

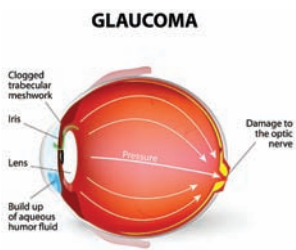
Cervical Health Awareness Month



CERVICAL CANCER **TEN WARNING SIGNS**
GLAUCOMA **THREE COMMON TYPES** | **NEW YEAR** **NEW YOU**



3 cervical cancer AWARENESS
causes and symptoms.



5 glaucoma AWARENESS
common types and their symptoms.



6 new you HAPPY NEW YEAR
healthy habits, healthy lifestyle.



7 healthy community IDEAS CENTER
cornelia connelly school open new center.



9 community HEALTH CALENDAR
health classes presented by PIH Health.

featuring

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JOINT REPLACEMENT CENTER

Long Beach Memorial

WHAT IS CERVICAL CANCER?

Cervical cancer is cancer that starts in the cervix, the narrow opening into the uterus from the vagina. The normal “ectocervix” (the portion of the uterus extending into the vagina) is a healthy pink color and is covered with flat, thin cells called squamous cells. The “endocervix” or cervical canal is made up of another kind of cell called columnar cells. The area where these cells meet is called the “transformation zone” (T-zone) and is the most likely location for abnormal or precancerous cells to develop.

Most cervical cancers (80 to 90 percent) are squamous cell cancers. Adenocarcinoma is the second most common type of cervical cancer, accounting for the remaining 10 to 20 percent of cases. Adenocarcinoma develops from the glands that produce mucus in the endocervix. While less common than squamous cell carcinoma, the incidence of adenocarcinoma is on the rise, particularly in younger women.

More than 12,000 women in the United States will be diagnosed with cervical cancer each year, and more than 4,000 of women will die. Cervical cancer is the second most common type of cancer for women worldwide, but because it develops over time, it is also one of the most preventable types of cancer. Deaths from cervical cancer in the United States continue to decline by approximately 2 percent a year. This decline is primarily due to the widespread

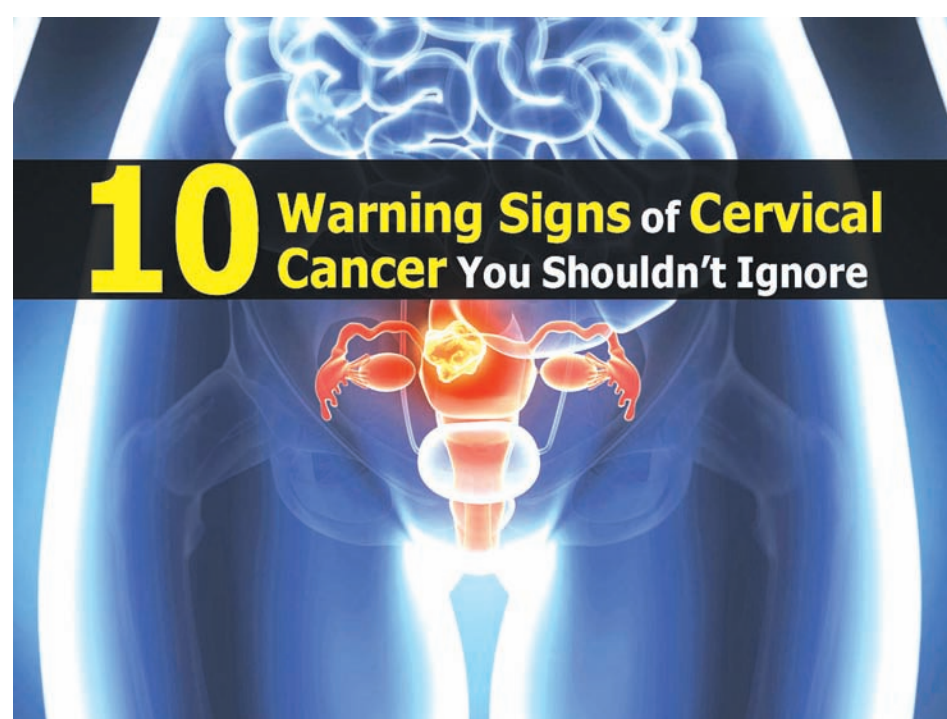
use of the Pap test to detect cervical abnormalities and allow for early treatment. Most women who have abnormal cervical cell changes that progress to cervical cancer have never had a Pap test or have not had one in the previous three to five years.

Cancer of the cervix tends to occur during midlife. Half of the women diagnosed with the disease are between 35 and 55 years of age. It rarely affects women under age 20, and approximately 20 percent of diagnoses are made in women older than 65. For this reason, it is important for women to continue cervical cancer screening until at least the age of 70. Some women need to continue screening longer, so ask your health care provider what’s best for you.

What causes cervical cancer?

Human papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100 different types of HPV, most of which are considered low-risk and do not cause cervical cancer. High-risk HPV types may cause cervical cell abnormalities or cancer. More than 70 percent of cervical cancer cases can be attributed to two types of the virus, HPV-16 and HPV-18, often referred to as high-risk HPV types.

HPV is estimated to be the most common sexually transmitted infection in the United States. In fact, by age 50 approximately 80% of women have been infected with some type of HPV. The majority of women infected with the HPV virus do NOT develop cervical cancer. For most women the HPV infection does not last long; 90% of HPV infections resolve on their own within 2 years. A small number of women do not



clear the HPV virus and are considered to have “persistent infection. A woman with a persistent HPV infection is at greater risk of developing cervical cell abnormalities and cancer than a woman whose infection resolves on its own. Certain types of this virus are able to transform normal cervical cells into abnormal ones. In a small number of cases and usually over a long period of time (from several years to several decades), some of these abnormal cells may then develop into cervical cancer.

Symptoms of Cervical Cancer

Precancerous cervical cell changes and early cancers of the cervix generally do not cause symptoms. For this reason, regular screening through Pap and HPV tests can help catch precancerous cell changes early and prevent the de-

velopment of cervical cancer.

Possible symptoms of more advanced disease may include abnormal or irregular vaginal bleeding, pain during sex, or vaginal discharge. Notify your healthcare provider if you experience:

Abnormal bleeding, such as Bleeding between regular menstrual periods Bleeding after sexual intercourse Bleeding after douching Bleeding after a pelvic exam Bleeding after menopause Pelvic pain not related to your menstrual cycle Heavy or unusual discharge that may be watery, thick, and possibly have a foul odor Increased urinary frequency Pain during urination These symptoms could also be signs of other health problems, not related to cervical cancer. If you experience any of the symptoms above, talk to a healthcare provider

Feel more comfortable living in the moment.

Pelvic pain can hold you back. Our treatment options for uterine fibroid tumors can help.

A long walk with a close friend. A night out dancing. Simply hanging out with loved ones. Life is made up of moments we don't want to miss. If you're dealing with pelvic pain or excessive bleeding from uterine fibroid tumors, it can be difficult to live life to the fullest. Fortunately, the experts at PIH Health can help. Utilizing the latest technologies and techniques, our compassionate team is ready with a range of treatment options from medication treatments to minimally invasive procedures, so you can experience life uninterrupted by pelvic pain.

To learn about treatment options for uterine fibroid tumors, call **562.967.2876** or visit **PIHHealth.org/Women**



WEST NILE VIRUS

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So What Can **You** Do?

DUMP STANDING WATER

Mosquitoes need stagnant water to lay their eggs. You can find these sources in things like:

- Plant saucers
- Pet water bowls
- Buckets
- Old tires
- Containers with plant cuttings
- Toys in the yard
- Uncovered recyclables



USE INSECT REPELLENT

Get insect repellent that contains any of the following EPA-registered active ingredients:

- DEET
- Picaridin
- Oil of Lemon Eucalyptus
- IR3535



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**Greater Los Angeles County
Vector Control District**

www.ReportMosquitoes.org

562-944-9656



Common Types of Glaucoma and Their Symptoms

Primary Open-Angle Glaucoma

This is the most common form of glaucoma, affecting about three million Americans. It happens when the eye's drainage canals become clogged over time.

The inner eye pressure (also called intraocular pressure or IOP) rises because the correct amount of fluid can't drain out of the eye.

With open-angle glaucoma, the entrances to the drainage canals are clear and should be working correctly. The clogging problem occurs further inside the drainage canals, similar to a clogged pipe below the drain in a sink.

Most people have no symptoms and no early warning signs. If open-angle glaucoma is not diagnosed and treated, it can cause a gradual loss of vision. This type of glaucoma develops slowly and sometimes without noticeable sight loss for many years.

It usually responds well to medication, especially if caught early and treated.

Angle Closure Glaucoma

This type of glaucoma is also known as acute glaucoma or narrow angle glaucoma.

It is much more rare and is very different from open-angle glaucoma in that the eye pressure usually rises very quickly.

This happens when the drainage canals get blocked or covered over, like a sink with something covering the drain.

With angle-closure glaucoma, the iris is not as wide and open as it should be. The outer edge of the iris bunches up over

the drainage canals, when the pupil enlarges too much or too quickly. This can happen when entering a dark room.

A simple test can be used to see if your angle is normal and wide or abnormal and narrow.

Symptoms of angle-closure glaucoma may include headaches, eye pain, nausea, rainbows around lights at night, and very blurred vision.

Treatment of angle-closure glaucoma usually involves either laser or conventional surgery to remove a small portion of the bunched-up outer edge of the iris. Surgery helps unblock the drainage canals so that the extra fluid can drain.

If you have angle-closure glaucoma in one eye, doctors may go ahead and treat the other eye as a safety measure.

In general, surgery for angle-closure glaucoma is successful and long lasting. Regular checkups are still important though, because a chronic form of glaucoma could still occur.

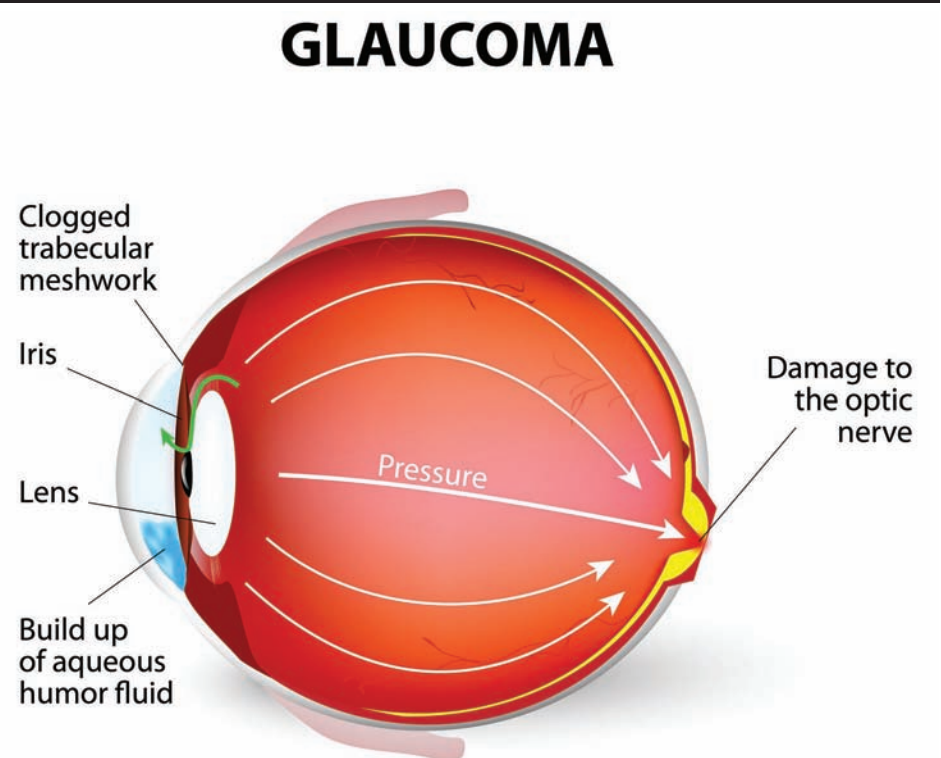
Normal-tension glaucoma

Also called low-tension or normal-pressure glaucoma, in normal-tension glaucoma the optic nerve is damaged even though the pressure in the eye is not very high.

Doctors do not know why some people's optic nerves are damaged even though they have almost normal pressure levels.

Those at higher risk for this form of glaucoma are people with a family history of normal-tension glaucoma people of Japanese ancestry people with a history of systemic heart disease such as irregular heart rhythm.

Normal-tension glaucoma (NTG), also known as low tension or normal pressure glaucoma, is a form of glaucoma in which damage occurs to the optic nerve without eye pressure exceeding the normal range. In general, a "normal" pressure range is



between 12-22 mm Hg.

What Causes Normal-tension Glaucoma?

The causes of NTG are still unknown. For some reason, the optic nerve is susceptible to damage from even the normal amount of eye pressure. Researchers continue to examine why some optic nerves are damaged by these relatively low eye pressure levels.

How Normal-tension Glaucoma is Diagnosed

NTG is diagnosed by observing the optic nerve for signs of damage. This can be done in one of two ways.

In one procedure, an instrument called an ophthalmoscope is held close to the eye. In a darkened room, the light from the ophthalmoscope allows the doctor to look through the pupil and examine the shape and color of the optic nerve. A nerve that is cupped or is not a healthy pink color is a cause for concern.

A second procedure is the visual field test. This test produces a map of the patient's complete field of vision. Using this test, the doctor can check for any areas of sight loss that may be caused by damage to the optic nerve. This would appear as slight changes in the person's vision occurring anywhere from near the center to the edge of the field of vision. These changes are not necessarily noticeable to the patient.

How Normal-tension Glaucoma is Treated

Since so little is known about why normal eye pressure damages some eyes, most doctors treat normal tension glaucoma by reducing the eye pressure as low as possible using medications, laser treatments and conventional surgery.

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NEW YEAR, NEW YOU



FAMILY FEATURES

Photo courtesy of Getty Images

If getting a fresh start on a new year seems daunting, try tackling your get-healthy goals one step at a time. There is no easy path to transforming your lifestyle, but this is one time you should be able to see the results of your hard work. To avoid feeling overwhelmed, tackle your new lifestyle a little at a time. Gradually incorporate smarter eating habits, such as switching out high-calorie beverages with lower-calorie, nutrient-rich replacements. Then, as you ease into a new exercise regimen, look for ways to get an extra boost with workout equipment that isn't overly taxing on your joints and muscles, and get a leg up on the competition with proper footwear and workout supplements.

Slow and steady wins this race, so set yourself up for success in the new year with these ideas to put you one step closer to the healthy lifestyle you envision.

TACKLE HEALTHY HABITS ONE STEP AT A TIME



All You Have to Do Is Walk

Step into a healthy New Year with the Bowflex TreadClimber TC200. Combining the motions of a treadmill, stepper and elliptical, this premier walking machine is easy on the joints and burns up to 2.5 times the calories of a treadmill. Ideal for home use, the TC200 features an interactive LCD display that animates your progress. Bluetooth connectivity allows users to share data with the free TreadClimber app, which automatically syncs with MyFitnessPal, Apple Health Kit, Google Fit, Under Armour Record and Bowflex Connect.



A Delicious, Convenient Non-Dairy Alternative

Leading a healthy lifestyle doesn't mean sacrificing taste for convenience. Shelf-Stable Unsweetened Vanilla Almond Breeze Almondmilk is smooth, creamy and made with California Blue Diamond almonds. It's ideal for smaller households because it's easily stored in your pantry until you're ready to use it. Available in a 4-cup container, it's also perfect for cooking. You can pour it over cereal, create refreshing smoothies or drink it as a standalone beverage. Learn more at almondbreeze.com.



Photo courtesy of Getty Images

Supplement Your Goals

When diet and exercise alone aren't enough, supplements such as protein and fish oil, can be effective in helping you achieve your New Year's resolution. Whether you want to lose weight or gain muscle mass, there is a supplement out there to aid you in your pursuit of a toned body. These supplements, which should be approved by your health care provider before use, are available at local retailers such as grocery stores, pharmacies and specialty health and wellness stores.



Photo courtesy of Getty Images

The Right Shoes Can Make All the Difference

If your workout routine involves running, walking, sports or other gym equipment, the right footwear is a must. Injury caused by wearing inappropriate shoes can derail your fitness or weight loss goals, but investing in a proper shoe can help prevent foot and ankle damage while also allowing for a more comfortable workout. No matter your pursuit, there is a shoe that fits the need, including running shoes with built-in shock absorbers, lightweight walking shoes, thick-soled high top basketball shoes or cross-training shoes, which can be utilized during a variety of workouts.

Tips for a Healthier Lifestyle

Getting in shape and leading a healthy lifestyle doesn't happen overnight, it takes time, but these simple tips can help put you on the right path:

- **Be patient.** Starting a new fitness regime can be a challenge. There will be ups and downs, but remaining committed is key.
- **Exercise on a regular basis.** Regular physical activity not only helps you look and feel better, it can improve mood, increase quality of sleep and help you manage weight.
- **Undergo an annual physical.** To be sure your body is running smoothly, have your numbers, including blood pressure, blood sugar, cholesterol and weight, checked regularly.
- **Drink lots of water.** Experts recommend 64 ounces of water a day to help replenish what you've lost throughout the day.
- **Eat plenty of fruits and vegetables.** Both fruits and veggies are loaded with vitamins, minerals and antioxidants, which help protect against chronic diseases.
- **Go through your cabinets.** Get rid of foods that are high in sodium, fat or sugar and look for low sodium, fat or sugar items instead.

HEALTHY COMMUNITY - BISHOP VANN BLESSES CORNELIA CONNELLY'S NEW IDEAS CENTER

Staff Report

Anaheim, CA – Cornelia Connelly School is pleased to announce the opening of the new IDEAS Center on Wednesday, January 13, 2016. The IDEAS Center, an acronym for Innovation, Design, Energy, Artistry, Synergy, was designed to be an innovative space for active learning where students develop new skills through the creative use of technology. Every space was designed with the thought of peer-to-peer learning and collaboration. The aesthetics and furniture combine to create a learning atmosphere that is engaging for both student and teacher.

Connelly’s graphic design teacher, Gustavo Madrigal, was instrumental in the design concept of the IDEAS Center. "The IDEAS Center was designed to be an innovative space where students learn essential skills for today's success, such as critical thinking, problem, solving, communication, and collaboration," Madrigal said. “It is equipped with top-of-the line iMacs and MacBook Pros that will be able to keep up with the extensive processing power needed for graphic design, 3D development, and other multimedia capabilities. The Center will also be a hub for all things Maker and robotics. As technology is always changing and moving forward, Connelly will continually explore newer technology as it relates to teaching and learning.”

The Most Reverend Kevin Vann, JCD, DD presided over a special Mass held in Connelly’s Gunther Auditorium, which was filled with students, faculty, staff, parents, Board members, donors, and alumnae. Other guests present included Fr. Jerry Horan, O.S.M., Vicar for Faith Formation for the Diocese of Orange; Gregory Dhuyvetter, Superintendent of Catholic Schools; Shirl Giacomini, Chancellor of the Diocese of Orange; Teresa "Tita" Smith, Executive Director of Catholic Charities of Orange County and Mayor of Orange; and Steve Perales of Shea Family Charities.

Bishop Vann expressed his delight at being on the Connelly campus for the occasion. After Mass, Bishop Vann and the congregation processed across the campus to the new IDEAS Center, where Connelly’s ASB officers held a red ribbon to cut. Priscila Forbes, Chair of Connelly’s Board of Trustees, talked about the IDEAS Center and then invited Bishop Vann to join her and Sister Francine to cut the ribbon and officially open the new Center.

After the ribbon cutting, Bishop Vann prayed a blessing for the IDEAS Center, and then went inside to bless the room. The students, Board members, parents, alumnae, and special guests were then welcomed to enter the IDEAS Center to try out all of the new technology at their fingertips. The excitement in the air was palpable as everyone, especially the students, eagerly went from one technology station to the next while the two 65” and one 70” video display panels above cycled through various messages welcoming everyone to the IDEAS Center.



Bishop Vann, Sister Francine Gunther, and Board Chair, Priscila Forbes, cut the ceremonial ribbon opening the new IDEAS Center.



(l-r) Shea Foundation representative, Steve Perales, Head of School Sr. Francine, Chair of Connelly’s Board of Trustees Priscila Forbes, Mayor of Orange, Teresa "Tita" Smith, Chancellor Shirl Giacomini, and Superintendent of Catholic Schools, Mr. Gregory Dhuyvetter, are among the first visitors in Connelly’s new IDEAS Center.



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ADVANCED TECHNOLOGY
LEADING PHYSICIANS
RESEARCH
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We encourage you to have a baseline mammogram between the ages of 35 and 40 and yearly after 40.

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- Breast MRI
- Diagnostic Breast Imaging – Same Day Biopsy
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- Access to a Nurse Navigator, Oncology Life Coach & Licensed Clinical Social Workers
- Hereditary Cancer Risk Assessment
- Peer Mentor Program & Support Groups

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FEBRUARY COMMUNITY CLASSES PRESENTED BY PIH HEALTH

Free Community Workshop
What is Diabetes? Know the Basics & Risks
WHAT: Join us to explore the risk factors and how to prevent the onset of diabetes. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Wednesday, February 3, 2016 from 10 - 11 am
WHERE: PIH Health - Whittwood Medical Office Building 15725 E. Whittier Blvd., Whittier, 90603

Free Community Workshop
What is Diabetes? Know the Basics & Risks
WHAT: Join us to explore the risk factors and how to prevent the onset of diabetes. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Thursday, February 4, 2016 from 6 - 7 pm
WHERE: PIH Health Hospital - Downey 11500 Brookshire Ave., Downey, CA 90241

AARP Smart Driver Courses
WHAT: In partnership with AARP, participants will learn safe driving techniques. Program graduates may qualify for automobile insurance discounts. This class takes place over the span of two days, 4 hours each day. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Monday, February 8, 2016 from 9 am to 1 pm
Wednesday, February 10, 2016 from 9 am to 1 pm *participants must attend both days*
FEE: AARP members: \$15/person
Non-members: \$20/person
WHERE:PIH Health Hospital - Whittier 12401 Washington Blvd. Whittier, CA

Heartsaver First Aid, CPR, and AED
WHAT: Become certified in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED), or First Aid-CPR-AED. Reservations required, call (562) 698-0811, Ext. 81085
This class is for: First Aid CPR and AED
Fee: \$70.00
WHEN: Saturday, February 6, 2016 9 am to 4 pm
WHERE: PIH Health Hospital - Whittier 12401 Washington Blvd. Whittier, CA

Free Community Workshop
Eating Healthy Never Tasted so Good
WHAT: Small changes in what you eat can help prevent diabetes. Join us for an interactive discussion and food demonstration as we explore ways to increase healthier eating at home and on the go. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Tuesday, February 09, 2016 6 to 7 pm
WHERE: Gus Velasco Neighborhood Center 9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670

Free Community Workshop
Eating Healthy Never Tasted so Good
WHAT: Small changes in what you eat can help prevent diabetes. Join us for an interactive discussion and food demonstration as we explore ways to increase healthier eating at home and on the go. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Wednesday, February 10, 2016 10 - 11 am
WHERE: PIH Health - Whittwood Medical Office Building 15725 E. Whittier Blvd., Whittier, 90603

Free Community Workshop
Eating Healthy Never Tasted so Good
WHAT: Small changes in what you eat can help prevent diabetes. Join us for an interactive discussion and food demonstration as we explore ways to increase healthier eating at home and on the go. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Thursday, February 11, 2016 from 6 to 7 pm
WHERE: PIH Health Hospital - Downey 11500 Brookshire Ave., Downey, CA 90241

Free Community Workshop
What is Diabetes? Know the Basics & Risks (Class in Spanish)
WHAT: Join us to explore the risk factors and how to prevent the onset of diabetes. This class will be facilitated in Spanish. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Friday, February 12, 2016 from 10 to 11 am
WHERE:Pico Rivera Senior Center 9200 Mines Ave., Pico Rivera, CA 90660

Free Community Workshop

Families in it Together (FIT) for Health
WHAT: In this program, parents/guardians and their kids (ages 6 to 15) will explore ways increase physical activity and make healthier food choices together. This class meets once a week for three weeks. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Starting Saturday, February 13, 2016 10 to 11:30 am
WHERE:PIH Health - Whittwood Medical Office Building 15725 E. Whittier Blvd., Whittier, CA 90603

Free Community Workshop
Mind Over Matter: One Step at a Time
WHAT: Join us to explore ways to increase movement, reduce stress, and find how long term game planning can help you live your best life. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Tuesday, February 16, 2016 from 6 – 7 pm
WHERE:Gus Velasco Neighborhood Center 9255 S. Pioneer Blvd., Santa Fe Springs, CA 90670

Free Community Workshop
Mind Over Matter: One Step at a Time
WHAT: Join us to explore ways to increase movement, reduce stress, and find how long term game planning can help you live your best life. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Wednesday, February 17, 2016 10 - 11 am
WHERE: PIH Health - Whittwood Medical Office Building 15725 E. Whittier Blvd., Whittier, 90603

Free Community Workshop
Mind Over Matter: One Step at a Time
WHAT: Join us to explore ways to increase movement, reduce stress, and find how long term game planning can help you live your best life. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Thursday, February 18, 2016 to 6 - 7pm
WHERE:PIH Health Hospital - Downey 11500 Brookshire Ave., Downey, CA 90241

Free Community Workshop
Eating Healthy Never Tasted so Good (Spanish)

WHAT: Small changes in what you eat can help prevent diabetes. Join us for an interactive discussion and food demonstration as we explore ways to increase healthier eating at home and on the go. This class will be facilitated in Spanish. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Friday, February 19, 2016 10 to 11 am
WHERE: Pico Rivera Senior Center 9200 Mines Ave., Pico Rivera, CA 90660

Free Community Workshop
What is Diabetes? Know the Basics & Risks (Class in Spanish)
WHAT: Join us to explore the risk factors and how to prevent the onset of diabetes. This class will be facilitated in Spanish. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Tuesday, February 23, 2016 from 6 - 7 pm
WHERE: Community Resource Center

Free Community Workshop
Better Choices-Better Health
WHAT: Join us as we explore practical skills to manage chronic health conditions (ex. Diabetes, heart disease, high blood pressure, and others) and ways to create your own self-management action plan to improve quality of life. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: 6 consecutive Wednesdays starting February 24 - March 30 5:45 to 8:15 pm
WHERE: PIH Health - Whittwood Medical Office Building 15725 E. Whittier Blvd., Whittier, CA 90603
*This event is sponsored by PIH Health. No YMCA membership required.


Free Community Workshop
Mind Over Matter: One Step at a Time (Spanish)
WHAT: Join us to explore ways to increase movement, reduce stress, and find how long term game planning can help you live your best life. This class will be facilitated in Spanish. Reservations required, call (562) 698-0811, Ext. 81085
WHEN: Friday, February 26, 2016 from 10 - 11 am
WHERE:Pico Rivera Senior Center 9200 Mines Ave., Pico Rivera, CA 90660



Photo by Jade Albert

ODDS OF A CHILD BECOMING THE NEXT TOMMY HILFINGER: 1 IN 23 MILLION

ODDS OF A CHILD BEING DIAGNOSED WITH AUTISM: 1 IN 68



Learn more at


autismspeaks.org/signs

Some signs to look for:

No big smiles or other joyful expressions by 6 months

No babbling by 12 months

No words by 16 months



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It's time to listen.

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