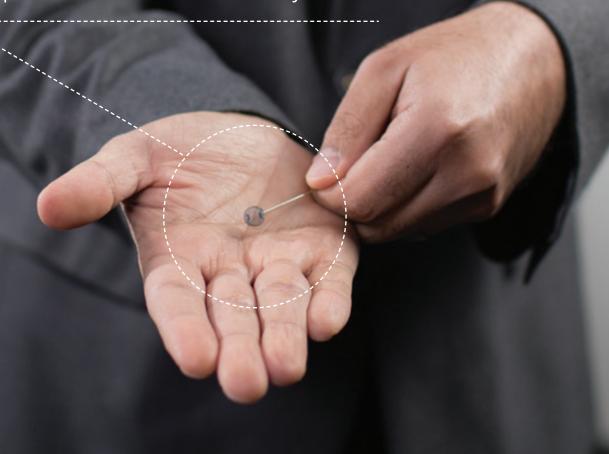
THECONNECTION

Central California Faculty Medical Group & University Centers of Excellence

DR. AMIR KHAN

Bringing New Aneurysm Treatment
Options to the Central Valley



Winter 2020 UniversityMDs.com

New Technology Means New Treatment Options in the Central Valley for Aneurysms

The first time the dizziness awakened Bobbie. She woke her husband, told him what was going on and fell back asleep. Later that day, she felt dizzy again -- and the same thing happened the next day.

On the third day, when she became dizzy, she couldn't stand up without assistance and had trouble speaking. Bobbie's daughter rushed her to a hospital, where an MRI scan of her brain showed a large aneurysm, a weak spot on a blood vessel.

An estimated 6.5 million people in the United States have an unruptured brain aneurysm and about 30,000 people a year have an aneurysm rupture, causing bleeding in the brain, according to the Brain Aneurysm Foundation. Brain aneurysms are responsible for about 5% of all new strokes.

Bobbie's aneurysm was of a type that could not be dissolved by medication



and she was referred to Amir Khan, MD, of University Neurosciences Institute, and a UCSF Fresno vascular and interventional neurologist who has expertise in the treatment of brain aneurysms, stroke, intracranial hemorrhage, vascular malformations and carotid stenosis.

Bobbie was not able to fully understand her diagnosis, but her daughter explained that she had a brain aneurysm and that the doctor at the hospital recommended she be seen by Dr. Khan because he said "he's the best in the business."

Dr. Khan found Bobbie was a good candidate for a new minimally-invasive procedure that would obliterate the aneurysm, preventing a rupture and a hemorrhaghic stroke (bleeding into the brain). Treatment would involve implanting a WEB® Aneurysm

Dr. Khan is the first physician in the Central Valley to use the WEB® device to treat brain aneurysms.

Embolization System device inside of the aneurysm at the "neck" or base of the bulge where it connects to the artery. Dr. Khan is the first physician in the Central Valley to use the WEB® device to treat brain aneurysms.

The procedure meant Bobbie did not need to have open surgery on her brain.

The device, approved by the U.S. Food and Drug Administration last year, is a self-expanding metalmesh cylinder. The device is implanted during a minimally invasive endovascular surgery that alleviates the need for open brain surgery. During the procedure, a catheter is fed through the femoral artery, in the groin, up to the aneurysm in the brain. A microcatheter is deployed to carry the device to the aneurysm. Once implanted, the cylinder opens and blocks blood flow to the aneurysm. The bulge in the artery is sealed by

The procedure meant Bobbie did not need to have open surgery on her brain.

scar tissue, walling off the aneurysm permanently.

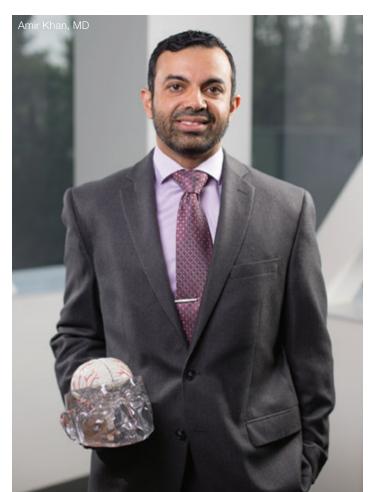
The device comes in a dome shape and a sphere shape with different sizes to allow for treatment as unique as each patient and aneurysm. After ordering additional imaging to get a better understanding of Bobbie's aneurysm, Dr. Khan chose the shape and size that best fit her needs.

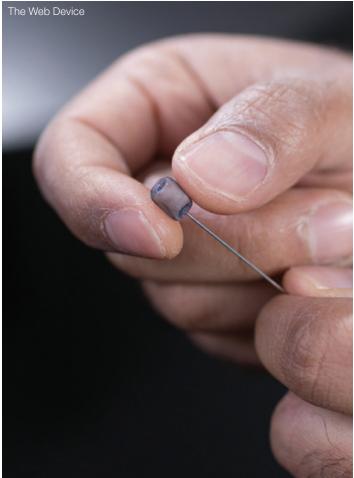
Bobbie's procedure in October, was the second WEB® performed by Dr. Khan in 2019. After a three-hour procedure, Bobbie awoke, surrounded by family. "[Dr. Khan] told me everything went well and that I

would be able to go home the next day, and I did," Bobbie said. "I put my confidence in him and prayed a lot."

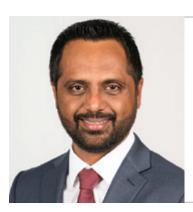
After being diagnosed with an aneurysm, she was afraid to leave the house and be left alone. Now, thanks to the WEB® device and Dr. Khan, Bobbie said she feels better and can enjoy her life again. "I'm very, very thankful and grateful."

WEB® is exciting new technology, Dr. Khan said. "It's a new tool in our tool kit and it allows people to have minimally invasive aneurysm treatment with good outcomes."





WELCOME NEW University | Centers of Excellence Physicians

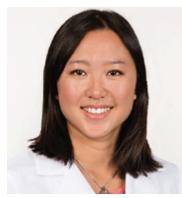


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Central California Faculty Medical Group

Celebrating 40 Years



On Wednesday, October 9, 2019. Central California Faculty Medical Group celebrated 40 years of providing quality

health care to the Central Valley at the Annual Meeting. CEO Joyce Fields-Keene, MPA, CMPE and Randall Stern, MD, FACS, Chairman and President of the Board, treated more than 70 core faculty members to a presentation on the impact

providers have had on the community and health care in the Central Vallev.

During the Annual Meeting, CCFMG honored two providers for having been with the organization for all 40 years. Robert Libke, MD, and Gene Kallsen, MD. were celebrated for their work and dedication to CCFMG and patient care. A reception following the presentation featured a delicious spread from The Painted Table and a champagne toast to 40 years of CCFMG.

new decade / new mission

Over the last 40 years, CCFMG has strived to provide highquality, accessible specialty health care to Central Valley residents. This year, the CCFMG Board of Directors adopted a new mission statement to reflect the work our providers and our staff have been doing and are continuing to do for patients. The CCFMG mission is,

66 Advancing the health of the diverse communities we serve through excellence in patient care, education and research in an environment of collaboration and respect.

For many years CCFMG used the purpose "To Make Medical" Education Happen" as a guiding principle, which was adopted by the CCFMG Board of Directors in 1996. While we look forward to continuing to focus on that purpose, a new mission statement will allow the organization to evolve. "This mission statement will serve as a compass for CCFMG, by helping to lead us into the future, while still ensuring that we remain true to our foundation," said Joyce Fields-Keene, MPA, CEO, CMPE

This new mission statement is a direct reflection of the CCFMG providers and staff's goal to better the lives of those in our community.



UCSF FRESNO DOCTOR STUDIES

VENOMICS FOR SNAKEBITE TREATMENT

Ever since he was a little boy, reptiles have fascinated UCSF Fresno emergency physician and medical toxicologist Nicklaus Brandehoff, MD. His interest in herpetology has led to some interesting experiences, including working with venomous snakes before medical school at UC San Francisco School of Medicine.

It's not surprising that he determined early in his medical training that he wanted to practice snakebite medicine, and in Fresno, he has opportunity to do so. As a member of the UCSF Fresno emergency medicine and medical toxicology team at Community Regional Medical Center, Dr. Brandehoff is called to consult about snakebites regularly.

Venomous snakebites in Northern California are due to the Northern Pacific rattlesnakes that people stumble upon in the foothills near Fresno. A rattlesnake bite can be serious, but recently, Dr. Brandehoff lent his expertise in snakebites a continent away in Guinea, West Africa, where the snakes including cobras, puff adders, rhinoceros vipers and mambas cause thousands of a bites every year.

Snakebites result in over 100,000 deaths worldwide annually, and Dr. Brandehoff is at the forefront of an effort to reverse tragic snakebite outcomes through research, clinical medicine, and education-based public health initiatives. He helped found Acelpius Snakebite Foundation (ASF), an international nonprofit organization led by experts in snakebite medicine who combine their skills and knowledge to reduce deaths and maiming.

West Africa has among the highest number of snakebites in the world, making it an important focus for the foundation. This summer Dr. Brandehoff volunteered at Guinea's only snakebite clinic.

The clinic has limited medical resources but has made a significant difference in snakebite fatalities in Guinea since opening 20 years ago, Dr. Brandehoff said. "When they first started the clinic, they had about 35% of the people die. Now they have about 1%. You're talking the difference

between 100 to 200 deaths a year to about six or seven or maybe a few more."

"It's wilderness medicine," he said. (UCSF Fresno's Wilderness Medicine program was a factor in his coming to UCSF Fresno for residency in emergency medicine). The snakebite clinic, for example, does not have ventilators to assist breathing for snakebite patients who have been paralyzed. Airway equipment, including respirator bag masks and face seals, were among the donated medical supplies that Dr. Brandehoff made sure to bring to the clinic.

Dr. Brandehoff's expertise and interest in snakes, together with a commitment to reversing snakebite outcomes, extend UCSF Fresno's commitment to service across the globe.



CCFMG Donates
More Than \$65,000
to the Community

Ten organizations and six events in the Fresno and Clovis communities were awarded more than \$65,000 collectively by Central California Faculty Medical Group in donations.

Members of the UCSF Fresno faculty put in requests for organizations they volunteer with, support, and believe in to receive donations to aid their communityfocused efforts. After reviewing all the applications for organizations and events, all ten organizations and all six events were awarded donations ranging from \$1,000 to \$10,000. Some of the organizations that received donations are the American Heart Association, LiveAgain Fresno, Reach Out and Read, Central California Adaptive Sports Center, and more.

The goal of these donations is to support organizations that impact the communities in and surrounding Fresno and Clovis. CCFMG is dedicated to advancing the health of the diverse communities they serve, and donating to these organizations helps fulfill that mission.

UCSF Fresno Lung Nodule Program Celebrates 10- Year Anniversary

A decade ago, patients in the San Joaquin Valley who had suspicious spots on their lungs waited 70 days or longer to see a specialist to find out if the nodules were lung cancer. Fast forward to 2019, and patients referred to the Lung Nodule Program of UCSF Fresno and Community Medical Centers have a diagnosis, staging and treatment plans within seven to 10 days on average. The speedy turnaround is better than national and international recommended times.

The Lung Nodule Program is the only comprehensive, rapid, early diagnosis and management center for lung cancer in central California and is one of 25 Centers of Excellence for Lung Cancer in the nation designated by the GO₂ Foundation for Lung Cancer. Michael W. Peterson, MD, UCSF professor of medicine and associate dean at UCSF Fresno, launched the program in 2009. Daya Upadhyay, MD, medical director of the Lung Nodule Program since 2014 and UCSF associate professor of Medicine, enhanced the program further to a nationally recognized Center of Excellence in Lung Cancer.

"A nodule does not necessarily mean cancer, it can be due to various lung infections," said Mohamed Fayed, MD, UCSF assistant clinical professor of medicine, who is an expert in pulmonary infections. The Lung Nodule program has streamlined the diagnosis and care by getting a group of lung specialists, radiation oncologists, medical oncologists, radiologists and pathologists together to provide coordinated care.

"Since its inception in 2009, this program has grown in both qualitative and quantitative standards by providing state-of-the-art care using the national guideline standards to a wide spectrum of patients with lung nodules and lung cancer. Currently, we see nearly 3,000 patients annually," said Dr. Upadhyay.

Kathryn Bilello, MD, UCSF assistant clinical professor of medicine, runs the screening program for early detection of cancer. If the diagnosis is delayed, survival of patients with late-stage lung cancer is less than 5%. If the diagnosis is done early, the survival rate increases to over 80%.

Through speedy diagnosis, treatment and ongoing management, the Lung Nodule Program has improved lung cancer patient survival. In the past five years, the Lung Nodule Program has reduced late-stage cancer diagnoses from about 60% in 2009 to 16% in 2019, "which means we are saving lives," Dr. Upadhyay said. "Every faculty physician has literally put their hearts into this program and our staff members and navigators are gems. They are the pillars of our program," she said. "It's hard work, but it's gratifying."

Doctors in the News

"Listen to your body. If your body is constantly telling you there's something wrong, if you see you're falling off of a normal wagon, you're not doing the stuff that you used to do."

Amir Fathi, MD, Assistant Clinical Professor at UCSF Fresno, and Director of HPB Surgery at Community Regional Medical Center on knowing your body and when to be your own health advocate. MedWatch Today

"That is how you get the doctors to stay — by taking these students and growing your own."

Kenny Banh, MD, UCSF Fresno Assistant Dean of Undergraduate Medical Education on the benefits of opening of a medical school in the Central Valley. *The Modesto Bee*

"When it comes to an opioid overdose, time is oxygen. They stop breathing and that's how they die. The faster we can administer the antidote naloxone, then the better chance they're going to have for survival."

Patil Armenian, MD Assistant Clinical Professor in the UCSF Fresno Department of Emergency Medicine on emphasizing the fact that emergency responders should not hesitate on administering naloxone to overdose victims because exposure to fentanyul is considered low risk. *KQED*

What Our Patients are faying



"I have worked my whole professional life in healthcare and appreciate good care when I see it!"

-Nancy

University Cardiovascular Center



"Truly appreciate the care he showed me!"

-Kel

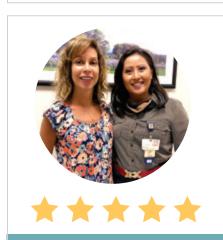
University Cardiovascular Center



"Wonderful patient care and office staff is very friendly."

-Lisa

University Gastroenterology & Hepatology Associates



"In so many ways, I feel my health has improved as a direct result of her (Dr. Candice Reyes') care."

-Cindy

University Medicine Associates



"This office takes care of you like you were their close friend."

-Weslev

University Pediatric Specialists



"Each doctor made it clear - we are important."

-Suzie

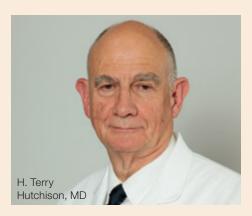
University Pediatric Specialists

"Dr. Hutch" Honored with _____ National Award for Humanism

UCSF Clinical Professor of Neurology Harrol T. (Terry) Hutchison, MD, PhD, says humility is something physicians need to learn, and he has taught it, by example, by emphasizing respectful and responsive

patient care as he teaches medical residents

and students at UCSF Fresno.



Dr. Hutchison, a child and adult neurologist, is renowned for taking extra time with patients, giving out his personal cellphone number and answering afterhours calls.

"He does more than most in terms of getting to know patients' needs, trying to help patients, trying to be reachable and approachable," says Mark Stecker, MD, UCSF Fresno clinical professor of neurology and chief of neurology at UCSF Fresno. "Dr. Hutch," as most call him, treats patients like family, Dr. Stecker says. "Students want to train with 'Hutch' to learn how to provide that level of care."

Dr. Hutchison received the Child Neurology Society's 2019 Arnold P. Gold Foundation Humanism in Medicine Award in October. The award recognizes his extraordinary humanism in his medical career. The award is named for the late Arnold P. Gold, MD, who is considered a founder of modern child neurology. Dr. Hutchison says he's honored to receive the award. He estimates he's had 40,000 encounters with medical residents and students in nearly 40 years of teaching. "If I've influenced students positively in some way, that's very rewarding" he says.

Serena Yang, MD, UCSF Fresno chief of pediatrics, says Dr. Hutchison goes to extraordinary lengths to help patients — and learners. "He is humble, and always welcoming to learners. He is a role mode of compassionate bedside manner, demonstrates patient- and family-centered care, and is a passionate advocate for the highest quality of care for his patients."

Besides being board certified in child neurology and pediatrics, Dr. Hutchison is board certified in clinical genetics and neuro-rehabilitation. In addition to residencies in pediatrics and neurology at UCSF, he completed a doctorate in molecular biology at the University of California, Irvine, and a postdoctoral fellowship in genetics at the University of Washington. His medical degree is from the University of Texas Medical Branch.

something he had to learn and continues to develop.

As a boy and young man, he did not like people much, he says, "I got kind of picked on in some places and ignored in other ways – marginalized, if you will. Not that it was anybody's fault but my own." In medical school, he relied on scientific and mathematical abilities rather than social skills, but a course in Introduction to Patient Evaluation proved life changing.

He had to learn to be objective with patients and himself, which included discarding biases. "I almost failed the course," he says. But I finally got through it and spent a year or two learning, and then I developed a style of interaction with patients that has not changed," he says. "I've been very proud of that, and I hone and improve it as time goes on."

Acknowledgments by colleagues, students and the Child Neurology Society are gratifying, but he finds rewards every day from teaching medical residents.

"You ask me what rejuvenates me? "It's

Dr. Hutch insists humility is something he had to learn and continues to develop.

Dr. Hutchison was the first neurologist in the country to commercially deliver Spinraza, the first U.S. Food and Drug Administration drug approved to treat patients with spinal muscular atrophy, a rare and often fatal genetic disease affecting muscle strength and movement.

Dr. Hutchison insists humility is

seeing people that are moving ahead and maybe benefitting from some of my teaching," he says.

UCSF Fresno is fortunate to have Dr. Hutchison among 285 core faculty who teach more than 300 physicians annually, says Dr. Stecker. "There's not enough good things to say about Hutch."

Breast Cancer Surgery Saves Lives and Hides Scars



The hard lump felt like a rib underneath her left breast, but when the skin dimpled, Judi suspected something else. A mammogram, ultrasound and a needle biopsy showed breast cancer.

Judi Preuss, 56, of Clovis was frightened. "What you feel at the moment is that you are going to die," she said of the diagnosis she received last September.

She wanted the cancer gone – whatever that entailed. She made an appointment with Ibironke Adelaja, MD, a UCSF Fresno surgeon whose specialty is breast surgery. She told Dr. Adelaja that she wanted a double mastectomy.

She is a member of a UCSF Fresno team of breast surgeons at Community Medical Centers (CMC) who have been trained in Hidden Scar™ breast cancer surgery. CMC is one of only a handful of hospital systems in the country named a "Hidden Scar System of Excellence," and the first in California to receive the designation, according to CMC.

Patients need to know their options for breast cancer surgery, but always the main goal is to perform a medically sound procedure where you are removing all of the cancer with a clear margin, Dr. Adelaja said. In some instances, Hidden Scar surgeryTM is not recommended, depending on the location and extensiveness of

"...a woman would look in the mirror when they are done with their treatment and not be continually reminded that they had undergone a surgery..."

But Dr. Adelaja, who had performed the needle biopsy of Preuss's breast, suggested another option. She could remove the cancerous mass with a partial mastectomy that would be followed by radiation. Studies have shown a partial mastectomy with radiation has the same survival as removal of the entire breast.

And Preuss was surprised when Dr. Adelaja told her the surgery could be done without leaving a horrible scar across her breast.

"The idea behind the scar-sparing surgery is that a woman would look in the mirror when they are done with their treatment and not be continually reminded that they had undergone a surgery or a disfiguring surgery for breast cancer," Dr. Adelaja said.

Dr. Adelaja has special training in a breast surgery technique that allows a tumor to be removed through an incision that is made in a hard to see location, such as under the breast or underneath the arm. The surgery leaves a barely visible scar once the incision heals. She also performs nipple-sparing mastectomies, which hides the incision at the bra line.

the breast cancer. "But when I can, I do try to hide the scar."

In Preuss's case, Dr. Adelaja was able to safely remove the cancer, leaving behind only a tiny scar under the left breast. Preuss had radiation and chemotherapy after surgery.

Preuss had considered going to Stanford University Medical Center for breast cancer surgery, but she is grateful she found Dr. Adelaja. "We were so blessed to be able to stay in the San Joaquin Valley," she said. "I feel I was brought to Dr. Adelaja. She was the best person to help me."

Dr. Adelaja is happy Hidden Scar surgeryTM is an option UCSF Fresno can offer to patients in the Valley. "When they experience it, they're quite pleasantly surprised," she said. "There is no reason someone should have to leave Fresno to have this advanced type of breast cancer surgery."

For more information, contact University Specialty Surgery Associates at (559) 256-5140.



On any given day, Rais Vohra, MD, can see dozens of patients in the Community Regional Medical Center Emergency Department as a board-certified emergency medicine and toxicology physician. One type of patient, however, Dr. Vohra has seen over and over again—an Opioid Use Disorder patient going through withdrawals.

The opioid epidemic is just that, an epidemic, it kills an estimated 70,000 people each year in the United States and Dr. Vohra is helping CRMC do its part to curb the number of patients who come in with withdrawal symptoms, and to provide care to help get them off the highly-addictive narcotics.

Dr. Vohra, professor of emergency medicine and clinical pharmacy at UCSF Fresno and Interim Health Officer for the Fresno County Department of Public Health, has been instrumental in helping CRMC become the only Bridge Program Star Site in Fresno County through a grant facilitated by Central California Faculty Medical Group. Being part of the Bridge Program means CRMC offers patients the opportunity to get treatment and help to enter into long-term care for Opioid Use Disorder, and being a Star Site means

the entire staff of CRMC is committed to providing this treatment and help 24 hours a day, seven days a week.

"As a Bridge Star Site, there is no wrong door to enter into recovery, and we want people with opioid withdrawal to be able to access evidence based treatment regardless of which department or service they are presenting to," said Dr. Vohra.

When a patient walks through any door at CRMC suffering from severe withdrawal symptoms, a certified physician can prescribe the patient buprenorphine. This drug helps alleviate many of the symptoms of withdrawal and helps curb cravings, allowing the patient to recover and not feel the need to use the drug again.

Buprenorphine won't get the patient high, and patients can't overdose with this drug. Physicians can also give the patient a takehome prescription for this drug, with a few previsions, to hold them over until they get into a long-term treatment program.

Once patients are stable, they are connected with the Bridge Program's Substance Use Navigator and a social worker. CRMC's Substance Use Navigator is Chaia Vang. She helps patients set up follow-up screenings, research and find a long-term treatment program, and helps patients reach out to facilities to start the process of entering treatment. With this warm handoff, patients are more likely to stay in their treatment program through its completion.

The grant to fund the Bridge Program has allowed Dr. Vohra and many physicians at CRMC help Opioid Use Disorder patients recover from withdrawals and get into long-term treatment. Being a Star Site has shown the commitment from physicians and staff at CRMC to provide treatment to patients 24 hours a day.

"It is so fulfilling as a physician to be able to help someone who feels awful and hopeless and not only help them acutely with their withdrawal but also provide the linkage to care to ensure they stay in recovery long-term," said Dr. Vohra.

If you or someone you know is struggling with Opioid Use Disorder, the Bridge Program and the staff at CRMC are here to help you find long-term care and treatment. Contact Chia Vang at (559) 668-1900 for more information about the Bridge Program.

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