

JOHN MUIR HEALTH

Your Local Resource for Living Well
December 2011–February 2012

Inside: Free Classes and Programs—Sign Up, Feel Better, Have Fun

Use Your Smartphone to Take a Tour of the Family Birth Center

New Year, New You

Great ideas to get the whole family off to a healthy start



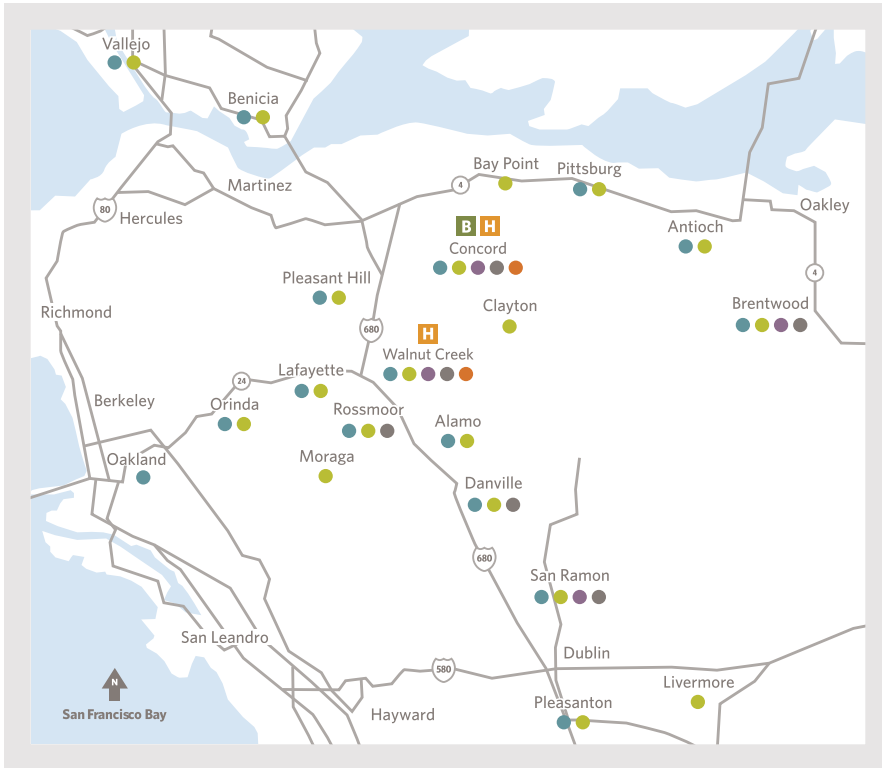
JOHN MUIR
HEALTH

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Map your health care strategy—find John Muir Health



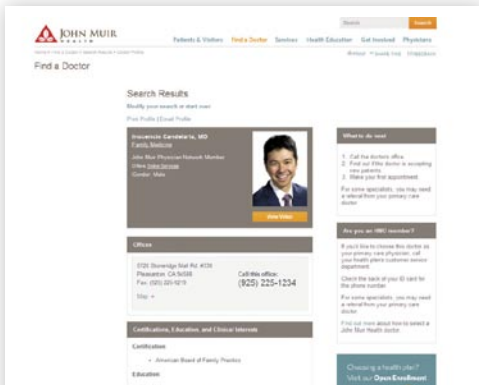
Count on us to support your health and well-being. Visit John Muir Health's physicians and many convenient facilities, including Urgent Care Centers, lab sites, outpatient service locations and hospitals. To find a facility near you, visit johnmuirhealth.com.

H John Muir Health Hospitals

John Muir Medical Center
Concord
Walnut Creek

B Behavioral Health Center Concord

- Laboratory Services
- Physician Offices
- Urgent Care Centers
- Other Outpatient Service Locations
- Emergency Services



MEET YOUR FUTURE DOCTOR—ON VIDEO

Looking for a physician? Visit johnmuirhealth.com/findadoctor to view video interviews that highlight doctors' philosophy of care, bedside manner and expertise. Use the search tool to specify specialty, gender, location and languages spoken.

CONNECT WITH US ON FACEBOOK

Search for "John Muir Health" and "like" our profile to get instant access to need-to-know info and updates about our programs, services and more.

To find a John Muir Health doctor, call (925) 952-2887 or visit johnmuirhealth.com/findadoctor today

ur • gent care \ər-jənt ker\ n.

1. Medical treatment that's just right for care of an injury or illness that requires immediate care but isn't serious enough to warrant a trip to the ER. **2.** Appropriate care for conditions that include (but are not limited to) minor wounds, earaches, sprains, rising fever, migraine headaches and urinary tract infections. **3.** The type of services that John Muir Health offers at four convenient locations in Brentwood, Concord, San Ramon and Walnut Creek, which have extended weekday hours and are open Saturdays, Sundays and holidays. **For more info about the John Muir Health Urgent Care Center near you, visit johnmuirhealth.com/urgentcare.**

Ouch!



What's up with lower back pain?

Check below for some common causes of lower back discomfort.

- **Injury or overuse** of muscles, ligaments and certain joints in bones of the back (spinal column) and hip (pelvis).
- **Pressure on nerves** can be caused by a bulging or ruptured disk between bones of the back, which may result from athletic activity or sudden strain or pressure to the lower back. Arthritis, fractures of bones in the back (vertebrae) or deformities of the spine can also be the culprit.
- **Compression fractures** are more common among women who have undergone menopause and have osteoporosis, which can weaken bones in the back.

FYI: Your state of mind can also affect your low back pain and whether it becomes an ongoing problem. People who are depressed or under stress are more likely to have chronic back pain.

Consult your primary care physician if you have any pain after a fall or injury, or experience numbness, tingling or severe pain that doesn't improve after about 10 to 14 days with over-the-counter medication and rest. Weakness, fever, unintentional weight loss or trouble urinating are also potential symptoms of serious problems that require a doctor's diagnosis.

—Source: ninds.nih.gov, WebMD.com, medicalnewstoday.com

GO | John Muir Health offers free community lectures on back pain and other orthopedic conditions. For dates and locations, visit johnmuirhealth.com/classes.

Tool Kit

StopBullying.gov Tips for kids and adults

Has your child seen bullying, been the victim of bullying or been accused of bullying? StopBullying.gov aims to put an end to the hurtful cycle by providing tips on ways to prevent or stop bullying for kids, teens, young adults, parents, educators and community members. There are also videos and webisodes, plus advice about cyberbullying and LGBT (lesbian, gay, bisexual or transgender) bullying.



In Support of Your Emotional Health

Children, teens and adults can get help dealing with emotional and behavior issues at John Muir Health's Behavioral Health Center through an array of inpatient and outpatient services that are offered. For more info, visit johnmuirhealth.com/behavioralhealthcenter or call (925) 674-4100.



YOUR DAUGHTER'S FIRST OB/GYN VISIT

Her first steps in taking charge of her health

Teaching young women to safeguard their reproductive health is extremely important, which is why the American Congress of Obstetricians and Gynecologists recommends that adolescent girls make their first visit to an OB/GYN between the ages of 13 and 15.

That first gynecological exam can be a bit unnerving, so it's a good idea to let your daughter know what she can expect. The focus of her time with the doctor will be on education, guidance and physical well-being and typically includes a general physical exam and an external genital exam. She can expect the doctor to ask her questions about her health, menstruation and whether she is sexually active. For most teens, the first visit will not involve a pelvic exam, unless the young woman has been having problems, such as painful or missed periods.

Be sure to remind your daughter that this appointment is a perfect time and safe place for her to address any concerns or questions she might have regarding sex, sexuality, menstruation or her changing body. It's also a great opportunity for her to begin building a healthy doctor-patient relationship—something that will serve her well throughout her life.

—Sources: acog.org, kidshealth.org, aap.org

GO | To help your daughter find a doctor at John Muir Health who's right for her, please visit johnmuirhealth.com/findadoctor or call (925) 952-2887, option 1, today.

Don't Let Heartburn Ruin Your Holidays

Changes in your diet and lifestyle can help

Holiday meals and celebrations can bring on occasional bouts of heartburn, which some folks can manage with over-the-counter medications and lifestyle changes. When it comes to your diet, experts' advice is straightforward: Avoid the beverages and foods that may trigger your symptoms. These can include holiday and year-round favorites such as chocolate, spicy or fatty foods, full-fat dairy products, peppermint or spearmint, tomatoes and tomato sauces, citrus fruits and juices, carbonated beverages, caffeine and, of course, alcohol.

Lifestyle changes that can help you avoid heartburn—during the festive season and after—include the following.

- Avoid garments or belts that fit snugly around your waist.
- Eat smaller meals.
- Avoid working out or bending over right after eating.
- Don't lie down with a full stomach—that means no eating within two to three hours of bedtime, for example. When you do hit the sack, sleep with your head raised about 6 inches (use a wedge under your body or tilt your entire bed).
- Don't smoke.
- Reduce stress.

—
Persisting heartburn could be a sign of a more serious problem: gastroesophageal reflux disease, or GERD. GERD occurs when stomach acid or bile flows back (refluxes) into the food pipe (esophagus) and irritates its lining. One of the most common causes of persistent heartburn may be a hiatal hernia, which occurs when a portion of the stomach is pushed up through the



diaphragm and up into the chest. This can cause heartburn, regurgitation of food or sour liquid (acid reflux), sore throat, dry coughing and other symptoms. In these situations, medications and lifestyle changes may not adequately treat the GERD, which can potentially cause esophageal cancer. If a hiatal hernia is the cause of your symptoms, then surgical correction may be the most effective way to completely resolve your symptoms and potentially prevent the development of esophageal cancer. See your doctor if you experience frequent or severe GERD symptoms or if you are taking over-the-counter heartburn medications more than twice per week.

—Sources: ncbi.nlm.nih.gov, mayoclinic.com

GO | Learn more about GERD and other conditions from John Muir Health doctors and dietitians at a free seminar on Saturday, March 3, 8:30 am–noon. For more info or to make a reservation, visit johnmuirhealth.com/classes.

SAVE YOUR KNEES

When caring for those hefty joints is more than you can handle, turn to John Muir Health



DID YOU KNOW? John Muir Medical Center, Walnut Creek is ranked by *U.S. News & World Report* among the nation's top hospitals in orthopedics. For more info, visit johnmuirhealth.com/ortho.

The knee joint is the largest joint in the body—and for good reason. When you walk, the force on your knees equals about two and a half times your body weight. When you climb stairs, that force jumps to three times your weight.

The knee is also a complex joint with many parts, making it especially easy to injure. Knee problems—whether caused by overuse, a sudden injury or arthritis—can leave you hobbling in pain. For at-home relief, think RICE:

- **REST.** Take a break from normal activities to give your knee a chance to heal.
- **ICE.** Apply ice packs to your knee for 10 to 20 minutes, at least three times a day, to reduce pain and inflammation. For the first two days, avoid hot showers, hot packs and drinking alcohol, which can increase swelling.
- **COMPRESS.** Wrap your knee with an elastic bandage to keep the swelling down. Avoid wrapping it too tightly, which can cause more swelling below your knee.
- **ELEVATE.** When sitting or lying down, raise your knee to or above the level of your heart to minimize swelling.

“Over-the-counter pain medications like acetaminophen [Tylenol] or ibuprofen [Advil] can help, as can gently massaging your knee, which aids blood flow,” says Dr. Douglas Lange, an orthopedic surgeon at John Muir Health. “If you can’t fully extend your knee, see a noticeable deformity in your knee or fall because your knee gives out, see your doctor.”

People with chronic knee pain can often benefit from physical therapy. “Your physical therapist gives you a thorough examination, then creates a care plan that combines treatment and tailored exercises,” Lange says.

For a severely damaged knee, joint replacement surgery may be needed. “Knee replacements have really advanced,” says Lange. “John Muir Health’s board-certified surgeons use state-of-the-art implants and minimally invasive techniques to provide the best results, with quicker recovery time.”



Talk With Our Experts

THE TRUTH ABOUT BLADDER LEAKS

Get facts about common myths and the 4-1-1 on expert care at John Muir Health

Almost 1 in 4 women struggles with poor bladder control (urinary incontinence). Countless more may be walking around with faulty ideas about the various types of this condition, including stress incontinence (loss of urine when you cough, sneeze, laugh or otherwise exert pressure on your bladder) and urge incontinence (a sudden, intense urge to urinate, followed by unexpected loss of urine).

Here, Rachel Cabreira, nurse practitioner at John Muir Health's Center for Women's Continence & Pelvic Health, sets the record straight on common myths about bladder control problems and describes John Muir Health services that can help you get your life back.

- **BLADDER CONTROL PROBLEMS ARE A NORMAL PART OF AGING.**

RC: Not true! The cause of bladder control problems really has to do with what a particular person's body has been through. The main risk factors include having babies, hormonal changes [menopause], disease process [diabetes, stroke, multiple sclerosis] and injury [spinal cord, neck and brain].

- **BLADDER LEAKS ARE A CONCERN ONLY FOR OLDER WOMEN.**

RC: Not at all. This is a medical condition that can affect women of all ages.

In fact, 24 percent of women ages 25 to 44 experience stress incontinence, according to researchers.

- **ANYONE WHO HAS BLADDER PROBLEMS WILL ALWAYS HAVE BLADDER PROBLEMS.**

RC: Not so. In fact, researchers say that 80 percent of women who have urinary leakage or bladder problems can be cured or treated successfully.

As a nurse practitioner at the Center for Women's Continence & Pelvic Health, I work closely with each patient to create an individual-

ized treatment plan. Other center services—all provided in a safe and supportive setting—include classes that anyone can sign up for, diagnostic testing, physical therapy and biofeedback, nutrition counseling, plus access to John Muir Health's expert team of specialists.

Since we opened in 2010, we've had wonderful success stories. For many of the women, getting relief from bladder leaks has been life changing. The first step for anyone is to come in, then we'll guide you through the treatment option that's just right for you.

GO

The Center for Women's Continence & Pelvic Health is located at John Muir Health's Women's Health Center. Call (925) 941-7900 to talk privately with a John Muir Health professional. Visit johnmuirhealth.com/continencecenter for more info about classes and services.

New Year, New You

Make 2012 the year when your well-intentioned resolutions finally become reality.

Find strategies and resources from John Muir Health that will support you in your journey to look and feel your best.



Going Meatless

Thinking about becoming a vegetarian or a vegan (no consumption of animal products)? If you're wondering whether you can get enough protein, the answer is almost certainly yes. Protein, an essential nutrient, is present in a wide variety of food, not just meat, poultry and fish. The Dietary Reference Intake (DRI) is 0.8 grams for every kilogram of body weight. That's about 56 grams per day for the average adult male and 46 grams per day for the average female; pregnant or lactating women need 71 grams per day.



GOOD VEGETARIAN PROTEIN SOURCES

Food	Serving Size	Grams of Protein
Almonds	24	6
Brown rice	1 cup cooked	5
Cheddar cheese	1 ounce	7
Cottage cheese, 2% fat	1 cup	31
Egg	1 medium	5.5
Hummus	½ cup	9
Lentils	1 cup cooked	18
Oatmeal	1 cup	6
Nonfat milk	1 cup	8
Peanut butter	2 tablespoons	8
Spaghetti	1 cup, cooked	8
Tofu	5 ounces	11
Yogurt, fruit, low-fat	1 cup	10

—Sources: hsph.harvard.edu, vrg.org, nalusda.gov

GO | John Muir Health dietitians offer one-to-one nutrition advice. Doctor referral required. Call John Muir Medical Center: (925) 674-2518, Concord; (925) 947-5313, Walnut Creek.



REFORMING A COUCH POTATO KID

EXPERTS RECOMMEND THAT KIDS GET 60 MINUTES OF PLAY WITH MODERATE TO VIGOROUS ACTIVITY EVERY DAY. THE KEY TO GETTING A CHILD HOOKED ON ACTIVITY IS TO MAKE IT FUN. SOME RESOURCES FOR FINDING LOCAL SPORTS AND MORE:

BRENTWOOD: www.ci.brentwood.ca.us/departments/pr/cob_par/sports/index.cfm

WALNUT CREEK: wcyaa.com/wcyaa/home.asp

CONCORD: ci.concord.ca.us/recreation/sports/youthsports.htm

PLEASANT HILL: pleasanthillrec.com/pdf_extractions/811/YouthSports.pdf

MARTINEZ: cityofmartinez.org/depts/recreation/sports/default.asp

ANTIOCH: ci.antioch.ca.us/Recreation/

GO | John Muir Health's Pediatric Nutrition Program offers nutrition assessments, consultations and menu suggestions to help parents guide children to healthy eating. Physician referral may be required for insurance coverage. To learn more, visit johnmuirhealth.com/pediatric_nutrition or call (925) 941-7900.



The Skinny on Weight Loss Surgery

Find out if it's an option that makes sense for you

SENSIBLE EATING AND EXERCISE ARE KEY TO MAINTAINING A HEALTHY WEIGHT. BUT SOME PEOPLE NEED SURGICAL INTERVENTION TO CONTROL THEIR EATING. FOR ANYONE CONSIDERING WEIGHT LOSS (BARIATRIC) SURGERY, ANNE TIMBERLAKE, NURSE MANAGER, JOHN MUIR HEALTH WEIGHT LOSS SURGERY CENTER, OFFERS DETAILS.

What is bariatric surgery?

AT: John Muir Health offers four surgical procedures: Roux-en-y gastric bypass [pronounced "roo-en-why"], Lap-Band, sleeve gastrectomy and duodenal switch. All four methods essentially decrease the size of the stomach, making you feel full with less food. In addition, gastric bypass and duodenal switch also bypass a portion of the small intestine, resulting in fewer calories being absorbed from the food that you do eat.

Who is a good candidate for these procedures?

AT: People who are significantly

overweight [with a body mass index above 30] and who have repeatedly tried and failed to lose weight by other methods are potential candidates, as are those who have a major medical condition resulting from obesity.

What happens after the surgery?

AT: These procedures are done laparoscopically through multiple small incisions. Patients typically spend one to two days in the hospital. Full recovery usually takes several weeks. To assist you in reaching your weight loss goals, you'll work closely with the surgeon and nurse specialist and attend support-group

meetings to learn new ways of eating and other lifestyle changes. Weight loss surgery usually significantly improves or resolves weight-related medical problems. Gastric bypass is now considered a surgical treatment for Type 2 diabetes.

How much weight will I lose?

AT: Patients who follow the dietary recommendations can expect to lose anywhere from 50 to 100 percent of their excess weight over the course of a year—without feeling hungry or deprived. Some patients opt for additional procedures after weight loss to remove excess skin.

GO | Learn more about weight loss surgery at a free seminar held at John Muir Medical Center, Concord on the second Wednesday of every month, 6–7:30 p.m. To register and see other seminar dates and locations, visit johnmuirhealth.com/weightloss or call (800) 710-6111.

HYPERTENSION HELP

If you have high blood pressure, you can lower it

SHAKE THE SALT HABIT: Too much sodium causes the body to retain fluid, boosting the volume of blood circulating. Keep your sodium intake to a maximum of 2,400 milligrams each day. Salt is rampant in many processed and packaged foods, so read labels carefully.

EAT FRESH: Follow the DASH plan (“Dietary Approaches to Stop Hypertension”), which emphasizes fruits, vegetables, low-fat dairy, whole grains, poultry, fish and nuts. DASH cuts back on sodium (see above), minimizes artery-clogging saturated fats and trans fats, and promotes weight loss (see below).

SLIM DOWN: If you’re overweight, talk with your doctor about how best to shed the excess pounds. Even a small weight loss can make a difference.

BE ACTIVE: Studies have proved that an inactive lifestyle raises blood pressure, while regular exercise can lower it.

LIMIT THE MOJITOS: Moderate alcohol intake—no more than two drinks a day for men younger than age 65, one drink a day for men age 65 and older, and one drink a day for women regardless of age.

BUTT OUT: If you don’t smoke, don’t start. And if you do smoke, get help quitting. Nicotine causes the blood vessels to narrow, increasing pressure.
—Sources: nhlbi.nih.gov, wellnessresources.com, umm.edu, mayoclinic.com, whyquit.com

GO | For info about schedules and locations for local blood pressure checks, visit johnmuirhealth.com/classes and check “screening.”

Excuses, Excuses

Are any of your reasons for not exercising valid?

“I HAVE NO TIME.”

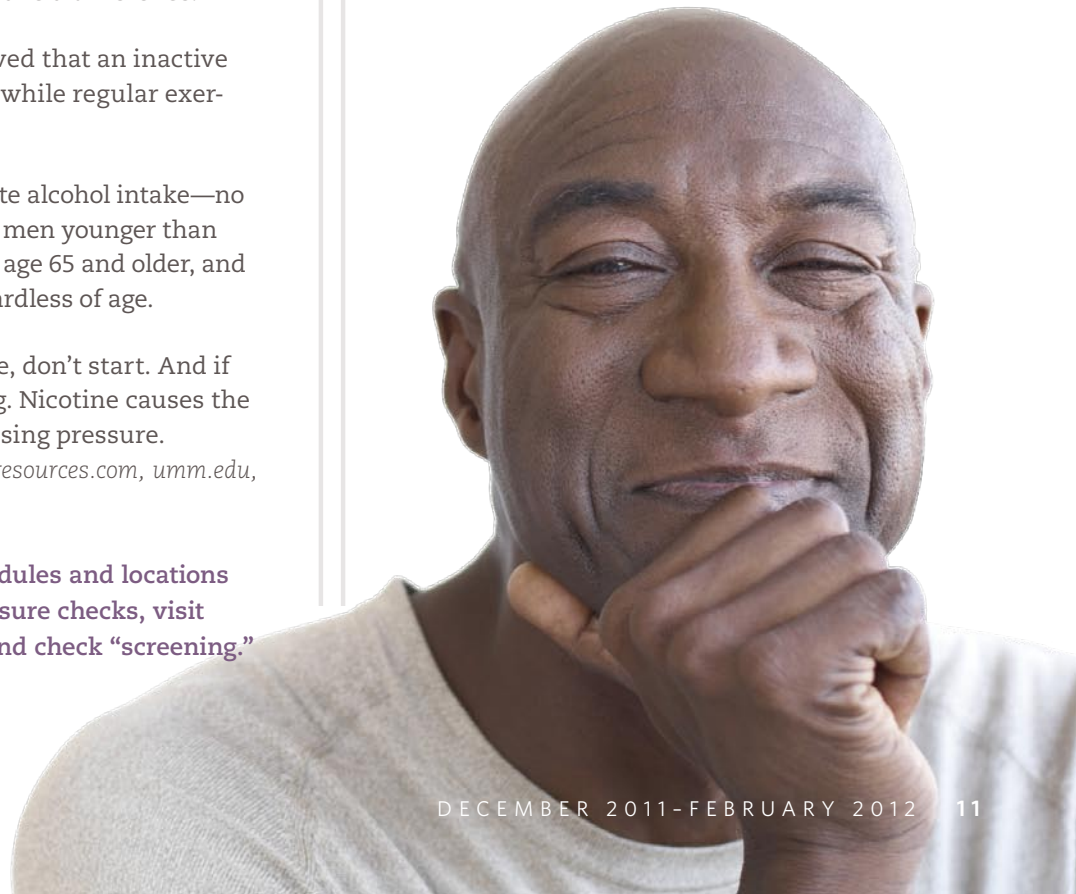
Be creative: Read while you’re on the treadmill. Bike to work instead of driving. Give up an hour of TV or Web surfing a few evenings a week and take a walk.

“I CAN’T AFFORD TO JOIN A GYM OR TAKE EXPENSIVE EXERCISE CLASSES.”

Community recreation centers offer affordable classes. Walking is free, as are biking and running, so try enlisting a friend. When your buddy is waiting on the corner for the morning run, you have to show up.

“IT’S TOO RISKY BECAUSE I’M OUT OF SHAPE.”

True, if you try going directly from sedentary to superjock, you’re likely to injure yourself in the process. Instead, ease into an exercise routine. And check with your doctor if you have concerns.



FIND GREAT CLASSES & PROGRAMS AT JOHN MUIR HEALTH

MOST ARE FREE, UNLESS OTHERWISE NOTED—SIGN UP TODAY!

JOHN MUIR HEALTH OFFERS A VARIETY OF HEALTH-PROMOTING CLASSES, PROGRAMS AND EVENTS FOR PEOPLE OF ALL AGES. FOR MORE INFO ABOUT TOPICS AND LOCATIONS OR TO REGISTER, CALL **(925) 941-7900** OR VISIT **JOHNMUIRHEALTH.COM/CLASSES**.

Check highlighted boxes for upcoming special events.

CANCER

Brain Tumor Support Group

WHEN: Dec. 14, Dec. 28, 7-8:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Breast Cancer Support Group

WHEN: Dec. 8, Dec. 22, 11 a.m.-12:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Colorectal Cancer Group

WHEN: Second Wednesday, 4-5:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Gynecologic/Ovarian Cancer Support Group

WHEN: First and third Thursdays, 11 a.m.-noon

WHERE: Cancer Support Community
Please call to register.

Kids Circle and Teen Talk Cancer Support Group

WHEN: Second Saturday, 10 a.m.-1 p.m.

WHERE: Cancer Support Community
Please call to register.

Leukemia, Lymphoma and Multiple Myeloma Support Group

WHEN: First Thursday, 7-8:30 p.m.

WHERE: John Muir Medical Center, Walnut Creek

Must call facilitator at (925) 952-2797 before attending.

Life After Cancer

WHEN: Second and fourth Wednes-

days, 6-8 p.m.

WHERE: Cancer Support Community
Please call to register.

Lung Cancer Group

WHEN: Second Wednesday, 4-5:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Metastatic Breast Cancer Support Group

WHEN: Third Wednesday, 4:30-6 p.m.

WHERE: Cancer Support Community
Please call to register.

Metastatic Prostate Cancer Group

WHEN: Fourth Thursday, 11 a.m.-12:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Pediatric Oncology Support Group

WHEN: First Monday, 6-8 p.m.

WHERE: John Muir Medical Center, Walnut Creek

Call (925) 947-5272 for more info.

Prostate Cancer Support Group

WHEN: Fourth Thursday, 1-2:30 p.m.

WHERE: Cancer Support Community
Please call to register.

Most of These Won't Cost a Dime

Classes and programs are free of charge, unless **Fee** is noted.



CONTINENCE

Pelvic Floor Strengthening

WHEN: Dec. 19, 5:30–6:30 p.m.;
Jan. 16, 10–11 a.m.; Feb. 27, 5:30–
6:30 p.m.; March 19, 10–11 a.m.

WHERE: Women's Health Center
Fee

Taking Back Control

WHEN: Dec. 7, 6–8 p.m.; Jan. 4,
6–8 p.m.; Feb. 1, 10 a.m.–noon;
March 21, 6–8 p.m.

WHERE: Women's Health Center

GENERAL HEALTH AND PREVENTION

Beat the Pack Smoking Cessation

WHEN: One-day class, Dec. 10,
9 a.m.–1 p.m.

WHERE: John Muir Medical Center,
Concord
Fee



Class Locations

- **John Muir Health Women's Health Center (WHC)**
1656 N. California Blvd., Suite 100, Walnut Creek
- **John Muir Medical Center, Walnut Creek**
1601 Ygnacio Valley Road, Walnut Creek
- **John Muir Medical Center, Concord**
2540 East St., Concord
- **John Muir Health Outpatient Center, Brentwood**
2400 Balfour Road, Brentwood
- **John Muir Health Outpatient Center, Tice Valley/Rossmoor**
1220 Rossmoor Parkway, Walnut Creek
- **John Muir Health Senior Services**
3480 Buskirk Ave., #100, Pleasant Hill
- **Destination Maternity**
1604 Mount Diablo Blvd., Walnut Creek
- **Cancer Support Community**
3276 McNutt Ave., Walnut Creek, and various locations;
for details, call (925) 933-0107
- **Lafayette Library**
3491 Mt. Diablo Blvd., Lafayette

Breaking the Pain Cycle

WHEN: Feb. 1, 6:30–8 p.m.

WHERE: Women's Health Center

Diabetes Support Group Sponsored by American Diabetes Association (ADA)

WHEN: Dec. 10, 9:30–11:30 a.m.

WHERE: John Muir Medical Center,
Walnut Creek

WHEN: Dec. 27, 7–8:30 p.m.

WHERE: John Muir Medical Center,
Concord

Fighting Inflammation With Nutrition

WHEN: March 12, 6:30–8 p.m.

WHERE: Women's Health Center

Help for GERD—Is It Only Heartburn?

WHEN: March 3, 8:30 a.m.–noon

WHERE: John Muir Medical Center,
Walnut Creek

Please call to register.

Insulin Pump Support Group

WHEN: Call (925) 941-5076 for
dates and times.

WHERE: John Muir Medical Center,
Walnut Creek

Introduction to Integrative Medicine for Pain Management

WHEN: Dec. 1, 6:30–8 p.m.

WHERE: Women's Health Center

Our Gold Standard Heart and Stroke Care

Making a critical difference for your family

John Muir Health has earned the Gold Plus Performance Achievement Award from the American Heart Association/American Stroke Association for outstanding care for heart failure and stroke patients using the Get With The Guidelines program. Here, Cynthia Miller, R.N., clinical coordinator of the Stroke Program at John Muir Health, explains what these achievements can mean for you.

Why are John Muir Health's awards such a big deal?

CM: Conditions like stroke are an emergency. This award lets you know that we have a highly skilled team in place, 24/7, who know about the latest standards of care, which have been proven by research to work best. Improving the quality of care is a very big piece of being certified, so we also make sure that we offer new medical therapies that come along. It's all very reassuring to know, should you or your family ever need this care.

How did John Muir Health earn the Gold Plus distinction?

CM: The American Heart and American Stroke associations do their homework and evaluate the performance of John Muir Health on vital measures of patient care. All the information goes into a database so we can be compared to other hospitals across the nation—and know that we're providing leading-edge treatment with high-quality care. Thanks to this award, this entire community can know that too.

Managing Back Pain Without Surgery

WHEN: Jan. 24, 6:30–8 p.m.
WHERE: Women's Health Center

HEART HEALTH

Blood Pressure Screening

WHEN: Monday–Friday, 9 a.m.–5 p.m.
WHERE: Women's Health Center

Blood Pressure Screening (for Seniors)

WHEN: Dec. 5, 9:30–11 a.m.
WHERE: Pleasant Hill Senior Center

WHEN: Dec. 5 and Dec. 19, 10–11 a.m.
WHERE: Danville Community Center

WHEN: Dec. 8, noon–12:30 p.m.
WHERE: Lafayette Senior Center

WHEN: Dec. 12, 9–10:30 a.m.
WHERE: Martinez Senior Center

WHEN: Dec. 13, 10 a.m.–noon
WHERE: First Presbyterian Church

WHEN: Dec. 14, 9:30–11 a.m.
WHERE: Walnut Creek Senior Center

WHEN: Dec. 15, 10–11:30 a.m.
WHERE: Jewish Community Center

WHEN: Dec. 16, 9:30–11:30 a.m.
WHERE: Concord Senior Center

WHEN: Dec. 16, 10:30–11:30 a.m.
WHERE: Pittsburg Senior Center

WHEN: Dec. 19, 10–11 a.m.
WHERE: Antioch Senior Center

WHEN: Dec. 19, 10–11:30 a.m.
WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor

WHEN: Dec. 19, 11 a.m.–noon
WHERE: Ambrose Community Center

WHEN: Dec. 22, 11 a.m.–noon
WHERE: Alcosta (San Ramon) Senior Center

Cardiac Nurse Education

WHEN: Please call (925) 941-7965.
WHERE: Women's Health Center
Fee

Cardiac Nutrition Class

WHEN: First Monday of even months and third Thursday of odd months, 5–6 p.m.
WHERE: John Muir Medical Center, Concord and John Muir Medical Center, Walnut Creek
Contact John Muir Health Nutrition Services at (925) 947-5313.

Comprehensive Heart Screening

WHEN: Call (925) 941-7965.
WHERE: Women's Health Center
Fee

Full Lipid and Glucose Screening

WHEN: Call (925) 941-7965.
WHERE: Women's Health Center
Fee

Go Red: Walk, Shop and Stroll

WHEN: Feb. 3, noon–2 p.m.

WHERE: Women's Health Center

Living Heart Healthy

WHEN: Feb. 15, 6:30–8:30 p.m.

WHERE: Women's Health Center

Mended Hearts Support Group

WHEN: Dec. 8, 7–8:30 p.m.

WHERE: John Muir Medical Center, Concord

Online Heart Risk Assessment

Visit johnmuirhealth.com/heart

Women's Heart Spa Package

(Mammogram, heart disease risk assessment, massage or facial)

WHEN: Call (925) 941-7965.

WHERE: Women's Health Center

Fee

MIND AND BODY WELLNESS

Banishing the Blues

WHEN: Dec. 13, 6:30–8 p.m.

WHERE: Women's Health Center

Emotional Freedom Technique

WHEN: Jan. 18, 6:30–8 p.m.

WHERE: Women's Health Center

Massage Therapy

WHEN: Please call.

WHERE: Women's Health Center

Fee

The Mind-Body Connection

WHEN: Jan. 19, 6:30–8 p.m.

WHERE: Women's Health Center

Movement and Exercise Class—Staying Strong

WHEN: Wednesdays, 9:15–10:15 a.m.

WHERE: Women's Health Center

Fee

NUTRITION AND WEIGHT MANAGEMENT

Age-Proof Your Skin With Nutrition

WHEN: Jan. 25, 6:30–8 p.m.

WHERE: Women's Health Center

Eat Well, Be Well: Healthy Holiday Cooking

WHEN: Dec. 3, 10 a.m.–noon

WHERE: John Muir Medical Center, Concord

Space is limited; reserve your seat today.

Fee

Managing Emotional and Compulsive Eating

WHEN: Dec. 19, Feb. 22, 6:30–8:30 p.m.

WHERE: Women's Health Center

Fee

Metabolic Nutrition Program

WHEN: Call (925) 933-3438.

Fee

PAHLs (Partners in Active and Healthy Lifestyles)

WHEN: Four-session series:

Feb. 4, 11, 18 and 25, 10 a.m.–noon

WHERE: John Muir Health Outpatient Center, Brentwood
Please call (925) 941-7900.

Weight Loss Surgery Seminar

WHEN: Second Wednesday, 6–7:30 p.m.

WHERE: John Muir Medical Center, Concord

To register, sign up with form or call (800) 710-6111.

OLDER ADULT

AARP Driver Safety Training

WHEN: Dec. 17, 8:30 a.m.–5 p.m.;

Jan. 21, 8:30 a.m.–1 p.m.; Feb. 11, 8:30 a.m.–5 p.m.; March 10, 8:30 a.m.–1 p.m.

WHERE: John Muir Medical Center, Walnut Creek

Call for reservations.

Fee

Advance Health Care Directives

WHEN: Dec. 7, Jan. 24, 9:30–11:30 a.m.

WHERE: John Muir Medical Center, Walnut Creek

ALS (Lou Gehrig's Disease) Support Group

WHEN: Third Saturday, 1–3 p.m.

WHERE: John Muir Medical Center, Walnut Creek

Grief Support Group

WHEN: Second and fourth Mondays, 6:30–7:45 p.m.

WHERE: John Muir Medical Center, Concord

Memory Screening: What's Your Memory Fitness?

WHEN: Dec. 13, 9 a.m.–noon;

Dec. 15, 1–4 p.m.; Jan. 17, 9 a.m.–noon;

Jan. 18, 1–4 p.m.; Feb. 14, 9 a.m.–noon;

Feb. 15, 1–4 p.m.; March 13, 9 a.m.–noon;

March 14, 1–4 p.m.

WHERE: John Muir Health Outpatient Center, Tice Valley/Rossmoor

WHEN: Dec. 13, 9 a.m.–noon;

Dec. 15, 1–4 p.m.; Jan. 17, 9 a.m.–noon;

Jan. 18, 1–4 p.m.; Feb. 14, 9 a.m.–noon;

Feb. 15, 1–4 p.m.; March 13, 9 a.m.–noon;

March 14, 1–4 p.m.

WHERE: Senior Services Office

WHEN: Dec. 13, 9 a.m.–noon;

Dec. 15, 1–4 p.m.; Jan. 17, 9 a.m.–noon;

Jan. 18, 1–4 p.m.; Feb. 14, 9 a.m.–noon;

Feb. 15, 1–4 p.m.;

March 13, 9 a.m.–noon; March 14, 1–4 p.m.

WHERE: John Muir Health Outpatient Center, Brentwood

Your John Muir Health



Go Red: Walk, Shop and Stroll

Get steppin' on February 3 for a great cause: the fight against women's heart disease

Join John Muir Health and women from across Contra Costa County at the eighth annual Go Red: Walk, Shop and Stroll on Friday, Feb. 3, noon–2 p.m. Enjoy an invigorating walk through downtown Walnut Creek, starting at John Muir Health's Women's Health Center, 1656 N. California Blvd.

You'll be inspired by informative presentations and a special Zumba session centered around leading a heart-healthy life—not to mention plenty of good company and great prizes and giveaways! It's all part of John Muir Health's ongoing efforts to encourage healthy lifestyles among women in this community and raise awareness about the dangers of heart disease, the No. 1 killer of U.S. women.

For more information about Go Red: Walk, Shop and Stroll, visit johnmuirhealth.com/classes or call (925) 941-7900.

Organizing a Balanced Life: Dealing With Time, Papers, Clutter and Prized Possessions

WHEN: Dec. 15, 9:30–11 a.m.

WHERE: John Muir Medical Center, Concord

Stroke Support Group

WHEN: Second Monday, 7–9 p.m.

WHERE: John Muir Medical Center, Concord

Welcome to Medicare

WHEN: Dec. 14, Jan. 11, Feb. 8, March 14, 7–9:30 p.m.

WHERE: John Muir Medical Center, Walnut Creek

PARENTING AND CHILDREN'S HEALTH

Healthy Eating Habits for Children

WHEN: Dec. 8, 6:30–8 p.m.

WHERE: Lafayette Library

Loving Solutions

WHEN: Seven-session series:

Jan. 11–Feb. 22, Wednesdays, 4–6 p.m.

WHERE: Women's Health Center

Fee

WHEN: Seven-session series:

Jan. 10–Feb. 21, Tuesdays, 4–6 p.m.

WHERE: John Muir Health Outpatient Center, Brentwood

Fee

Nutrition for Young Athletes

WHEN: March 14, 6:30–8 p.m.

WHERE: Women's Health Center

Parent Project Sr.

WHEN: 10-session series: Jan. 11–

March 14, Wednesdays, 6:30–9 p.m.

WHERE: Women's Health Center

Fee

WHEN: Jan. 10–March 13, Tuesdays,

6:30–9 p.m.

WHERE: John Muir Health
Outpatient Center, Brentwood
Fee

Pediatric Nutrition

WHEN: Please call.
WHERE: Women's Health Center
Fee

PREGNANCY TO NEWBORN

Breastfeeding Support Services

WHEN: Please call.
WHERE: Women's Health Center
Fee

Breastfeeding Your Infant

WHEN: Dec. 10, 9:30-11:30 a.m.;
Jan. 24, 6:30-8:30 p.m.; Feb. 4,
9:30-11:30 a.m.; March 13,
6:30-8:30 p.m.
WHERE: Women's Health Center
Fee

WHEN: Jan. 11, 6:30-8:30 p.m.

WHERE: John Muir Health
Outpatient Center, Brentwood
Fee

Breastfeeding Your Multiples

Jan. 19, 6:30-9 p.m.
WHERE: Women's Health Center
Fee

Car Seat Checkup

WHEN: Every Wednesday and every
other Thursday
WHERE: Women's Health Center
Please call or go online.

Childbirth: Convenience Class

WHEN: Dec. 6, Jan. 10, March 6,
6-9 p.m.
WHERE: Women's Health Center
Fee

Childbirth: Low-Intervention Childbirth

WHEN: Four-session series:
Jan. 9, 16, 23 and 30; March 5, 12, 19
and 26, 6:30-9 p.m.

WHERE: Women's Health Center
Fee

Childbirth: Prepared Childbirth

WHEN: Dec. 17, Jan. 28, Feb. 26,
March 24, 9 a.m.-4 p.m.
WHERE: Women's Health Center
Fee

Childbirth: Prepared Childbirth

WHEN: Two-session series: Jan. 9
and Jan. 16, 6:30-9:30 p.m.
WHERE: John Muir Health
Outpatient Center, Brentwood
Fee

Cord Blood Banking: Is It Right for Your Family?

WHEN: Jan. 7, 10-11 a.m.

WHERE: Destination Maternity

CPR: Infant and Child CPR and Safety

WHEN: Dec. 3, 9:30 a.m.-12:30 p.m.;
Dec. 5, 6:30-9:30 p.m.; Jan. 14,
9:30 a.m.-12:30 p.m.; Feb. 6, 6:30-
9:30 p.m.; March 17, 9:30 a.m.-
12:30 p.m.
WHERE: Women's Health Center
Fee

CPR: Infant and Child CPR and Safety for Grandparents

WHEN: Jan. 7, March 3, 9-11:30 a.m.
WHERE: Women's Health Center
Fee

Navigating John Muir Health Key phone numbers, at your fingertips

John Muir Health offers a variety of helpful programs and services to promote your health and your family's. To make your search for the right service easier, here are some important phone numbers in one place:

- Customer Service: (925) 952-2887
- Imaging: (925) 952-2701
- MuirLab Client Service Department: (800) 677-4525
or (925) 692-5600
- Women's Health Center: (925) 941-7900

Urgent Care Centers

- Brentwood: (925) 308-8111
- Concord: (925) 674-2500
- San Ramon: (925) 866-8050
- Walnut Creek: (925) 939-4444

Emergency Services

- Walnut Creek: (925) 939-5800
- Concord: (925) 674-2333

Did You Know?

Nine out of 10 of those who use John Muir Health doctors would recommend them to their family and friends.

Source: John Muir Health Patient Satisfaction Surveys

Family Birth Center Tour

WHEN: Dec. 3, 9 a.m.-12:30 p.m.; Dec. 13, 5-7:30 p.m.; Jan. 21, 9 a.m.-12:30 p.m.; Jan. 24, 5-7:30 p.m.; Feb. 4, 9 a.m.-12:30 p.m.; Feb. 21, 5-7:30 p.m.; March 10, 9 a.m.-12:30 p.m.; March 20, 5-7:30 p.m.
WHERE: John Muir Medical Center, Walnut Creek

Fit4Baby

WHEN: Every Thursday, 5:30-6:30 p.m.
WHERE: Destination Maternity
Fee (no charge for first class)

Meet the Pediatricians

WHEN: Dec. 10, 10:30-noon
WHERE: Destination Maternity

MuirMommies: Best Beginnings (0-3 months)

WHEN: Every Tuesday
WHERE: Women's Health Center
Please call.

MuirMommies: Mommy and Me (3-12 months)

WHEN: Every Thursday
WHERE: Women's Health Center
Please go online.

MuirMommies: Back to Work (working moms and babies 3-12 months)

WHEN: Second and fourth Wednesdays, 6:30-7:30 p.m.
WHERE: Women's Health Center

Multiples Preparation

WHEN: Jan. 17, March 27, 6:30-9 p.m.
WHERE: Women's Health Center
Fee

Newborn Care

WHEN: Dec. 8, 6:30-8:30 p.m.; Dec. 10, 12:30-2:30 p.m.; Jan. 5, 6:30-8:30 p.m.; Jan. 7, Feb. 4, 12:30-2:30 p.m.; Feb. 21, 6:30-8:30 p.m.; March 3, 12:30-2:30 p.m.; March 22, 6:30-8:30 p.m.; March 31, 12:30-2:30 p.m.
WHERE: Women's Health Center
WHEN: Jan. 18, 6:30-8:30 p.m.
WHERE: John Muir Health Outpatient Center, Brentwood
Fee

Pain Relief Options for Labor and Delivery

WHEN: Jan. 17, 6:30-7:30 p.m.
WHERE: Destination Maternity

Pelvic Floor Strengthening for Pregnancy

WHEN: Dec. 13, Jan. 10, March 13, 10-11 a.m.



WHERE: Destination Maternity

Pregnancy Nutrition

WHEN: Feb. 7, 6:30–8 p.m.

WHERE: Destination Maternity

Post-Pregnancy Pilates

WHEN: Every Monday, noon–1 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Pregnancy Pilates

WHEN: Every Tuesday, noon–1 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Prenatal Yoga

WHEN: Every Monday and Wednesday, 6:30–7:45 p.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Shopping for a Car Seat

WHEN: Dec. 20, Jan. 24, Feb. 28, 6:30–7:30 p.m.; March 31, 10:30–11:30 a.m.

WHERE: Destination Maternity

Sibling Celebration

WHEN: Dec. 10, Jan. 21, March 10, 2–3 p.m.

WHERE: Destination Maternity

Fee

Stroller Strides

WHEN: Every Thursday, 9:30–10:30 a.m.

WHERE: Destination Maternity

Fee (no charge for first class)

Surviving Your First Weeks at Home With Your Baby

WHEN: Jan. 10, March 6, 6:30–8:30 p.m.

WHERE: Destination Maternity

Fee

Teen Pregnancy

WHEN: Please call.

WHERE: Women's Health Center

You're Pregnant, Now What?

WHEN: Feb. 4, 10:30–11:30 a.m.

WHERE: Destination Maternity

WOMEN'S HEALTH

Makeup Therapy

WHEN: Dec. 6, 6:30–8 p.m.

WHERE: Women's Health Center

Making Sense of Midlife Changes and Transitions

WHEN: Jan. 16, 6:30–8 p.m.

WHERE: Women's Health Center

Menopause: Hot Flashes and Hormones

WHEN: March 7, 6:30–8:30 p.m.

WHERE: Women's Health Center

The Wig Source

WHEN: Second and fourth Fridays, 9:30 a.m.–1:30 p.m.

WHERE: Women's Health Center

Please call (925) 947-5328.

Appointment required.

Begin Your Family at John Muir Health

We honor your needs and desires

It's an amazing fact of life: Every family, every birth, every baby is unique. That's why finding just the right place to have your baby is so important and why John Muir Health is an ideal choice. We provide all that you'll need: a brand-new Family Birth Center, compassionate doctors and a pregnancy assistance team, maternity and newborn care education, breastfeeding services, new parent support groups and much more.

John Muir Health experts are excited to guide you through your entire birth experience and believe in mother- and family-centered care. Together, we can ensure that your pregnancy and delivery are special, welcome your new baby and celebrate your remarkable accomplishment in becoming a new mother.



To find out more info, connect with your pregnancy assistance team or tour the Family Birth Center, visit johnmuirhealth.com/pregnancy or call (925) 941-7900. To take a video tour, visit johnmuirhealth.com/birthcentertour or scan this QR code with your smartphone.



1400 Treat Blvd.
Walnut Creek, CA 94597

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John Muir Health

**"And she treats
my kids like they
were hers."**

Our pediatricians get really high marks. Probably because they listen. They explain. And they work with you. So if you don't feel heard by your current doctor, let us know. To find a new pediatrician near you, please visit johnmuirhealth.com/findadoctor.



JOHN MUIR
HEALTH

Be heard.