



# Sutter Medical Center, Sacramento

A Sutter Health Affiliate

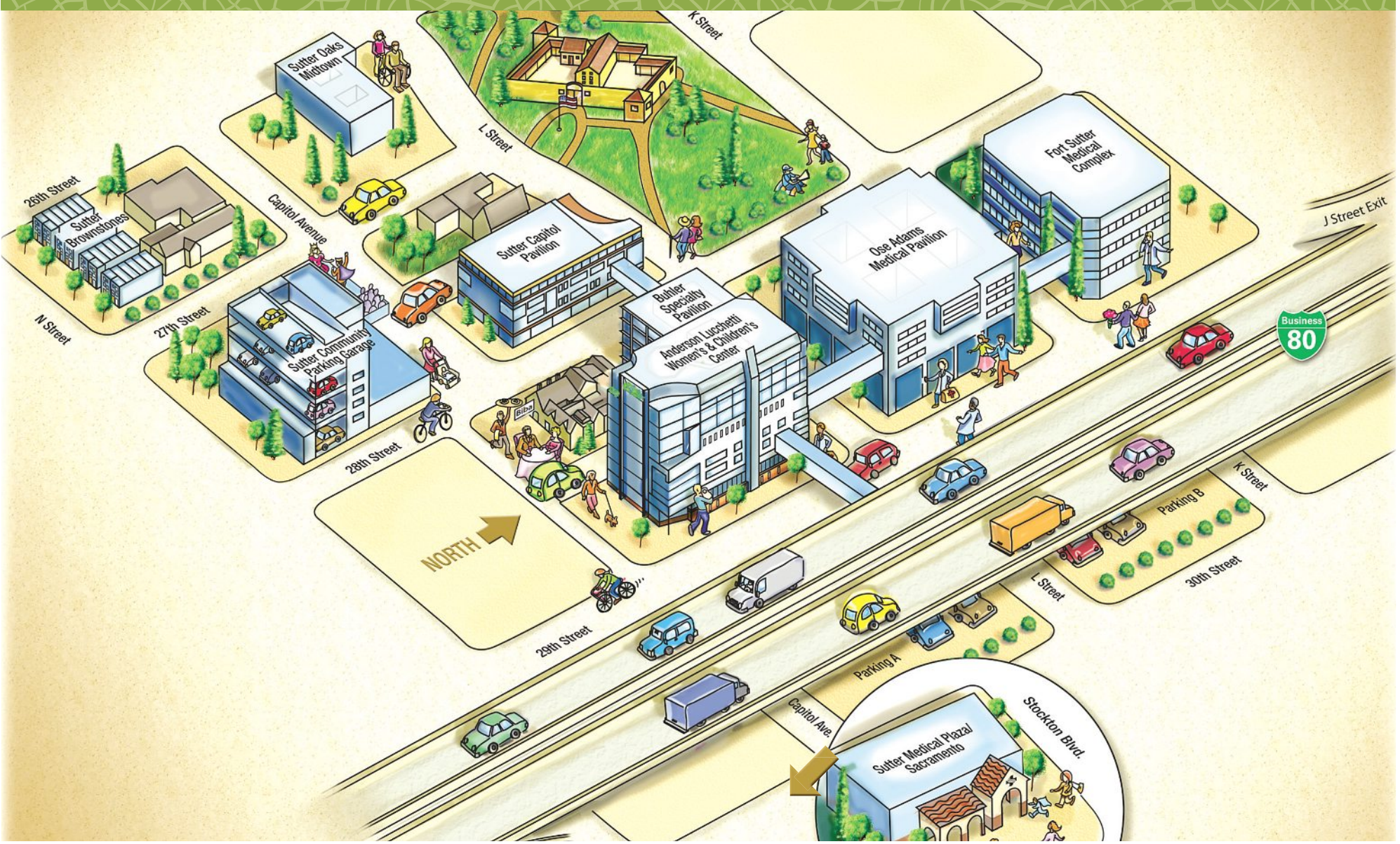
*With You. For Life.*

# HOPE

## *A New Era in Health Care*

ANNUAL UPDATE

[suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion)



# Dawn Breaks on a New Era

*As with any project of such a large scope, so much time is spent in planning, design and site work that the project begins to feel more intangible than real. Then something happens that changes everything and the excitement begins to build.*

*The first glimpse of the new reality came with the opening of the new parking garage in 2008, followed this year by the first round of pediatric outpatient departments moving into the new Sutter Medical Plaza/Sacramento at Alhambra and Stockton boulevards. Then the cranes went up and we could see activity begin on the Anderson Lucchetti Women's and Children's Center. Now that doctors have begun moving into the new Sutter Capitol Pavilion medical office building, reality is settling in and excitement is taking off.*

*It is an exciting time, indeed—long awaited, much anticipated, and fun to watch take shape. We hope you'll enjoy reading about the changes that are happening here at Sutter Medical Center and learning more about what these changes will mean to our community.*



Departments within Sutter Capitol Pavilion will open August 2010 through Spring 2011.

## Sutter Capitol Pavilion Caters to Patients and Pedestrians

Sutter reached a major project milestone last month when construction was completed on the new 200,000-square-foot Sutter Capitol Pavilion medical office building. During August, the new outpatient lab opened for business and the first specialty-care doctors began moving into the new offices. This month and next, the remaining 40 specialists will move into their third- and fourth-floor offices, which feature 128 exam and procedure rooms. In mid-October, the outpatient surgery and all-new digital imaging center will begin providing services on the first and second floors. And in 2011, a women's imaging center will provide comprehensive and convenient services.

Designed with patient convenience as the focus, Capitol Pavilion will make it easy for patients to complete diagnosis and treatment of many conditions in a single location. Patients also will enjoy valet parking,

original artwork chosen to promote tranquility, and a beautifully landscaped courtyard and café looking across L Street to Sutter's Fort.

As part of the new urban village, Sutter considered the neighborhood pedestrian experience in the design. Those walking along 28th Street from L Street to Capitol Avenue will walk between heritage palms on one side and a glass hallway featuring a rotating art exhibit running along the building's exterior. Patients and visitors will catch a view of Sutter's Fort from the second-story glass skyway connecting Capitol Pavilion to the Sutter Cancer Center. When Sutter completes construction on the medical campus, the skyway will connect Capitol Pavilion to all campus buildings.

For a list of Sutter Medical Foundation-affiliated doctors moving into the new building and details on the services and centers included, visit [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).

*"The difference here is immense," said Michael Chez, M.D., medical director of pediatric neurology. "What's really exciting is that there is lab, rehabilitation, speech, GI, neuro-psychology testing — all in the same building. So families don't have to drive all over for tests; they can get everything right here."*

## Sutter Medical Plaza/Sacramento: A Tranquil New Home for Children's Outpatient Services

If making medical services more convenient and pleasant for children is your goal, it makes sense to ask parents how to do that. That's exactly what Sutter did before beginning design of the new Sutter Medical Plaza/Sacramento at the corner of Alhambra and Stockton boulevards. The plaza opened on March 1 with Sutter Medical Foundation-affiliated primary care and specialty services.

Before beginning renovation of the former BloodSource building, Sutter held focus groups with parents of pediatric patients from several clinical areas to find out what was important to them. Designers took the parents' ideas and turned them into building features that include accessible parking, easy-to-use automatic doors for wheelchair-bound patients, centralized check-in, and a colorful and inviting interior with cheerful murals and artistic touches created

especially for kids. At the same time, Sutter listened to parents of children with neurological conditions who requested calming patterns and colors in the pediatric neurology area.

In response to the parent focus groups, Sutter physicians helped design clinical process maps to help things flow smoothly and staff researched how others children's outpatient clinics managed space. The teams discovered simple principles to make the space work better. For example, oversized exam rooms were created to be used as both an exam and procedure room. Rooms also incorporate baby and standing scales, vision and hearing testing, full electronic health record access and checkout, eliminating the need for patients to move in and out of exam rooms. It's simple touches like these that transform an attractive space into a health care setting ideal for children and their families.

### Sutter Medical Plaza/Sacramento

#### CURRENT

- Pediatrics
- Pediatric Gastroenterology
- Pediatric Neurology
- Pediatric Rehabilitation
- Laboratory

#### 2011

- X-Ray
- Pediatric Outpatient Clinics
  - Cleft Palate and Craniofacial
  - Gastroenterology & Nutrition (Diabetes)
  - NICU Developmental Follow-Up Clinic
  - Pulmonary and Cystic Fibrosis Clinic
  - Nutrition Services
  - Healthy Lifestyles
  - Sickle Cell Disease Program
  - Cardiology
  - Metabolic Disorders
  - Rehabilitation

#### FUTURE

- Women's Services

(below)  
 Left: Ashis Barad, M.D., pediatric gastroenterologist, and his patient Sara.  
 Middle: Kid-friendly waiting area with colorful mural.  
 Right: Salt water fish tank is a feature of the waiting area.



## Art to Inspire Healing

A walk through the new Sutter Capitol Pavilion and along its 28th Street face offers a chance to see a carefully selected collection of photography, paintings, fabric, glass and metal sculpture produced by local and regional artists. The Sutter planning team and Kira Stewart, owner of Art Consulting Services and an artist in her own right, collaborated in the selection process for the new building. The abstract and traditional pieces feature themes that include the water and trees for which Sacramento is known for, the historical setting and the emerging urban art scene. The consistent theme running through the collection is its soothing appeal, as the pieces combine to create a space for healing.

A series of acrylic paintings by well-known local artist Maria Winkler are among the artwork collection featured in the newly opened Sutter Capitol Pavilion.





# An Urban Village to Raise Community Well-Being

## Built on a Foundation of Giving

The names Anderson, Lucchetti, Ose and Adams will become part of the Sacramento landscape within the next two years. We are profoundly grateful to the Anderson Lucchetti and Ose Adams families for making this expansion possible by their immense generosity.

In addition, there are hundreds of individuals and families whose generous gifts enabled this project to go forward during a challenging economic time. Donors are also making it possible to purchase the new Cardiovascular Hybrid Surgical Suite and provide special services, such as the Stroke Camp and Memory Clinic offered by Sutter Neuroscience Institute, plus countless other special programs and advanced medical devices.

It's our donors' generosity that helps us put patients first in all

we do. We count on their support to help us upgrade facilities, fund lifesaving technology, conduct groundbreaking research and offer programs that benefit patients and families. We truly could not provide the level of care and variety of programs we offer without the caring support we receive.

We thank the many donors who make health care excellence a reality in our community. Though it's not possible to put every donor's name on a building marquee, each holds a special place in our hearts for playing important roles in advancing care in our community. If you are not already a member of our Sutter Medical Center donor family, we invite you to learn more about giving opportunities and our current funding priorities by visiting [suttermedicalcenter.org/philanthropy](http://suttermedicalcenter.org/philanthropy).

## Working Together to End Homelessness

For many years, homelessness seemed to be an eternal, incurable epidemic. In recent years, however, the connection between homeless and hopeless has begun to give way. The shift has come about through an innovative idea that is appearing in a growing number of cities, including Sacramento. The approach offers chronically homeless adults an important ingredient missing in past programs—the opportunity to move into permanent housing.

In Sacramento, the Downtown Sacramento Partnership (DSP) Navigators and Serial Inebriate Program (SIP) are using this model with great success. Since 2004, the DSP Navigators program has been reaching out and building a one-on-one rapport with homeless adults living on downtown streets. The Navigators gradually develop relationships and eventually connect individuals with local community service programs. The Navigators don't move on at that point; they continue working closely with each individual, facilitating access to care and finding ways to improve their living conditions. SIP, launched in 2006 as a partnership with the Sacramento district attorney's office and the downtown community prosecutor, follows a similar model but works exclusively, and even more closely, with homeless adults who have been arrested repeatedly for public intoxication.

Though other cities are beginning to offer similar programs, the Sacramento programs offer a unique twist. The DSP programs unite downtown and midtown businesses, nonprofit organizations,

government social services, law enforcement agencies and Sutter Medical Center, Sacramento in a truly collaborative effort. As a founding and ongoing partner, Sutter's funding support and participation in the alliance add an uncommon element other programs don't share, according to Ryan Loofbourrow, DSP director of community services. "We're very lucky," said Loofbourrow. "Program directors in other cities tell us they don't have a relationship with a large health care provider. As far as we know, what we have is unique."

"The programs provide early intervention and a lasting solution, which reduces the long-term burden on all alliance partners," said DSP Executive Director Michael Ault. "At the same time, the Navigator program and SIP enable us to combine our resources and make progress we can't make individually. The SIP program, in particular, allows us to share the same clients and work together toward the end goal of getting them into housing. Instead of each of us doing a small part in isolation feeling frustrated when an individual is arrested again and again, we work together to break the cycle and help these men and women move off the streets and on with their lives."

"Sutter's funding and participation gave us the tools and the time to work one-on-one with this group," added Loofbourrow. "All you have to do is look at the SIP statistics to see the difference it's making with this group. Our next big challenge is to create a similarly intense program for the mentally ill homeless population."



Biba at her restaurant located in the Historic Old Tavern Building at 28th St. and Capitol Ave.

## Biba: The Woman and the Restaurant

Say the name "Cher" and everyone knows who you mean. Say the name "Biba" and most people in Sacramento do, too. Author of eight bestselling cookbooks and a favorite Sacramento restaurateur, Biba Caggiano and her restaurant are Sacramento institutions. The Old Tavern Building that Biba, the restaurant, and most days Biba, the woman, occupy is a Sacramento landmark listed on the National Register of Historic Places.

If there's one thing Sutter did not want to do when it undertook construction, it was to disturb either of the famous Bibas. So far, so good, on both accounts.

"Of course, all this construction has disrupted things," said Biba. "We've had cranes in front of the

restaurant and business has been up and down, but Sutter has been really wonderful to us—and today we had a full house for lunch."

In spite of the expected disruptions, Biba has a great attitude about the project. "Sutter has been very careful to protect the building," she said, "and the people working on the project are really terrific and very hard working."

The Sutter Capitol Pavilion doctors' offices will help generate restaurant traffic, and Biba will be in a prime location when the project completes in two years. Biba looks forward to a future in the heart of an urban village and simply takes the disruption in stride. As she put it, "You know, if you want some gold, you have to dig for it."



Randy, now off the streets and in housing, with his navigator, Jvance. Read Randy's full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).

## A Soldier's Journey Home

Randy knew the Navigator Program was there to help homeless people get off the streets. He also knew the Navigators had no idea he was homeless. None of them ever saw him come or go from the closet he lived in for years. He made sure of that.

Even after he was forced back onto the street, Randy wasn't interested in what the program offered. He'd been a soldier for 16 years and knew how to take care of himself. He also knew that he could trust people like Jvance, Crystal and Tammy, navigators with the Downtown Sacramento Partnership Program, who let him know they could help—when he was ready.

It was another year or so before diabetes combined with homelessness and no medical care made him ready. The deadly combination ganged up on Randy, costing him part of his right leg before some men ganged up on him, too. The men beat him badly enough to put him back in the hospital where doctors had to amputate part of his other leg to stop a gangrenous infection from killing him. Now in a wheelchair, Randy decided it was time to see if the navigators had been telling him the truth.

adults and many seniors. In addition, River City employs a food stamp outreach coordinator to help families meet long-term challenges.

To support those critical programs, Sutter Medical Center provided River City with a Sustainability Grant in 2008 and a Capacity Building Grant in 2009. The timing of assistance was ideal, helping River City maintain its programs as the numbers of individuals served swelled from 24,000 before 2007 to almost 40,000 in 2009. The economic

downturn that has trimmed the incomes of many working individuals led many coming to the end of the month with nothing left to buy food to feed their families.

Families come to the food bank following an unexpected job loss, medical emergency or car repair bill. Most come only until they recover and get back on their feet, and many food bank volunteers are people currently receiving assistance or who were once recipients of its life-sustaining programs.

Want to help? The River City Food Bank accepts donations of cash and food (fresh produce and non-perishable items).

## Ending Hunger in Our Own Backyard

The concept of an urban village calls to mind a time when neighbors interacted daily and cared about one another's well-being. That implied connection is no mistake and it's one we feel strongly about maintaining. One of the ways we do that is through a grant program that provides funding to partners whose programs support better health and increased well-being in our shared community.

One of our partners is, quite literally, in our own backyard. River City Food Bank, located at 1322 27th St., is just a block away from the Sutter Community Parking Garage. The food bank's philosophy is simple: "No one should be hungry." River City meets its mission by providing a three-day supply of emergency, nutritional food to all Sacramento County residents in need, including children,



# Patient-Centered Care Taken to a New Level

## Neonatal Intensive Care Unit Design Puts Babies and Families First

Thousands of infants born prematurely or with serious health conditions have grown up healthy, thanks to a very special place devoted just to them. Established in 1974, the Neonatal Intensive Care Unit (NICU) at Sutter Memorial Hospital has cared for thousands of infants from throughout Northern California who might not have made it without this place and its people.

Under the leadership of neonatologist Andrew Wertz, M.D., from the beginning, the Level III (highest level of care) NICU is one of California's largest and busiest. That's one reason Dr. Wertz, his seven fellow neonatologists and more than 150 nurses, many of whom have worked in the NICU for a decade or longer, are looking forward to the new 61-bed nursery in the Anderson Lucchetti Women's and Children's Center. Another is the infant- and family-centered design features of being in a children's hospital-within-a-hospital.

Though the tiny patients cannot

tell architects and designers what an ideal NICU would look like, their families, doctors and nurses who care for them can. And they did.

Among the suggestions made were to include more space and greater privacy for infants and their families. Individualized lighting and sound also will give babies more quiet time and the peaceful rest they need to heal and grow.

Another important change will be the heliport that will allow babies to transport directly to the hospital from the 28 counties and 80 hospitals the NICU covers. Currently, about a third of the babies arrive at the NICU by ambulance or a combination of airplane and ambulance, which can create added stress for these fragile infants.

"We're very excited," said Dr. Wertz. "Even though our current home is older, our people and technology have always been first rate. The new space will bring the nursery environment to the same level."

## Joint Replacement Center Celebrates Five Years of Award-Winning Excellence

Patients who undergo total hip or knee replacement will be the first to say that surgery is just one part of the journey from pain to mobility. Understanding the importance of every point on the continuum of care drives the comprehensive approach to hip or knee replacement that the Joint Replacement Center at Sutter Medical Center, Sacramento provides. It's also one reason the center continues to score within the top 5 percent of hospitals nationwide for total knee and hip joint replacement.

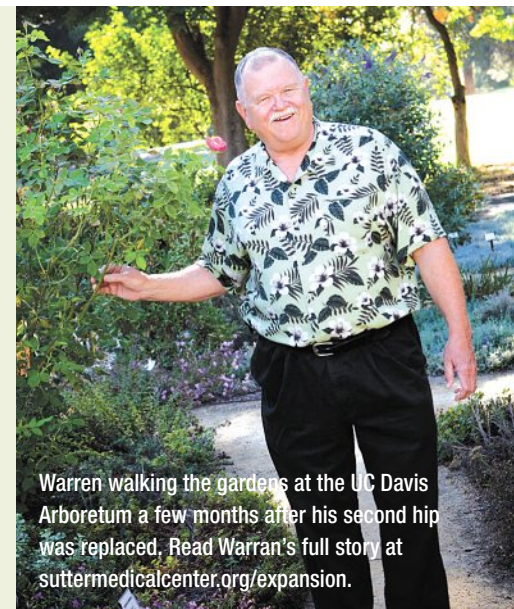
At the Joint Replacement Center, patients are never asked to make the journey to healing alone.

A registered nurse joint care coordinator serves as an expert companion, answering questions and providing guidance along the way. Once surgery is complete, the patient's role becomes central. Rehabilitation specialists work individually with each patient, continuing to provide information, along with a personally tailored physical therapy plan to gradually build strength and regain pain-free mobility.

To help keep the road to recovery smooth, Sutter offers a Joint Replacement Support Group that connects fellow travelers for support, to solve problems and ensure each continues to make progress.

## Gardening Guru Gets Matching Hips

Northern California gardeners and plant lovers who visit the region put the UC Davis Arboretum high on the list of must-see gardens. For many years, those lucky enough to time their visits just right could enjoy a super tour with Warren, the arboretum's superintendent for 37 years. "Walks with Warren" were a favorite monthly event, despite the pain and worsening right hip. "Walks with Warren" were becoming "Waddles with Warren," said Warren.



Warren walking the gardens at the UC Davis Arboretum, a few months after his second hip was replaced. Read Warren's full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).

Sara and Mary Elizabeth, 14 months old, reflecting on their stay in the NICU. Read their full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).



Sutter Medical Center, Sacramento has been the recipient of the HealthGrades Orthopedic Surgery Excellence Award™ from 2005-2010. HealthGrades 2010 rankings also places Sutter Medical Center, Sacramento among the top 5 percent in the nation for joint replacement.

## Operating Suite of the Future Offers Patients New Possibilities

Thanks to the generosity of donors, Sutter cardiologists and cardiovascular surgeons soon will be able to work side by side to diagnose and treat patients in a single visit. The Cardiovascular Hybrid Surgical Suite combines the latest diagnostic imaging technologies with advanced equipment for performing cardiac catheterization, heart surgery and abdominal aneurysm repair. The suite allows doctors to perform image-guided minimally invasive surgery or open surgery, depending on the patient's needs.

The ability to combine medical disciplines in an integrated team to move quickly from diagnosis to care will greatly enhance the quality

of care as well as shorten treatment times. In addition, the sophisticated technology enables doctors to perform the latest minimally invasive treatments that are less traumatic, more convenient, with fewer complications and the fastest recovery times possible.

In addition to the new Hybrid Surgical Suite, Sutter Heart & Vascular Institute at Ose Adams Medical Pavilion will feature four new cardiac catheterization labs, two new electrophysiology labs, five angiography rooms, four cardiac operating rooms, and new operating rooms and recovery beds for the Institute's Transplant and Advanced Heart Therapy Services.



With the help of a \$500,000 matching grant from Sutter Health, Sutter Medical Center Foundation has received more than \$1 million for the innovative suite. The foundation is seeking an additional \$2 million of financial support to make this advanced technology available to our patients.

## The Tumor-Site Approach to Cancer Treatment

One of the joys of watching a winning sports team is observing the interplay between players who each bring a unique set of skills, knowledge and experience to the field. Though each may be a star performer, it takes collaboration toward a common goal to beat a tough opponent. Sutter Cancer Center, Sacramento brings that same approach to care for patients with cancer through tumor site specific teams. Though cancer is anything but a game, combining the individual expertise of medical experts from multiple disciplines greatly improves a patient's chances at beating a formidable foe.

Cathy, now in remission, practicing yoga. Read Cathy's full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).



Over the past few years Sutter Cancer Center, Sacramento has researched best practices in cancer care delivery. Though consultative tumor conferences are not a new practice at the cancer center, they have initiated tumor site specific teams for breast, gynecology, lung, gastrointestinal cancers and blood cancers. The teams are driven by cornerstones of quality, efficiency and affordability, and are working toward several national accreditations this fall.

For patients, one of the biggest advantages is the interdisciplinary conference groups that meet to discuss individual patient cases, one case at a time. The doctor managing the patient's cancer care presents the information to the group of medical specialists experienced in diagnosing and treating the patient's cancer type. The group looks at all images and test results and discusses treatment options, including clinical trials of new treatments and holistic therapies for their emotional and mental well-being. Together, the group arrives at a recommended plan.

## Heart Transplant Provides a Third Lease on Life

Born with a heart defect that might have ended her young life, Susan was just 2 years old when she was lucky to have pioneering heart surgeon Denton A. Cooley, M.D., perform surgery to repair the hole in her heart. More than 30 years later, she thought her luck had run out when a doctor diagnosed her exhaustion as a heart-muscle disorder unrelated to her original heart defect and likely caused by a virus. The doctor also told her that she would die.

As it turned out, Susan's luck had not deserted her after all. A few days after receiving the devastating news, her father came home and announced that she was not going to die. She was going to Sutter to be one of their first patients for a heart transplant.

Susan participated in the Sutter Health Community Ride during the 2010 Amgen Tour of California. Read Susan's full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).



## Care, Answers and Support

Though most breast lumps turn out to be cysts and eight of 10 biopsies show no cancer, breast cancer is too risky to take any chances. So while Cathy initially told herself the lump she felt was "just a cyst," she took herself to see her primary care doctor when it seemed to be growing. It's a good thing she did, because when the doctor referred her for a biopsy, the results confirmed it was cancer and further tests showed the cancer had spread to the lymph nodes in her arm and neck.

Cathy faced a difficult choice. She could choose radical surgery, which would remove all the affected lymph nodes, but may cost her some arm function. Or she could choose less-invasive surgery and risk leaving some cancer behind. Fortunately, Cathy didn't have to make her decision alone.

## Investing in Stroke Prevention and Treatment

Whether caused by a blocked or burst blood vessel in the brain, a stroke can be a deadly or disabling event, and is the nation's third leading cause of death.

The Sutter Stroke Center provides a comprehensive program that reduces the incidence and impact of stroke by bringing together highly trained people, proven procedures, advanced technology and community education. This summer and into fall, Sutter Neuroscience

Institute is welcoming several new stroke specialists to their multidisciplinary team, including a regional medical director, neurologist and neurointerventionalist. In addition, Sutter Medical Center, Sacramento will begin treating patients with a new biplane neurointerventional suite that combines sophisticated imaging and treatment tools, improving the center's ability to provide the best care in the shortest time possible.



**Sutter Medical Center, Sacramento has earned the Gold Seal of Approval™ from The Joint Commission for Primary Stroke Centers.**



Christo and his personal trainer, Monique, weight lifting three years after his stroke. Read Christo's full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).

## Keeping Sutter Close to His Heart

Christo was born at Sutter Memorial Hospital with a congenital heart murmur. He enjoyed an active youth participating in football and other team sports. Years later while in college Christo was diagnosed with a bicuspid aortic valve and turned to Sutter for valve replacement surgery. The surgery was successful, but Christo had to take anticoagulants to prevent blood-clots, one of the risk factors of valve replacement. More than a decade later he suffered a mild stroke. A few years after that an excruciating headache sent him to Sutter Memorial once again for life-saving treatment.

## Robot-assisted Surgery Revolutionizes Quality

In a world where millimeters can make a difference, precision is everything. Investing in the most advanced da Vinci surgical systems is one of Sutter's latest steps in giving patients access to the most effective technologies and treatments. da Vinci robotic-assisted surgery is a break-through technology that allows the surgeon's hand to make extremely precise movements, revolutionizing the treatment of gynecological, prostate and kidney cancers, as well as gynecological and urogynecological surgery. As with any surgery, surgeons' skill and experience play critical roles in

achieving the best outcomes.

"For the past five years robotic technology has allowed me to provide my patients with a minimally invasive surgical option for their gynecologic condition," said Wesley Hilger, M.D., medical director of robotic GYN surgery at Sutter Medical Center, Sacramento. "Because of the less invasive approach, patients benefit from less pain, a shorter hospital stay and a quicker recovery."

Benefits of the new da Vinci SI HD includes enhanced visualization, improved dexterity and advanced motion technology.

## Fully Integrated Mind and Body Health

Not long ago, mental health care and physical health care were considered entirely different disciplines, each with its own facilities and little interaction. But the more we learn about the human body and brain, the more we understand the two are irrevocably intertwined and rightly belong on the same continuum of care. Sutter Health came to that understanding earlier than most, opening Sutter Center for Psychiatry in 1958. Today, Sutter continues to be the only health care system in the region with its own freestanding mental health facility located a few miles away from their midtown medical campus.

Sutter Center for Psychiatry provides psychiatric, mental health and chemical dependency services to children 5 years and older, adolescents and adults. The center has provided inpatient and outpatient since its inception and, in 2010, added innovative new programs that offer a bridge between the two. Patients

in the Partial Hospital Program come to the center Monday through Friday for six hours each day, while patients in the Intensive Outpatient Program spend three hours a day, two to five days each week. The programs fill the gap between hospitalization and outpatient care, allowing patients to go home and test their skills, knowing they will return to the center for help addressing any challenges they encounter.

"Patients are enthusiastic about the new programs," said John Boyd, the center's chief administrative officer. "They need a place to go when they are in a vulnerable place where they are treated with dignity and respect and have the opportunity to heal and learn new life skills. These programs offer the intensive mental health treatments they need, including treatment based on evidenced based best practices, medical evaluations and medication assessment, while they regain their footing and redefine their lives."

## 50 Years of Advancing Medicine

One of the lesser-known benefits Sutter provides patients is the chance to take part in medical research through clinical trials and physician-initiated research studies. Participating in research allows patients to play an important role in advancing medicine and gives them access to promising new treatments, which can be especially helpful for patients with cancer and chronic conditions that are not responding to current treatment options.

Since its inception in 1959, Sutter Institute for Medical Research (SIMR) has been on the forefront of medicine and has participated in hundreds of research projects. Notable research includes the Custer-Smeloff heart valve in 1964; the

first robot-assisted hip replacement surgery in a human patient in 1992; and participation in several national cancer studies on preventing breast, bowel and prostate cancer. Currently, SIMR has a number of active clinical trials in Alzheimer's disease, pediatric diabetes, cancer, benign prostatic hyperplasia, irritable bowel syndrome, arthritis and other conditions. With administrative offices currently within the Old Tavern Building, which will soon be at the heart of the expanded campus, SIMR looks forward to expanding research opportunities by taking advantage of the centralization to enable more doctors to become research investigators and make it easier for patients to volunteer for clinical trials.



Barbara embroidering a quilt for her next grandchild. Read Barbara's full story at [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion).

## Enjoying What She Loves to Do

Barbara was determined to continue embroidering, so that each great-grandchild, upon birth, would have a baby quilt made by her. It wasn't an easy hobby for a woman with rheumatoid arthritis in her hands. Over the 20 years between the time she first noticed the painful swelling and the time she enrolled as a research volunteer for a new rheumatoid arthritis drug, Barbara learned to live with pain and the disfigurement in two of her fingers. She went to see rheumatology specialist Carolyn Dennehey, M.D., who tried a variety of treatments, to no avail. So when Dr. Dennehey suggested Barbara enroll in a clinical trial for a new treatment, Barbara was ready.



## Thankful for a Choice

Maybe it's because she has worked with lawyers for the past 28 years. Or because she grew up one of six children. Regardless, when Peggy asks questions, she gets answers and she makes decisions accordingly. True to form, when Peggy learned she had uterine fibroid tumors, she did her research and learned that her gynecologist Christiana Kopf, M.D., was one of a few doctors in the area who specializes in da Vinci robot-assisted surgery to perform hysterectomies and other gynecologic procedures. As an avid cyclist and exercise enthusiast, the surgery sounded ideal for Peggy who placed a high priority on getting back to her active lifestyle as quickly as possible. Following her procedure, one of the things she was most thankful for was the choice.

## Connect with Us

**Find a Doctor** [checksutterfirst.org](http://checksutterfirst.org)

**Blog** [suttermedicalcenter.org/expansion](http://suttermedicalcenter.org/expansion)



Sutter Medical Center,  
Sacramento



[youtube.com/sutterhealthsac](http://youtube.com/sutterhealthsac)

