

## John Muir Health Senior Services

Senior Services offers a wide range of services for John Muir Health seniors including resources, information, assessment services, and educational programs. We help older adults, their families, and those who care for them. Our goal is to help older adults keep their independence and enjoy the best possible quality of life.  
(925) 947-3300

- Berkeley Outpatient Center  
3100 San Pablo Ave., 3rd Floor  
Berkeley
- Brentwood Outpatient Center  
2400 Balfour Road, Ste. 201  
Brentwood
- Pleasanton Outpatient Center  
5860 Owens Drive, 2nd Floor  
Pleasanton
- Rossmoor Outpatient Center  
1220 Rossmoor Parkway, Ste. 100  
Walnut Creek
- Walnut Creek Outpatient Center  
1450 Treat Boulevard, 2nd Floor  
Walnut Creek

Lawren Hicks, MD  
Medical Director, Senior Services



JULY — SEPTEMBER 2018

# Senior Services News

## Prostate Cancer – To Screen Or Not To Screen

The United States Preventative Services Task Force (USPSTF) is widely accepted as the authoritative voice on the value of cancer screening tests and other preventive health measures. In 2012 the USPSTF recommended against screening for prostate cancer with Prostate Specific Antigen (PSA) blood testing, giving the test a “D” rating for value.

This caused quite an uproar in the medical community, and ultimately the rating was felt to be based on an incorrect interpretation of some research data. And in fact, the incidence of late-stage prostate cancer in the US did rise after 2012 as many physicians abandoned PSA screening.

On May 8, 2018, the USPSTF issued its latest statement on prostate screening, giving the PSA test a “C” rating for men aged 55-69 years, stating that “Screening offers a small potential benefit of reducing the chance of death from prostate cancer in some men.” Screening with PSA in men 70 years and older is still not recommended.

While hardly a ringing endorsement, the “C” recommendation appears to have satisfied most experts in the field, and directs clinicians to discuss the possible benefits and harms of prostate screening with their patients.

And there are indeed potential harms. An elevated PSA level may lead to a prostate biopsy, which can cause bleeding and infection and has about a 1% risk of complications causing hospitalization. A biopsy that shows cancer could induce the patient to choose “active treatment” with either prostatectomy or radiation. Such treatment has about a 30% risk of urinary incontinence, impotence, or bowel problems.

On the other hand, investigators found that “compared with conservative management, active treatments for localized prostate cancer did not clearly compromise overall quality of life or global physical or mental health status, despite adverse sexual, urinary, and bowel effects.”

A major problem with PSA screening is that of “over diagnosis”. First of all, an abnormal PSA can just mean that the prostate has undergone benign age-related enlargement, and there may be no cancer at all. Secondly, a high proportion of prostate cancers are “indolent”, or slow growing, meaning that as a result of the test, actual cancer is detected that would nonetheless never have had an impact on a man’s life. In 20 to 40% of cases of prostate cancer, the patient would have died of something else and never been aware of his prostate cancer if he had never had himself screened.

In a European study, it was estimated that about 27 men would need to be diagnosed (and potentially treated) to prevent 1 prostate cancer death. One in 9 men will be diagnosed with the disease in his lifetime and 1 in 41 will die from prostate cancer. Prostate cancer risk is higher in African-American men and in men with a family history of prostate cancer.

Investigators did admit that “Because the lead time for prostate cancer may be very long, current screening trials (with less than 15 years of median follow-up) might underestimate mortality benefits.”

*continued on back page*



# EDUCATIONAL OPPORTUNITIES

There is no charge to attend our health education events unless otherwise noted. **Registration is required.** Register early- class size is limited. Register on line at [johnmuirhealth.com](http://johnmuirhealth.com) or call 941-7900 option 1.

## JULY - SEPTEMBER 2018

### **Understanding Gastroesophageal Reflux Disease** – Kanwar Gill, MD

**July 20 | 9:30 – 11 a.m. | 941-7900 option 1  
Walnut Creek Outpatient Center**

GERD is one of the most common upper GI conditions in older adults. Learn about the causes, symptoms and treatment options as well as the impact on daily life.

### **Put Yourself in the Driver's Seat**

– Steve Molinari, OTR/L, CDRS

**August 2 | 9:30 – 11 a.m. | 941-7900 option 1  
Concord Medical Center**

Learn exercises to improve your ability to operate your vehicle. We will cover tips to set up your car for safe driving, as well as behind-the-wheel strategies to improve your driving skills.

### **Living with Arthritis**

– Ann Ferrari Ramirez, OTR, CHT

**August 3 | 9:30 – 11 a.m. | 941-7900 option 1  
Brentwood Outpatient Center**

Arthritis is a chronic disease, causing inflammation of the joints, pain, swelling and limited motion. Learn how to manage the challenges of pain and stiffness and how to maximize your ability to take part in the activities you choose.

### **Navigating MyJohnMuirHealth** – Camila Baum, BSW

**August 14 | 10:30 – 12 p.m. | 941-7900 option 1  
Berkeley Outpatient Center**

Learn about the advantages to securely managing your health online. Access is for patients and family members.

### **Determining Legal Capacity and Stories from the Trenches** – S. Samantha Sepehr, Attorney

**August 16 | 9:30 – 11 a.m. | 941-7900 option 1  
Wellness Services**

Do you have a loved one who seems to be making bad decisions? Is it their right? Is there anything you can do to help? How does capacity impact

an estate plan? These questions and more will be addressed in Ms. Sepehr's talk.

### **Exercise Methods to Prevent Falls** – Lori Sweet PT

**August 17 | 9:30 – 11 a.m. | 941-7900 option 1  
Walnut Creek Outpatient Center**

Age and health conditions can impact our balance. In addition to demonstrating exercises that will improve your balance, we will discuss improving safety at home, footwear and assistive devices.

### **Impact of Sensory Changes as We Age**

– Jane Moore, Patient Navigator

**August 22 | 10:30 – 12 p.m. | 941-7900 option 1  
Berkeley Outpatient Center**

Learn how age-related changes in smell, taste, touch, hearing, and vision may impact how people receive information and how they relate to those around them.

### **Understanding Options For In-Home Care**

– Sara Kelly, MSW

**September 12 | 1 – 2:30 p.m. | 941-7900 option 1  
Pleasanton Outpatient Center**

Sara will discuss what to consider when hiring in-home care, the difference between skilled and custodial care and what is involved in working with home care agencies and home health.

### **Brain Boosting Nutrition** – Kathy Napoli, MA, RD

**September 20 | 9:30 – 11 a.m. | 941-7900 option 1  
Wellness Services**

Research is showing that you can increase your chances of maintaining a healthy brain as you age by adding specific "smart foods" to your daily diet. Find out how your nutrition and lifestyle choices can help you achieve a focused and happy brain.

### **Unraveling the Mystery of Sleep Apnea**

– Michael Cohen, MD

**September 21 | 9:30 - 11 a.m. | 941-7900 option 1  
Walnut Creek Outpatient**

Learn about sleep apnea risk factors and how it affects your body. Dr. Cohen will discuss this common medical condition and demonstrate a CPAP machine.

# ONGOING CLASSES

## **AARP Driver Safety Program**

**July 14 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | Walnut Creek Medical Center**

**July 24 & 31 | 2-day, 8 hour class | 8:30 a.m. – 1:15 p.m. | Concord Medical Center**

**August 18 | refresher class | 8:30 a.m. – 1:15 p.m. | Walnut Creek Medical Center**

**September 11 | refresher class | 8:30 a.m. – 1:15 p.m. | Concord Medical Center**

**September 20 & 27 | 2-day, 8 hour class | 8:30 a.m. – 1:15 p.m. | Brentwood Outpatient Center**

**September 22 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | Walnut Creek Medical Center**

This Smart Driver classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Offered in an eight hour or four-and-a-half hour refresher course for those who meet the criteria for renewal. There is a charge for this class. Register online at [johnmuirhealth.com](http://johnmuirhealth.com) or call 941-7900 option 1.

## **Advance Health Care Directives – Suzanne Leib, LMFT**

**July 31 | 4 p.m. – 6 p.m. | 941-7900 option 1 | Concord Medical Center**

**September 26 | 1 p.m. – 3 p.m. | 941-7900 option 1 | Brentwood Outpatient Center**

All adults should have an advance health care directive that clarifies their choices for end-of-life care. Individuals who are informed and have an advance health care directive in place are better prepared to help their families manage medical decisions at the end of life. Senior Services hosts monthly classes about advance health care directives across our communities. Required documents will be provided to attendees during the session.

## **Catch Yourself – Fall Prevention to Maintain Your Independence**

**July 23, 27, 30, August 3 | 12:30 – 2 p.m. | 941-7900 option 1 | Brentwood Outpatient Center**

**September 10, 14, 17, 21 | 1 – 2:30 p.m. | 941-7900 option 1 | Lung Health Services, Classroom A, Concord**

This four-session class series raises awareness about falls by practicing techniques in class. Learn how to improve your strength and balance, simplify your environment, and identify fall risks. Classes will cover home safety strategies, exercise, techniques, medication management, and other ways to decrease your risk of falling. Wear comfortable shoes and clothing. Plan to attend all four classes. If you have taken this class in the past 12 months, and feel you still need fall prevention information, we ask you to follow up with your primary care doctor or call Wellness Services 941-7900 option 1.

## **Welcome to Medicare - Health Insurance Counseling & Advocacy Program**

**July 11, August 8, September 12 | 7 – 9:30 p.m. | 941-7900 option 1 | Walnut Creek Medical Center**

**July 10, August 14, September 11 | 7 – 8:30 p.m. | 941-7900 option 1 | Pleasanton Outpatient Center**

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about health benefits, drug coverage and how to supplement your coverage. HICAP does not sell or endorse insurance products.

## **Memory Screening - What's Your Memory Fitness?**

**July 17, August 21, September 18 | morning appointments | 947-3300**

**July 18, August 22, September 19 | afternoon appointments | 947-3300**

**Brentwood | Pleasanton | Rossmoor | Walnut Creek Outpatient Centers**

Many people notice changes in their memory as they grow older. If you are 65 or older and have a John Muir Health primary care physician, either ask your doctor to refer you to Senior Services or call for a free individual memory screening. This screening is not a diagnostic exam but it can help to determine if your memory is functioning at a level that is typical for a person of your age. Screenings are offered on the specific dates and times at the four locations listed. Appointments are 30 minutes.



Senior Services  
 1450 Treat Blvd  
 Walnut Creek, CA 94597

RETURN SERVICE REQUESTED

**Change in information?** If you have a change in address or wish to be removed from our mailing list, please notify us at (925) 947-3300 or [seniorservices@johnmuirhealth.com](mailto:seniorservices@johnmuirhealth.com)

## PROGRAM LOCATIONS

Concord Medical Center  
 2540 East St., Concord  
 (925) 682-8200

Walnut Creek Medical Center  
 1601 Ygnacio Valley Rd., Walnut Creek  
 (925) 939-3000

Berkeley Outpatient Center  
 3100 San Pablo Ave., Berkeley  
 (510) 985-5020

Brentwood Outpatient Center  
 2400 Balfour Rd., Brentwood  
 (925) 308-8100

Pleasanton Outpatient Center  
 5860 Owens Dr., Pleasanton  
 (925) 224-0800

Rossmoor Outpatient Center  
 1220 Rossmoor Pkwy., Walnut Creek  
 (925) 939-1220

Walnut Creek Outpatient Center  
 1450 Treat Blvd., Walnut Creek  
 (925) 296-9700

Lung Health Services  
 2720 Grant St., Classroom A  
 Concord, (925) 674-2351

Wellness Services, Walnut Creek  
 1656 N. California Blvd., Ste. 100  
 (925) 941-7900 option 1

### PROSTATE CANCER: continued from pg. 1

All of this presents a challenge for physicians and their male patients to make the “right decision” regarding prostate screening, and further, to take the right approach if cancer is detected.

Since 2012, urologists have added an “active surveillance” option for men with prostate cancer that looks less aggressive on biopsy. Rather than radiation treatment or prostatectomy, men with “low grade” cancers can choose to be followed with periodic PSA levels, repeat biopsies, or MRI prostate imaging, and proceed to active treatment later if the cancer appears to be growing.

Ultimately, the decision to be screened for prostate cancer, and the treatment or surveillance approach if cancer is diagnosed, is a decision that must be individually tailored. It should be based on an individual man’s personal values, life perspective, and health status, and in consultation with his physician.

*Lawren Hicks, MD, Medical Director,  
 Senior Services*

### September is Prostate Cancer Awareness Month

#### Free Screenings September 25 & 26 from 5-7 p.m. Concord Medical Center, Cancer Institute

The John Muir Cancer Institute and Specialty Services Program has offered free prostate screening to the men in our community for more than 26 years. The Cancer Institute staff, along with several JMH urologist, spend two evenings each year in September offering this free service.

The screening is available to all men ages 50 to 75. The screening includes a PSA blood test along with a digital rectal exam.

A baseline screening is available to all men ages 40 to 49 who are at high risk:

- Are African- American
- Have a first degree relative with a diagnosis of prostate cancer
- Have a family history of breast cancer or the BRCA gene

The theme is “Be an advocate for prostate screening.” Encourage another man to attend the screening. If he attends and mentions you referred him, you will be entered into a drawing for a “Relax and Enjoy the Game” gift basket. **Men must meet eligibility and register for this free screening event. To register, call (925) 941-7900. Registration lines open on Tuesday, September 4th.**

For more information, please call the Cancer Institute and Specialty Services Program at (925) 947-3322.