

# LivingWell

SERVING HANFORD, REEDLEY, SELMA AND OTHER CENTRAL VALLEY COMMUNITIES • FALL 2017

**4** How local radio host Teri Ann Schlessler overcame knee pain

**6** Food for thought  
5 keys to a balanced diet for kids



## LivingWell

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### Free breastfeeding classes Fourth Wednesday of every month 7–9 p.m.

Conference Center, 115 Mall Drive,  
Hanford

Registration required. Contact  
Rebecca Mathews:

- Phone: 559-537-1710.
- Email: [MathewRA@ah.org](mailto:MathewRA@ah.org).

## Beauties of breastfeeding

**Images of 23 local mothers** breastfeeding in front of local landmarks are displayed at the Adventist Health Hanford Birth Center to encourage other moms to breastfeed.

A gift from the Kings County Breastfeeding Coalition, the photo project came to life earlier this year but was a year and a half in the making.

“We wanted to celebrate the Birth Center while communicating to mothers that breastfeeding is normal and accepted in the community,” says Gloria Pierson, 2015 Chairwoman of the coalition.

Pierson and Ann Margaret Lloyd, the Birth Center’s lactation specialist and a coalition member, commissioned local photographer Savanna Morgret, of Savanna Morgret Birth Services & Photography, to take the photos. Being a doula and a breastfeeding mother herself, Morgret donated her time for the project.

“In these images, you’ll see mothers from Kings County in front of iconic landmarks throughout Hanford and Lemoore—such as Superior Dairy, the Fox Theatre and Naval

Air Station Lemoore,” says Lloyd. “When moms walk into our Birth Center, the photos let them know we are a hospital and community that promotes healthy babies.”

### Baby-Friendly goal in sight

The project underscores the efforts of the Birth Centers in both Hanford and Reedley to become Baby-Friendly, which is a designation reserved for facilities that have met criteria outlined by Baby-Friendly USA.

There are four stages and 10 steps to certification, including helping mothers initiate breastfeeding within one hour of birth, giving infants no food or drink other than breast milk unless medically indicated, and allowing mothers and infants to remain together 24 hours a day.

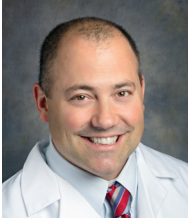
The process has been lengthy because Adventist Health also is training team members from more than 40 clinics in these new processes. The Birth Center in Hanford hopes to become Baby-Friendly by the end of 2017. The Birth Center in Reedley is in the third stage and hopes to be certified by 2019.



**WATCH** a video of the unveiling of the breastfeeding photos at [morehealth.org/photos](http://morehealth.org/photos). To learn more about the Birth Centers in Hanford and Reedley, please visit [morehealth.org/birthcenters](http://morehealth.org/birthcenters).

# MELANOMA

## Spot the problem



By Nathaniel "Nate" Wilkin, MD, dermatologist,  
Adventist Health Physicians Network in Selma

Not many cancers can be detected by the naked eye like melanoma can. And if diagnosed and treated early, this skin cancer can almost always be cured. If left untreated, melanoma can spread and become deadly.

### What is melanoma?

This cancer develops when certain skin cells called melanocytes begin to grow uncontrollably and form a tumor. (Melanocytes are the cells that make melanin, the pigment that gives skin color.)

Exposure to ultraviolet (UV) rays from the sun or from tanning beds is a major risk factor for the disease. Genetics also play a role.

Unfortunately, even as rates of other types of cancer are dropping, melanoma rates in the United States are on the rise, according to the American Academy of Dermatology (AAD).

### Signs to watch for

The AAD states that there would be fewer deaths from melanoma if people regularly took time to examine their skin. That means checking for moles on every part of your body—from your scalp to the bottoms of your feet and even under your fingernails.

Notice the shape, size and color of your moles. (See "The ABCDEs of Melanoma" at right.) Look especially for new moles, those that are growing or changing over time, or those that look different from the rest.

If you see any moles that concern you, or if you have a mole that itches, hurts or bleeds, speak with your doctor.



## Expert care for your skin

Dr. Wilkin has been caring for children and adults with skin disorders for 16 years. He performs skin exams, skin cancer removal and skin surgery. He also cares for patients with psoriasis, eczema and acne at Adventist Health Physicians Network in Selma, 1142 Rose Ave., Suite A.



To schedule an appointment, call **559-856-6160**.

## THE ABCDEs of melanoma

Melanoma is the most deadly form of skin cancer. These ABCDEs can help you tell if you should see a doctor about a mole or spot. Even one of these signs is a reason to see a doctor right away.



### ASYMMETRY

Half of the mole or spot is unlike the other half.



### BORDER

It has an irregular or undefined border.



### COLOR

The color changes from one area to another.



### DIAMETER

The mole or spot is larger than a pencil eraser. (Can be smaller.)



### EVOLVING

It looks different from others on your body or is changing.

Source: American Academy of Dermatology



## A knee in need

*Radio personality talks about her journey to overcome pain*

“The Joint Replacement Center is amazing! To have that confidence going into surgery made it that much better.”

—Teri Ann Schlesser,  
Soft Rock 98.9

**On-air**, she’s known for her calm and soothing voice, but what many didn’t know was that Teri Ann Schlesser from Soft Rock 98.9 was masking a lot of pain.

Her struggles with knee pain began in 2001. “I had problems with my kneecaps dislocating, so I had kneecap realignment on both knees,” says Schlesser. “For 12 years, I had no problems.”

Then, in 2013, Schlesser was getting up from a chair when she heard a loud pop. She had torn her meniscus in her left knee, which eventually resulted in her needing knee replacement in 2015.

Following the surgery, Schlesser’s kneecap began to lock up and dislocate. She decided to undergo a procedure to realign her kneecap, but that didn’t solve the problem.

“There were times when my knee would lock up during Soft Rock events, while I was on stage introducing a band,” she says. “My co-worker Jason would have to run up with my crutches and help me offstage.”

Repairing a misaligned knee Finally, in 2017, Schlesser was introduced to the Joint Replacement

# Joint Replacement Center physicians

*Expert care and decades of experience*



Lancy Allyn, MD, board-certified orthopaedic surgeon

Lancy Allyn, MD, has been caring for patients in the Kings County area for 44 years.

His familiarity with the community and expertise in hip replacement have made him a great asset to the Joint Replacement Center and its patients.

Dr. Allyn earned his medical degree from Medical College of Virginia in Richmond, and completed residency training in surgery at Stanford University in California.



Kenny Mai, MD, board-certified orthopaedic surgeon

Kenny Mai, MD, is also a trusted and respected surgeon with more than a decade of experience caring for Central Valley patients. He provides total joint replacement for patients with knee, hip and shoulder pain, as well as arthritis.

He has two years of specialized fellowship training in joint replacement at Scripps Clinic in La Jolla, California, after a five-year residency at State University of New York at Stony Brook. He earned his doctorate in medicine from Hahnemann University in Philadelphia.

Center at Adventist Health Hanford and orthopaedic surgeon Kenny Mai, MD, who discovered that parts of her knee were misaligned, causing her kneecap to be pulled out of place and her foot to develop an awkward kick when she walked.

On Feb. 21, Schlessor underwent her fifth knee surgery.

“Hands down, the best care I have ever received in a hospital,” she says. “I could tell the difference from the moment I walked in. I was taken to the room where I was going to stay and felt so relaxed before surgery. And the nurses are amazing! They truly care about your recovery and how you’re doing.”

The surgery was a success. That awkward kick is gone, and she’s now able to enjoy life.


## Enjoying an active life

“Oh, the things I can do now!”

Schlessor says. “I’m driving my sports car that I haven’t driven in almost three years because I couldn’t get in and out of it, I’ve dropped 20 pounds, and I’m planning vacations without fear of my knee dislocating. I can do things that I wasn’t sure I was going to be able to do

again, and it’s so nice to know that I’ve got a future.”

Is joint replacement an option for you?

 To learn more about the Joint Replacement Center at Adventist Health Hanford, please visit **HanfordJoints.com**.



**WATCH** Schlessor’s story at **morehealth.org/KneeInNeed**.





By Luis Guzman, MD, board-certified family medicine physician, Adventist Health Physicians Network in Reedley

# Food for thought

*Feed your student's mind and body!*

**Now that school's** back in session, it's important that we feed not only students' minds but their bodies as well.

School-aged children (ages 6 to 12) need healthy foods and nutritious snacks. They have a steady but slow rate of growth and usually eat four to five times a day. Healthy school snacks play an important role in

nutrition because they may contribute up to one-fourth of the total calorie intake for the day.

### 5 helpful mealtime hints

- 1 Always serve breakfast, even if it has to be "on the run." Try fruit, milk, a bagel, cereal, cheese toast or a peanut butter sandwich.
- 2 Take advantage of big

appetites after school by serving fruit, vegetables with dip, yogurt, turkey or chicken sandwiches, cheese and crackers, or milk and cereal.

- 3 Set good examples for eating habits.
- 4 Let children help prepare their own meals and snacks.
- 5 Serve meals at the table, instead of in front of the TV to avoid distractions.



### DR. GUZMAN IS ACCEPTING NEW PATIENTS

Luis Guzman, MD, cares for patients at Adventist Health Physicians Network in Reedley at 1419 N. Acacia Ave. To make an appointment, call **559-391-3160**.

## MyPlate guidelines Healthy food choices

The U.S. Department of Agriculture and U.S. Department of Health and Human Services have created the MyPlate icon as a guideline to help parents and children eat a healthy diet. The place setting guides parents in choosing foods for children ages 2 and older.

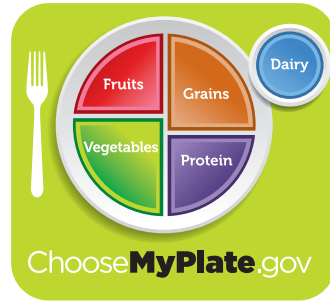
The MyPlate icon is divided into five food group categories, emphasizing the nutritional intake of the following:

**Grains**—foods that are made from wheat, rice, oats, cornmeal, barley or another cereal grain. Examples: whole wheat, brown rice and oatmeal. Aim for mostly whole grains.

**Vegetables**—choose a variety of colorful vegetables, including dark green, red and orange veggies; legumes (peas and beans); and starchy vegetables.

**Fruits**—any fruit or 100 percent fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried and may be whole, cut up or puréed. The American Academy of Pediatrics recommends children ages 7 to 18 limit juice to 8 ounces, or 1 cup, per day.

**Dairy**—milk products and many



foods made from milk are considered part of this food group. Focus on fat-free or low-fat products, as well as those that are high in calcium.

**Protein**—go lean on protein. Choose low-fat or lean meats

and poultry. Choose more fish, nuts, seeds, peas and beans.

Exercise and everyday physical activity should also be included with a healthy dietary plan.

To view more information about the 2015–2020 Dietary Guidelines for Americans and to determine the appropriate dietary recommendations for your child, visit **choosemyplate.gov**.

And be sure to always consult your child's health care provider about his or her diet and exercise needs.

 **NEED A PROVIDER?**  
Learn about Adventist Health providers at:  
**AHCVNDocctors.com.**

# Join us in welcoming **THREE NEW DOCTORS** to the Adventist Health physician team!

## Lola Loeb, MD, Adventist Health Physicians Network in Hanford



Lola Loeb, MD, board-certified obstetrician-gynecologist (OB-GYN), has joined Adventist Health Physicians Network.

Dr. Loeb has a bachelor of science in biology from Loyola Marymount University in Los Angeles and a master's degree in biology from California State University, Dominguez Hills in Carson, California. Medical school took Dr. Loeb to Kansas University School of Medicine, and her residency training took her to Brookdale University Hospital in Brooklyn, New York.

"When I witnessed my first C-section and saw the baby being delivered, I was like, 'Oh my goodness, this is wonderful,'" says Dr. Loeb.

She's been an OB-GYN for 10 years; for three of those years she's been practicing in Hanford.

She enjoys caring for her patients like family and provides them with the information they need to help make medical decisions.

"I'm not going to tell my patients what to do," says Dr. Loeb. "Instead, I am going to give them the information they need; then together, we can decide what course of action to take."

In her free time, Dr. Loeb enjoys spending time with her newly adopted daughter, walking her terrier chihuahua mix dog and traveling.

To make an appointment with Dr. Loeb at the Lacey Medical Plaza, 1524 W. Lacey Blvd., Suite 204, in Hanford, call **559-537-0375**.

## Michael Longevin, MD, Adventist Health Physicians Network in Selma



Michael Longevin, MD, is a urologist with over 30 years of private practice experience.

He specializes in adult urology, urinary tract

infections, prostate disorders, kidney stone surgeries and more.

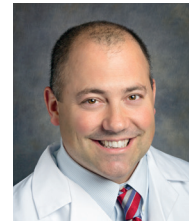
"I love that Reedley is a small college-town setting, because I attended a small college," says Dr. Longevin. "And in Selma, I'm going to enjoy working in a small, rural hospital because I'll get to know my patients on a more personal level."

Dr. Longevin grew up in Cincinnati. He earned his bachelor of science degree from University of Cincinnati and his medical degree from the University of Cincinnati College of Medicine. He then completed his internship in internal medicine and general surgery at Christ Hospital in Cincinnati and his residency training in general surgery and urology at University Hospital, University of Cincinnati Medical Center. He also completed a fellowship in urologic oncology at Loyola University Medical Center in Chicago.

Dr. Longevin has been married for 11 years and has two young children. In his free time, he enjoys family activities, photography, and playing the bass guitar and piano.

To make an appointment with Dr. Longevin at 1142 Rose Ave., Suite B, in Selma, call **559-856-6180**.

## Nathaniel "Nate" Wilkin, MD, Adventist Health Physicians Network in Selma



Nate Wilkin, MD, a board-certified dermatologist who's been treating children and adults with skin disorders

for 16 years, is now caring for patients in Selma.

Dr. Wilkin was inspired to become a dermatologist by his father, who also is a dermatologist.

"I enjoy helping people with skin cancer and other conditions," says Dr. Wilkin, "especially since there is now good medication that can help cure many of these disorders."

Dr. Wilkin performs skin exams, skin cancer removal and skin surgery. He also cares for patients with psoriasis, eczema and acne.

The Ohio native graduated cum laude from Dartmouth College with a mathematics degree. He then attended medical school at Ohio State University College of Medicine and Public Health and completed a dermatology residency at University of Tennessee Health Science Center. After several years of caring for patients in Ohio, Dr. Wilkin moved to the Central Valley and began practicing medicine in Fresno, Visalia and Hanford.

Dr. Wilkin is married to a Kingsburg native whom he met at Dartmouth College. The couple has two sons, ages 4 and 1. In his free time, he enjoys gardening, exercising and reading.

To make an appointment with Dr. Wilkin at Adventist Health Physicians Network in Selma, 1142 Rose Ave., Suite A, call **559-856-6160**.

ADVENTIST HEALTH  
EXCLUSIVE EVENT!

## Phillip Phillips acoustic concert

*Benefits the Adventist Health  
Central Valley Health Foundation*

**Saturday, Nov. 4, 6:30 p.m.**

Hanford Fox Theatre

Donations begin at \$60 per ticket

For more information, please call **559-**

**537-0090** or visit **CVHFoundation.com**.

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Hanford, CA 93230

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The Adventist Health/Central Valley Network is a nonprofit, faith-based organization operating three medical centers and more than 30 medical offices in Kings, Fresno, Tulare, Madera and Kern counties.



# LivingWell events



**WEB** FOR HEALTH TIPS AND VIDEOS, GO TO **AHCVLIVINGWELL.COM**.

### A Time to Heal— Hanford and Selma **FREE**

A 12-week program designed to help people after undergoing treatment for cancer.

**Hanford:** Tuesdays, 5:45–7:30 p.m.,  
Conference Center, 115 Mall Drive

**Selma:** Thursdays, 4–5:30 p.m.,  
Conference Room 2, 1141 Rose Ave.  
Call Julce Belo or Laurie Schirling at  
**559-537-2300**. *Registration required.*

### Better Breathers Club **FREE**

A program designed for people with COPD and other lung diseases and their caregivers.

Second Thursday of every month,  
5:30–7 p.m., Conference Room 1,  
450 N. Greenfield Ave., Hanford.

Contact Rebecca Russell at **559-537-0083**  
or **Rebecca.Russell@ah.org**.

### Childbirth Education Classes

A series of four classes, including a session on breastfeeding (four-week course).

\$40 per couple. Begins the first  
Wednesday of every month, 7–9 p.m.,

Conference Center, 115 Mall Drive,  
Hanford. Contact Rebecca Mathews at  
**559-537-1710** or **MathewRA@ah.org**.  
*Registration required.*

### Diabetes Among Friends **FREE**

A five-week diabetes self-management education course offered throughout our service network. Contact Rebecca Russell at **559-537-0083** or **Rebecca.Russell@ah.org**.

### Freedom From Smoking **FREE**

For upcoming clinic and class information, please contact Patrick Hoffman at **559-537-0431**, ext. 25143, or **HoffmanHP@ah.org**.  
*Registration required.*

### Grief Support Group **FREE**

Second Monday of every month,  
6–7:30 p.m., Experience Design Room,  
450 N. Greenfield Ave., Hanford. Please contact Home Care & Hospice Chaplain Marleny Senn at **559-537-2860** or **hilda.senn@ah.org**.

CENTRAL VALLEY HEALTH  
FOUNDATION PRESENTS ITS

## 29th Annual Charity Gala: A Secret Garden

**Thursday, Oct. 5, 5:30 p.m.**

Hanford Civic Auditorium,  
400 N. Douty St., Hanford

### Inspirational guest speaker:

Dave Dravecky, former San  
Francisco Giants pitcher



Join us for appetizers, dinner, dessert, and live and silent auctions. Proceeds from the Gala will help Adventist Health purchase a 3-D tomosynthesis mammography machine for the Adventist Health Breast Care Center, which will allow radiologists to see past dense tissue and increase the detection of breast cancer.

To purchase tickets, please call the Foundation at **559-537-0760**. For more information, visit **CVHFoundation.com**.