

THE CONNECTION

Central California Faculty Medical Group & University Centers of Excellence

Dr. Robert Kollmorgen Brings Innovative
New Hip Preservation Specialty to the
Central Valley



The Gift of Movement

Dr. Robert Kollmorgen Gives Patient the Ability to Move Pain-Free Once Again

Dirk Strombeck, 63, began feeling immense pain in his right hip at the beginning of May. Working as a Construction Superintendent at a job that took him to Louisiana, he didn't feel like he had a lot of options.

"The pain became so bad, I didn't think I could get out of bed," Mr. Strombeck shared. He described how he went to the emergency room in Louisiana, where the ER physician referred him to a specialist.

"The ER doctor thought I had a torn muscle, and he wanted me to see an orthopedic surgeon."

"Every other doctor I had seen previously, had me in and out of their office in 15 minutes. On my first visit with Dr. Kollmorgen I spent two and half hours there. He really listened to me."

Mr. Strombeck ended up visiting two Orthopedic Surgeons in Louisiana, both of which were not able to tell him what was wrong, or provide any relief for his excruciating pain. After numerous cortisone shots and no real difference, Mr. Strombeck had to leave his work assignment, take a leave of absence and head home to the California Central Valley, where his wife and family live.

Still in pain, Mr. Strombeck attempted to seek care locally, seeing two additional Orthopedic Surgeons who prescribed physical therapy and cortisone pills.



Dirk Strombeck at University Orthopaedic Associates

“The goal of preservation is to restore the anatomy and function of the native hip joint, and in patients who are candidates it works well, regardless of age.”



Dr. Robert Kollmorgen (left) and Dirk Strombeck (right)

“The most painful thing for me before the surgery was getting in and out of the vehicle. It was brutal, absolutely brutal to just get out of the car. Now I can do that without pain. I am walking without pain.”

However, after doing some research he stumbled onto Dr. Robert Kollmorgen, an Orthopedic Surgeon and Hip Specialist who had recently relocated to Fresno after completing a fellowship at Duke University in Hip Preservation.

Unlike a full hip replacement, hip preservation techniques focus on preserving the hip joint for as long as possible. “The goal of preservation is to restore the anatomy and function of the native hip joint, and in patients who are candidates it works well, regardless of age,” Dr. Kollmorgen explains.

“My first impression of Dr. Kollmorgen was that he was young!” Mr. Strombeck explained, while laughing. “I sat down and told him about my pain and all about my medical history and immediately there was a difference. Every other doctor I had seen previously,

had me in and out of their office in 15 minutes. On my first visit with Dr. Kollmorgen I spent two and half hours there. He really listened to me.”

Dr. Kollmorgen felt that Mr. Strombeck was an ideal candidate for a hip arthroscopy, which would preserve his hip and alleviate his pain. “Dirk’s imaging studies revealed good cartilage and no arthritis, making him a great candidate for preservation surgery,” Dr. Kollmorgen said.

Six weeks post-operation, Mr. Strombeck has already seen a big difference. “The biggest improvement has been my ability to move. Any kind of movement was brutal before the surgery,” Mr. Strombeck explained. “The most painful thing for me before the surgery was getting in and out of the vehicle. It was brutal, absolutely brutal to just get out of

the car. Now I can do that without pain. I am walking without pain.”

His recovery should only continue to improve, according to Dr. Kollmorgen.

“Mr. Strombeck is still early in his recovery. He is about six weeks out from his operation, but when he hits about twelve weeks he will feel even better. Many people say that a patient over 60 is too old for this type of procedure. But you can still have great results with patients over 60, you just have to find the right patient,” Dr. Kollmorgen said.

Turning to Mr. Strombeck and smiling, Dr. Kollmorgen said, “You look great!”

“I feel great,” Mr. Strombeck smiled back, “The difference is night and day.” When asked what Mr. Strombeck would say to someone who was in a similar situation, and feeling frustrated by the constant pain and lack of answers, he beamed and said, “Call Dr. Kollmorgen, as quickly as you can.”

To contact Dr. Kollmorgen or the staff of University Orthopaedic Associates directly, call

(559) 432-2600



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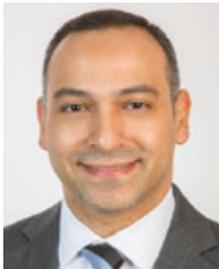
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University Diabetes and Endocrine Specialists Becomes an AADE-Accredited Diabetes Education Program

University Diabetes and Endocrine Specialists was recently named an accredited diabetes education program by the American Association of Diabetes Educators. This will allow residents in and around the greater Central Valley increased access to critical diabetes education services.

Diabetes education is a collaborative process through which people with or at risk for diabetes, gain the knowledge and skills needed to modify behavior and successfully self-manage the disease and its related conditions. This specialized education is provided by certified diabetes educators.

University Diabetes and Endocrine Specialists, located at 7085 N Chestnut Ave, #101 will be offering diabetes education classes beginning in September of 2017.

Please call (559) 323-9236 for more information.

“While the process to become an accredited program is rigorous, it was

a wonderful collaboration amongst our staff and the program. We are very proud to have achieved the accreditation, and to be the only AADE-accredited site in the greater Central Valley,” said Doreen Diaz, a licensed nutritionist and certified clinical diabetes educator.

“We are most excited to provide this level of comprehensive care to our patients and the greater community. Central Valley residents deserve access to these services.”

“Trends show that diabetes education is moving out of the hospital and into the community, so AADE’s accreditation program was created, in part, to encourage diabetes education where the patient is seeking care,” said Leslie E. Kolb, RN, BSN, MBA, Program Director, Diabetes Education Accreditation Program. “The program at University Diabetes and Endocrine Specialists is exactly what we envisioned when we set up our accreditation program in 2009.”

Diabetes Self-Management 2018 Classes

All 2018 classes are on every other Tuesday evenings from 5:00 p.m. to 6:30 p.m.

Please contact the office at (559) 323-9236 to register.

Series 1

January 9, January 23, February 6, February 20

Series 2

March 6, March 20, April 3, April 17

Series 3

May 1, May 15, May 29, June 12

Series 4

June 26, July 10, July 24, August 7

Series 5

August 21, September 4, September 18, October 2

Series 6

October 16, October 30, November 13, November 27

The Trauma Surgery Team of UCSF Fresno and Community Regional Medical Center provided bleed control training to over 150 staff members at CCFMG’s 4th annual Wellness Fair. They set an overall goal to train 1,000 participants in 2017, and they exceeded that goal by training 1,402 for the year!



Trauma Team | Photo Courtesy of UCSF Fresno Surgery Department



Why the Valley

by Erica Gastelum, M.D.

- Assistant Professor, UCSF
- UCSF Fresno Pediatrics Department

When we recruit, we often mention our Central Valley highlights — the proximity to Yosemite, cost of living, central location, diversity of patients, breadth of pathology, dedication to medical education, and so on. The entire package is what makes UCSF Fresno special.

Though originally from Southern California, my husband and I continue to call Fresno home. Oftentimes family and friends ask us why we're still in the valley. Perhaps it's because we've found family here too. As a third year medical student rotating at UCSF Fresno, attendings gave me their cell contacts instead of their pager and were excited to share their craft with wisdom and humility. Residents became each others' family and community. One of UCSF Fresno's greatest strengths is the interdepartmental collaboration, where silos have become a thing of the past and residents and attendings—from

medicine, family medicine, pediatrics, emergency medicine, psychiatry, dermatology, and other departments—are eager to learn from each other and work together to put their best forward for patients. This is a place where residents realize they are not alone in burnout, depression, or loss. That in between blood, death, and crazy, colleagues find hope and share humor.

At UCSF Fresno, mediocrity is not in the vocabulary, medical education is a priority, and advocacy for the community is integrated into our psyche.

People find physicians here who are exceptional at taking care of patients, and even better at taking care of each other. Eight years later, I'm on the other side of the equation eagerly looking forward to each new group of medical students. It's their turn to enjoy their adventure, and hopefully they'll find a reason to stay too.



Erica Gastelum, M.D. (Left) | Photo Courtesy of Community Medical Centers

Comprehensive Center for Pulmonary Hypertension Receives Accreditation

Congratulations to the UCSF Fresno Comprehensive Center for Pulmonary Hypertension at Community Regional Medical Center for receiving accreditation and being recognized as a Center of Comprehensive Clinical Care by the National Pulmonary Hypertension Association.



Vijay Balasubramanian, M.D., is the Director of the center.

Congratulations Pravachan Hegde, M.D., for being featured in Thoracic Surgery News

Dr. Hegde was highlighted for his study advising providers to still perform endosonographic lymph node staging in non-small cell lung cancer staging of high-risk patients even if they are reported to have radiologically normal mediastinal lymph nodes.



Community Regional Medical Center Maternity Services Recognized for Safety and Quality

CRMC received all three Healthgrades® distinctions in maternity care for its high-risk pregnancy and birthing center. The three awards are the 2017 Healthgrades Gynecologic Surgery Excellence Award™, the 2017 Healthgrades Labor and Delivery Excellence Award™ and the 2017 Healthgrades Obstetrics and Gynecology Excellence Award™.

Dr. Carlos Sueldo, Chief of the UCSF Fresno Obstetrics/Gynecology Department credits the awards to the teamwork between the CRMC nurses, UCSF Fresno faculty and residents, and the doctors on-call covering 24/7 labor and delivery.

“As an example, in private hospitals, where they take care of healthy pregnant women, with good prenatal care and good nutrition, good outcomes are to be expected,” said Dr. Sueldo. “But we have patients referred to our hospital, where all those factors are challenging; so these awards and recognition have a lot more meaning.”



The Movement Disorder Clinic at University Neurology Associates

The Movement Disorders Clinic treats and evaluate patients both in an inpatient and outpatient setting, with all types of movement disorders including patients with existing deep brain stimulators.

They have the ability to follow patients over the course of their treatment with innovative approaches including serial video recordings as well as the flexibility to evaluate patients in the clinic for an extended period of time to determine how the patient responds to medications as necessary.

The clinic has access to state of the art MRI and functional brain imaging and is conveniently located downtown in the East Medical Plaza building, on the Community Regional Medical Center campus.

To make an appointment or to talk to the staff at University Neurology Associates, call

(559) 264-9100

Meet the Team



Rafael Zuzuárregui, M.D.

Movement Disorder Clinic Director

- Movement Disorders
- Sleep Disorders



Shahrzad Akhtar, M.D.

- Parkinson's Disease
- Tremors



Krishe Menezes, M.D.

- Movement Disorders
- Deep Brain Stimulation
- Botulinum Toxin Injections

Tackling the Puzzling Problems of Mental Health Teaching Doctors to Spot the Warning Signs

by Erin Kennedy

Community Medical Centers
cmc.news/access

The World Health Organization counts depression as the leading cause of disability worldwide. “Yet in three years of the typical internal medicine residency there is zero minutes of required mental health training,” said UCSF Fresno Psychiatrist Shawn Hersevoort, M.D., MPH. “However, this isn’t true for residents of the UCSF Fresno Medical Education Program.”

Dr. Hersevoort heads a collaboration between Community Regional, UCSF Fresno and Fresno County Department of Behavioral Health started in 2014 to increase access to mental health care in a region that has the fewest psychiatrists per population in California. The Valley has 8 psychiatrists for every 100,000 people compared to 19 on average statewide and the Bay Area’s 32 psychiatrists per 100,000.

Dr. Hersevoort trains primary care and internal medicine residents how to identify and treat mild-to-moderate depression, anxiety and other mental health issues in patients visiting the downtown Fresno hospital’s primary care and children’s clinics. Because every patient gets screened at every clinic visit, the mental health team is able to track changes and is called in immediately to do triage if a significant change is

seen. Severe cases of suicidal thoughts, schizophrenia or psychosis are referred out for more intense intervention.

In the first 18 months of the program, depression scores on patient screening questionnaires improved by 62% and their compliance with treatments and overall health has improved, reducing emergency care and hospitalizations.

62% Improvement in Depression Measures For Patients in the First 18 Months of the UCSF Fresno Program



Shawn Hersevoort, M.D., MPH | Photo Courtesy of Community Medical Centers



University Centers of Excellence and CCFMG Providers Featured on MedWatch Today

Vijay Balasubramanian, M.D.
Miracle Pregnancy (Pulmonary Hypertension)

Kenny Banh, M.D. and Jessica Mason, M.D.
Sky Life Air

Deniz Baysal, M.D.
Knee Replacement

Teresa Daniele, M.D.
Holiday Heart Health

Luis Dehesa, M.D.
Tattoo Risks

Dominic Dizon, M.D.
Valley Fever Screening

William Dominic, M.D., FACS
Bicycle and Vehicle Safety

Tim Evans, M.D. and Mohamed Fayed, M.D.
ECMO (Extracorporeal Membrane Oxygenation)

Amir Fathi, M.D.
HIPEC (Hyperthermic Intraperitoneal Chemotherapy)

Erica Gastelum, M.D.
Croup and Whooping Cough

David W. Lee, M.D., FCCP
Cystic Fibrosis Program

Soe Naing, M.D.
Catching Pre-Diabetes Early

Lidia Rodriguez Carranza, M.D.
Advanced Care Plan

Mark Stecker, M.D., Ph.D.
Diabetic Neuropathy

Sarah Stender, M.D., FAAP, CDE
Teens and Mental Health

Daya Upadhyay, M.D.
Lung Nodule Program

Rais Vohra, M.D.
Toxicology

Go to www.MedWatchToday.com to view all the featured videos.

TUNE IN

Saturdays, 7:00pm on KSEE24
Sundays, 6:30pm on CBS47

MedWatch Today is a weekly, health news show produced by KSEE24 and CBS47 featuring stories from Community Medical Centers – a locally owned, not-for-profit public benefit organization based in Fresno.



Community Regional Medical Center held its annual Fill the Stocking Book Drive and received an amazing 1600 book donations for pediatric patients and their families!

UCSF Fresno Events

UCSF Fresno Department of
Internal Medicine Presents:

Multidisciplinary Updates in Internal Medicine Conference 2018

A Two-Day
Conference for
Primary Care
Clinicians, Hospitalists
and all Allied Health
Professionals

March 9 - March 10, 2018

Conference Location

UCSF Fresno Center for Medical Education and Research

15.5 CME Hours

\$149 for Both Days | \$99 for One Day

Course Directors

Vipul Jain, M.D., MS

Soe Naing, M.D.

Details and to Register

www.fresno.ucsf.edu/conference/multiupdate

UCSF Fresno Department of Internal Medicine Presents

3rd Annual Air Pollution & Climate Change Symposium

Course Director: Jose Joseph Vempilly, M.D.

Co-Director: Daya Upadhyay, M.D.

April 7, 2018

7:00 a.m. - 2:00 p.m.

UCSF Fresno Center for Medical Education and Research

155 N. Fresno Street

Fresno, CA 93701

To Register, call

(559) 499-6421



2018 High Sierra Wilderness and Travel Medicine Conference

UCSF Fresno Department of Emergency Medicine

Course Chair

Danielle Campagne, M.D., FACEP

April 18, 19, 20, 2018

The Pines Resort at Bass Lake, CA

Register

(415) 476-5808

www.ucsfcmec.com/2018/MMC18025/info.html



UCSF Fresno



UCSF Fresno Women's Heart Fair

Saturday, February 3, 2018 at 10:00 a.m. - 2:00 p.m.

UCSF Fresno Auditorium

Presentations by Teresa Daniele, M.D., Chandrasekar Palaniswamy, M.D., and Lynn Keenan, M.D. Attendees will have an opportunity to meet and talk with the physicians about any questions and concerns.

There will be a free, 30 minute-health screening opportunity for attendees that will include:

- Blood pressure, height, weight and body mass index station
- Cholesterol and glucose station
- Aging strong through exercise station

Various exhibitors will also be on site and prize drawings will be held during the closing session.

To register, call (559) 459-3943 or email syang18@communitymedical.org.



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