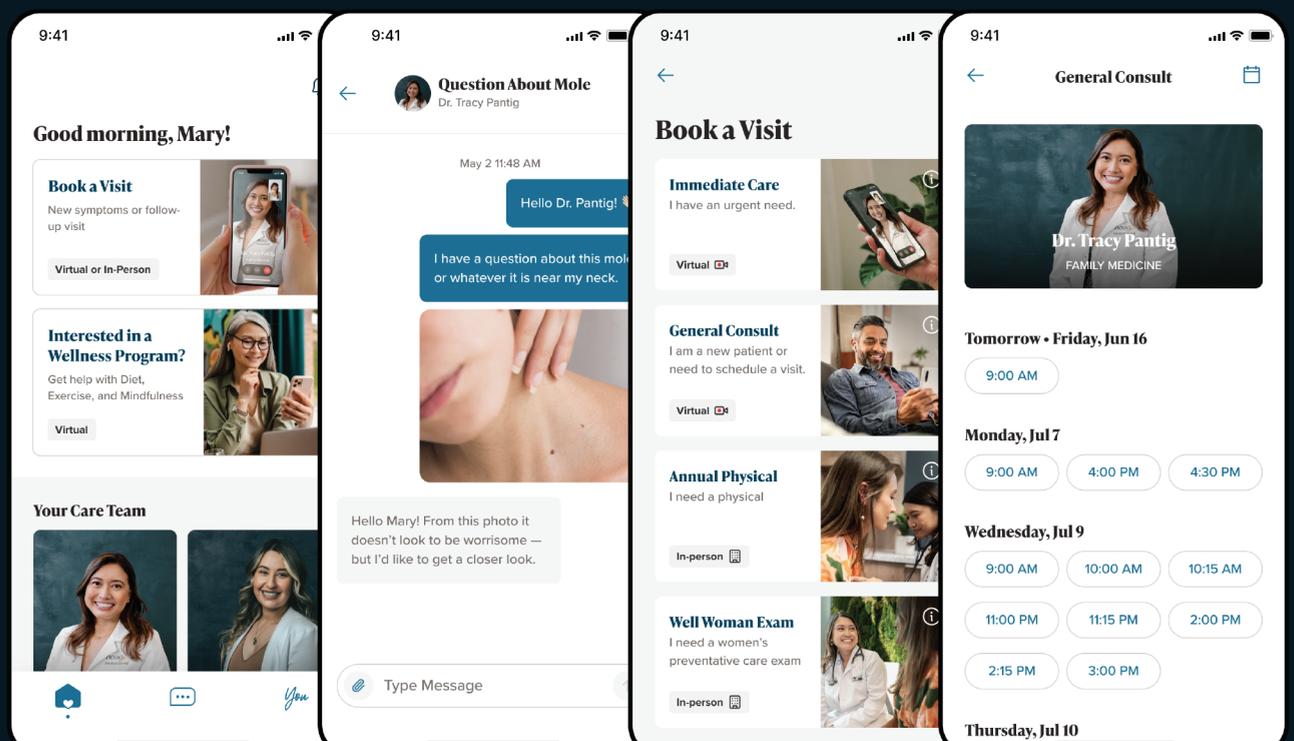
Holistic analysis of advanced labs to help you solve acute needs and understand how to best optimize your lifespan and healthspan.

Get a *free 7-day trial* of Hoag Compass

After your trial, continue experiencing Hoag Compass' expanded services and care team for only \$50/month. Clinical visits are billed to your insurance like a typical doctor's office.



Scan the QR code above or visit hoagcompass.com



City of Hope Offers Orange County's Most Advanced Suite of Radiation Oncology Technology



Percy Lee, M.D. (L), Amanda Schwer, M.D. (R), and members of the City of Hope Orange County radiation oncology team

City of Hope Orange County Lennar Foundation Cancer Center is home to some of the best minds in radiation oncology in the nation. The comprehensive cancer research and treatment center is also the only location in Orange County with a leading-edge technology suite containing 3 of the most innovative radiotherapy systems — in the most advanced configurations — available anywhere.

MRIdian Linac

The MRIdian Linac merges two technologies — magnetic resonance imaging to precisely locate tumors and a state-of-the-art linear accelerator for the most accurate treatment delivery. This combined system allows for near real-time, on-table adaptive radiation therapy to adjust the radiation beams in exquisite detail as the patient's anatomy shifts, giving our physicians much greater control to optimize and customize the treatment plan. This is also known as MRI-guided radiation therapy.

Ethos by Varian

The Ethos system leverages artificial intelligence (AI) and CT images obtained while the patient is in treatment to offer CT-guided adaptive radiation therapy that combines image-guided radiation with the ability to customize radiation therapy during treatment. This personalizes the therapy based on the patient's anatomy and position at the time of treatment. City of Hope is the first in Orange County to launch an Ethos adaptive radiation program.

TrueBeam by Varian

TrueBeam radiotherapy system provides options for treatment techniques enabling clinicians to treat a wider array of cancer cases using a diverse range of radiation therapies.

“The broad range of treatment technologies in our radiation oncology suite combined with quicker treatment times means our team can care for more patients each day, and patients with particularly challenging diagnoses can be treated in fewer treatment sessions,” said Percy Lee, M.D., FASTRO, Medical Director of Orange County & Coastal Region Radiation Oncology, City of Hope Orange County, and Vice Chair of Clinical Research, Department of Radiation Oncology, City of Hope.



The radiation oncology technology control room

A pioneering physician leader at the forefront of innovation, Lee has established the radiation oncology research network from the ground up at City of Hope Orange County Lennar Foundation Cancer Center — the most advanced comprehensive cancer center in Orange County — where he is part of a team of renowned physician-scientists leading next-level cancer treatment and research.

Recently named a top 10 cancer center in the United States for the second consecutive year, City of Hope is home to a team of 600 physicians and more than 1,000 researchers and scientists who only focus on treating and curing cancer.

Hope is where cancer loses and life wins.
888.333.HOPE (4673) | CityofHope.org/OC



LENNAR FOUNDATION CANCER CENTER, IRVINE

REGIONAL CLINICS IN

- Huntington Beach
- Irvine Sand Canyon
- Long Beach Elm
- Long Beach Worsham
- Newport Beach

HOPE

leads the nation in bone marrow
and stem cell transplants

HERE



City of Hope[®] | ORANGE COUNTY

City of Hope has performed more than 18,000 bone marrow and stem cell transplants. And each success means another sunset, another birthday, another smile. From diagnosis to survival, it all adds up to your best hope. Cancer loses. Life wins.

HOPE LIVES HERE

LEARN HOW TO NAVIGATE A CANCER DIAGNOSIS.

888.333.HOPE (4673) | [CityofHope.org/OC](https://www.CityofHope.org/OC)

Tanya Siddiqi, M.D., Medical Director, Division of Lymphoma, City of Hope Orange County



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