

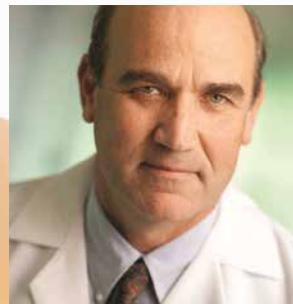


# Women's Health

Comprehensive Healthcare  
with *You* in Mind

*compassion + expertise*





On behalf of **Sansum Clinic** physicians and staff, I am pleased to introduce you to the many programs and services that we offer for women in our community.

We know that as a woman, you have special medical needs. Choosing a team of physicians to attend to your health is an important decision that you will make with thoughtful consideration.

Sansum Clinic is an integrated healthcare system of doctors, specialists and professionals that work seamlessly together to bring the expertise, breadth and depth of a large system, and combine it with the warmth and welcome that flows naturally from our special geographic setting. At Sansum Clinic, you will be treated as an individual, with your specific medical needs carefully evaluated and treated.

We're not just a place you visit when you are sick or need a medical test. We are an organization committed to helping you lead the longest, healthiest life you can.

Thank you for choosing Sansum Clinic.  
And here's to your good health!

Sincerely,

A handwritten signature in black ink, appearing to read "Kurt Ransohoff".

Kurt N. Ransohoff, M.D.  
CEO and Chief Medical Officer

# Women's Health at Sansum Clinic



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# Comprehensive Healthcare with You in Mind



Each woman is unique and so are your particular healthcare needs. Sansum Clinic has been providing healthcare to our community for more than 90 years and we are dedicated to providing every woman with convenient access to complete care that serves your specific needs at every stage of your life.

*As a team, our care is always devoted to your good health.*



## Women's Health Expertise

In addition to Primary Care and Obstetrics & Gynecology, we offer a broad range of services for women including preventive care and wellness programs, comprehensive consultations and advanced diagnostic and treatment options. The vast expertise of women's health professionals at Sansum Clinic creates an environment of focused care for women.

### WHAT WE TREAT

Certain conditions and diseases present differently in women. Doctors consider gender-based differences when evaluating patients who have specific female health concerns including, but not limited to:

- Breast cancer and other breast disorders
- Diabetes
- Gynecologic cancers and disorders
- Heart disease
- Sexual and reproductive health
- Stroke
- Urinary incontinence
- Weight management

## Benefits of Receiving Your Care at Sansum Clinic

Dedicated primary care providers

Coordinated care among more than 180 physicians providing more than 30 medical specialties

23 patient care locations throughout Santa Barbara County

Onsite laboratory, radiology and other diagnostic services at many locations

Convenient Urgent Care Clinics with extended hours evenings and weekends

Wellness and support programs

Free Health Resource Center

Complete electronic health records

Secure online access to your personal health record

Prescription pharmacy services



# Electronic Health Record

*Connecting* YOU TO YOUR HEALTH CARE

We have implemented an innovative electronic health record system that we call the **Wave** to improve the exceptional care we deliver at Sansum Clinic.

The Wave uses advanced technology to provide complete electronic documentation of the care we provide.



By creating a complete, legible and continuously updated electronic health record for each patient, your healthcare providers have access to your information, from anywhere at any time.





## MyChart: Online Personal Health Record

One of the most exciting features of our electronic health record is our secure patient connection—**MyChart**—which provides you with direct online access to key parts of your medical record. MyChart allows you to view your health information, such as lab results, appointment information, medications, immunization records and details about your visits.

### With MyChart You Can:

- View your medical information
- Send a message to your physician's office
- Request prescription refills
- Check your test results
- Request your appointments online anytime
- Explore health education resources

Sign up today and get connected to your health!

[sansumclinic.org/mychart](http://sansumclinic.org/mychart)

# Our Physicians

Sansum Clinic has a long history of recruiting the best and brightest physicians from across the country. Most of our physicians are board certified in one or more medical specialties and many are internationally recognized leaders in their fields, consistently placing among America's Top Doctors\*.

Sansum Clinic employs **more than 100 female doctors** and other certified healthcare providers delivering care to women at our 23 locations throughout our area. Our doctors and other providers are part of the fabric of our communities, providing important volunteer services and delivering medical excellence beyond the walls of our Clinics through involvement in countless benefit programs.

Our convenient online provider directory lets you search by specialty, location, gender, languages, and other criteria where you can review each physician's qualifications and accomplishments to help you find the right physician for the care you need.

## Find a Doctor

Go to [sansumclinic.org](http://sansumclinic.org) and click on "Find a Doctor" or call 1 (800) 4-SANSUM to schedule an appointment with the right provider for your unique healthcare needs.

\* Source: Castle Connolly rankings of America's Top Doctors, 2010-2015.



# Primary Care

Primary care physicians serve as the front-line of preventative and general healthcare. Sansum Clinic's primary care offices for women are composed of highly trained board-certified physicians and include the departments of Family Medicine, Internal Medicine and Obstetrics & Gynecology.

Our primary care physicians coordinate your care among our many highly trained specialists allowing consistent access to comprehensive care for our female patients. Our integrated model is built upon a team approach that brings together physicians, nurse practitioners, medical assistants, nurses and other clinical staff to deliver coordinated care.

Primary care physicians are trained to handle all aspects of healthcare for women, including:

Preventative healthcare screening, including colonoscopies, mammograms, pap smears, cholesterol screening, blood pressure screening

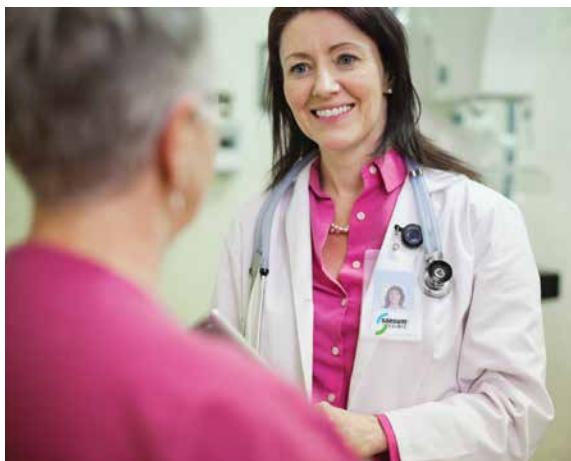
Caring for patients with undiagnosed issues (chest or abdominal pain, shortness of breath)

Coordinated care between specialties for patients with chronic medical conditions, including diabetes, heart disease and high blood pressure

## Choose a Primary Care Provider

We encourage all of our patients to choose a Primary Care Provider (PCP). We have female and male Internists, Family Practitioners, and Obstetricians/Gynecologists at various locations countywide.

*See page 28 or visit [sansumclinic.org](http://sansumclinic.org) to find out more about our Primary Care services.  
Call 1 (800) 4-SANSUM to schedule an appointment with your Primary Care Provider.*



# Obstetrics & Gynecology

Sansum Clinic is proud to offer the most comprehensive **Obstetrics & Gynecology (Ob/Gyn)** services in Santa Barbara. Our board-certified Ob/Gyn physicians and nurse practitioners are devoted to primary care and reproductive medical care for women from adolescence through the child-bearing years and menopause.

We offer annual well-woman exams and address other routine women's health services including:

Pelvic exams

Pap smears

Colposcopy

Loop electrosurgical excision procedure (LEEP)

Pelvic ultrasound

Hysterosonogram

Prenatal care

Delivery of normal and high risk pregnancies

In-office, same-day, nursing appointments are conveniently offered for minor concerns such as blood pressure checks and screening for urinary tract infections.



## Nurse by Phone

A telephone advice nurse is available to you from Monday through Friday during business hours. An advice nurse can answer your questions and facilitate your appointment needs. Advice nursing staff works closely with all providers to ensure that you are seen in a timely manner according to individual needs, and are frequently able to address problems over the phone.

Healthcare providers are available to communicate with patients in English or Spanish. Each has a personal Medical Assistant (MA) who assists you during your visit and with any follow-up questions for your provider.



## Your Healthy Pregnancy

It is not unusual to have questions during your pregnancy. Information regarding a healthy pregnancy and newborn care is at top of mind for expectant mothers.

Sansum Clinic offers an informative early pregnancy seminar to patients before the 20th week of pregnancy. Our OB nurse will provide you with the information you need for a healthy pregnancy.



You will learn about resources for expecting parents and plenty of time is allowed for your questions.

Sansum Clinic patients participating in our **Your Healthy Pregnancy** seminar receive materials to help guide you through your pregnancy and into delivery. In the educational packet patients will find helpful information about:

- Our providers, appointments, locations, departments
  - How to reach our offices with concerns or questions
  - Genetic screening
  - Problems and warning signs
  - Educational resources
  - Diet and exercise
  - What to do if you become sick
  - General education and planning
- ...and much more.

**For questions or to reserve a spot for the class, please call (805) 681-8911.**





## *da Vinci* Hysterectomy

If your doctor recommends hysterectomy, you may be a candidate for *da Vinci* Hysterectomy, one of the most effective, least invasive treatment options for a range of uterine conditions. *da Vinci* Hysterectomy is performed using the *da Vinci*® Surgical System, which enables surgeons to perform with unmatched precision and control—using only a few small incisions.

For most patients, *da Vinci* Hysterectomy can offer numerous potential benefits over

traditional approaches to vaginal, laparoscopic or open abdominal hysterectomy, particularly when performing more challenging procedures like radical hysterectomy for gynecologic cancer. Potential benefits include:

- Significantly less pain
- Less blood loss
- Fewer complications
- Less scarring
- A shorter hospital stay
- A faster return to normal daily activities

If you are a candidate for hysterectomy, talk to one of our gynecologists who perform *da Vinci* Hysterectomy.



# Breast Care

*Providing prompt, compassionate*  
diagnostic services and comprehensive care

Sansom Clinic's breast care team treats more than half of the patients diagnosed with breast cancer each year in Santa Barbara. We coordinate comprehensive breast care by bringing together board-certified:

Medical oncologists

Breast surgeons

Radiation oncologists

Pathologists

Support staff, like our Nurse and Patient Navigators



## Breast Tomosynthesis/ 3-D mammography

We now offer Breast Tomosynthesis, also known as 3-D mammography. This advanced system offers benefits over traditional digital mammography.

**Earlier detection** While digital mammography has been the most advanced screening technology available, it is 2-dimensional and has limitations. This new 3-dimensional equipment can detect small cancers that may not be seen with traditional 2-D images.

**Greater accuracy** 3-D mammography results in better survival rates because of early detection.

**Decreased recall rates** Improved accuracy reduces the need for patients to return for additional imaging tests. There is also a reduction in the occurrence of false positive biopsy readings.

TALK TO YOUR DOCTOR ABOUT THE **BREAST**  
**SCREENINGS** THAT ARE APPROPRIATE FOR YOU.



## Early Detection: The importance of finding breast cancer early

The goal of screening exams for breast cancer is to find cancers before they start to cause symptoms (like a lump that can be felt).

Early detection is critical to determining a good outcome for breast cancer. Women are encouraged to have a routine mammogram, an X-ray that examines breast tissue, so any developing abnormalities can be found. At Sanum Clinic, we provide digital mammography services so women are confident they are getting the most advanced breast imaging and screening techniques available on the Central Coast.

# All breasts are not the same.

## Automated Breast Ultrasound System: Invenia ABUS®

This state-of-the-art ultrasound system provides advanced breast screening for women with dense breasts who may not receive clear test results using routine digital mammography. This ABUS screening can find small cancers that might otherwise be overlooked, supporting early detection for better patient outcomes.

Ask your doctor if an Invenia ABUS screening would benefit you.



## Individualized Breast Cancer Treatment Plans

Our breast care team will thoroughly review and discuss your history, risk factors, diagnosis and treatments, and will design a care plan individualized to your needs. We also offer well breast care, breast imaging, mammography, breast cancer prevention planning, educational services, nutritional guidance, and psychosocial support services.

Some are fatty, some are dense and some are a mix. About 40% of women have dense breast tissue. And for these women — mammograms alone may not be enough to find breast cancer.

### BREAST DENSITY — WHAT DOES IT MEAN?

Breasts are made of fat and breast tissue. Some women have more fat than breast tissue while others have more breast tissue than fat. When there is more breast tissue the breast is considered dense. On a

mammogram dense tissue looks white. Since masses or lumps also appear white on a mammogram, a suspicious lump may be masked by the dense breast tissue.

Dense breast tissue is linked with an increase in the risk of developing breast cancer.

Invenia ABUS® is the only FDA-approved system for breast cancer screening when used in combination with mammography in women who have dense breast tissue and no prior interventions.



We provide expert service  
in managing all aspects of your breast healthcare.



## Hereditary Cancer Risk & Genetic Counseling Program

Cancer results from mutations, or changes, in a person's genes that usually occur over many years. Recent advances in medical research have lead to the identification of specific gene mutations that may increase the risk of developing certain types of cancer. These abnormal genes can be passed from generation to generation, and a strong family history of cancer may mean that it's the result of an inherited cancer susceptibility gene. It's important to remember that only five to ten percent of all cancers are caused by inherited genetic mutations, and not everyone who carries them will develop cancer.

At the Cancer Center of Santa Barbara with Sansum Clinic, patients have the unique opportunity to meet with a full-time cancer genetic specialist to discuss your concerns and determine your cancer genetic risk. There are many issues to consider before deciding if genetic counseling and/or testing is right for you or your family.

TO LEARN MORE ABOUT OUR **GENETIC COUNSELING PROGRAM**, INCLUDING ELIGIBILITY, VISIT [CCSB.ORG](http://CCSB.ORG) OR CALL (805) 898-2204.

## Nurse and Patient Navigators

Our Nurse and Patient Navigators coordinate care throughout a patient's experience. They serve as a liaison between individual patients and the various healthcare providers required for proper diagnosis, treatment, and disease management. They serve as a consistent care coordinator from breast health education and prevention, to diagnosis, treatment, and survivorship. Nurse and Patient Navigators assist in a variety of ways, including explaining medical and cancer information; helping to schedule and keep medical appointments; arranging follow-up care; coordinating and streamlining insurance needs; and identifying local resources and appropriate support.

## Breast Care Alliance

Sansum Clinic and the Cancer Center have been a driving force behind the Breast Care Alliance — Santa Barbara's "breast center without walls" — a partnership between surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, plastic surgeons and other caregivers in our community who have joined to deliver a multidisciplinary approach to caring for women with breast cancer.



# Cardiology



## Cardiac Rehabilitation – for a Heart-Healthy Life

Sansum Clinic's heart care team is invested in both your recovery and long-term health and wellness. At the Sansum Clinic Cardiac Rehabilitation Center, our specialists design a personalized program based on your lifestyle goals. With monitored exercise, nutritional and medication counseling, and support from fellow patients, you'll have the tools you need to regain and maintain the active life you love.



In the United States as many as one in four women die of heart disease. Our Cardiology Department is committed to cardiac care for women. Ongoing research and new technology allows our female patients to benefit from the latest diagnostic and treatment techniques in virtually every area of cardiac medicine — from research and prevention to detection and treatment.

## Complete Suite of Cardiac Services & Specialties

We provide a wide array of cutting-edge heart disease diagnostic testing. Our Echocardiography Lab is the first in the Santa Barbara region to receive accreditation from the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL). That means access to the highest standards of early heart disease detection available to women in our community.

Should you require surgery, our board-certified surgeons and staff specialize in minimally invasive interventional cardiology, which results in less pain and scarring and provides faster recovery compared to traditional open-heart surgery.



# Heart Disease Prevention Starts with Education

Being heart healthy means being heart smart. Sansum Clinic offers a number of free heart health education classes, programs and support groups designed specifically for women. Programs are led by our board-certified physicians, registered dietitians and nurses, physical therapists and other specialized professionals. Current heart health programs and classes include:

## **HEART HEALTH: THE TRUTH ABOUT FATS AND FIBER**

Our Registered Dietitian shares simple steps toward heart health. You'll learn:

- What your lab tests mean
- Facts about fats and fiber
- How to choose enjoyable heart-healthy meals at home and dining out
- Practical changes to lower your risk

LEARN MORE [SANSUMCLINIC.ORG/CLASSES](http://SANSUMCLINIC.ORG/CLASSES)  
OR CALL 1 (866) 829-0909

## **WOMENHEART™ SUPPORT GROUP**

WomenHeart is the only national organization dedicated to advancing women's heart health through advocacy, community education and patient support. As the leading voice for the 41 million American women living with or at risk of heart disease, WomenHeart advocates for equal access to quality care and provides information and resources to help women take charge of their heart health.

## **STRESS MANAGEMENT**

Stress can ruin our days and shorten our lives. This entertaining and information packed program is presented by renowned stress expert, Jay Winner, MD. You will learn to:

- Relax, change your thoughts and be more mindful
- Improve communication and manage anger and frustration
- Sleep well and find more joy in every day

**Join us** for simple strategies you can use to minimize the effect of stress and open the door to feeling well.

Free of charge and open to the community.



# Gastroenterology

Our Gastroenterology Department offers advanced procedures and the latest technology for diagnosis and treatment of gastrointestinal (GI) disorders in women. Our gastroenterologists have a reputation for excellence in the community and are frequently published in the top journals in their field. Their vast experience with endoscopy allows high quality examinations with extremely low complication rates. Our gastroenterologists are active in national organizations that seek to provide higher quality medical care and service to the patients.

Our gastroenterologists diagnose and treat disorders of the:

Esophagus

Stomach

Large and small intestine

Liver

Gallbladder

Pancreas

## Endoscopy Treatment

A range of procedures are performed including:

Endoscopy to identify ulcers, inflammation, polyps, tumors or other abnormalities that can go undetected by CT scans or MRIs

Colonoscopy to identify polyps and detect early signs of cancer

Endoscopic Retrograde Cholangiopancreatography (ERCP) to assist in the diagnosis and treatment of stones or tumors of the pancreas or bile ducts

## Colonoscopy

A colonoscopy is a common screening procedure for colon cancer or rectal cancer. Colorectal cancer is the third leading cause of cancer deaths in the United States. People age 50 and older are advised to have a colonoscopy every 10 years if they have no special risk factors for colon cancer. If a relative has had colon cancer, or if you have inflammatory bowel diseases such as Crohn's disease or ulcerative colitis, you may get a colonoscopy earlier or more often. If precancerous polyps are found, they can be removed during the colonoscopy.





# Urology

The Sansum Clinic Urology Department includes female urological specialists who diagnose and treat problems of the female urinary tract including:

Female incontinence

Bladder and bowel dysfunction

Constipation

Urinary Tract Infection (UTI)

Urgency

Frequency

Adult voiding dysfunction

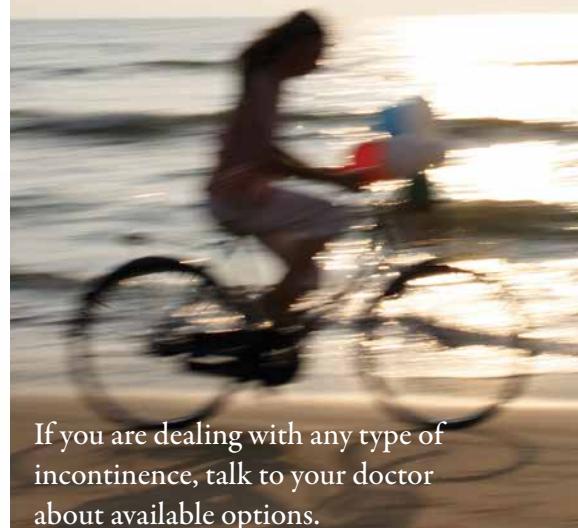
Pelvic organ prolapse

Pelvic floor rehabilitation

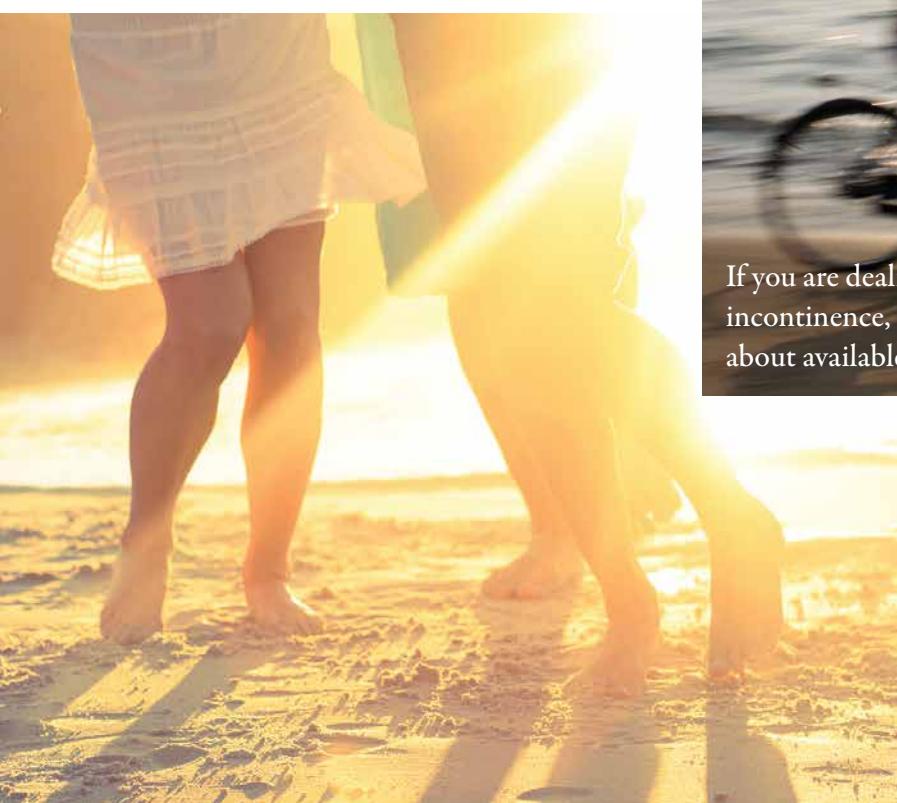
## Help for women with urinary incontinence

Urinary incontinence is estimated to affect as many as 50% of middle-aged and elderly women. Incontinence is defined as the involuntary loss of any amount of urine.

There are many treatment options for incontinence. The best treatment for each woman depends on factors such as the type and severity of incontinence, her medical condition and her expectations.



If you are dealing with any type of incontinence, talk to your doctor about available options.



# Weight Management Programs

Sansum Clinic encourages all of our patients to maintain a healthy weight. We offer a number of programs and services that gives our patients the support and options that are right for them. If you are concerned about your weight, talk to your doctor about the approach that is best for you.



Sansum Clinic is an official licensee of the HMR Program, a non-surgical, clinic-based diet that U.S. News & World Report has named a "Best Diet for Weight Loss".



U.S. News' Best Diets 2015 panel of nutrition experts ranked the HMR Program, which Sansum Clinic licenses, but did not evaluate any products or services of Sansum Clinic itself.

## Doctors' Weight Management Program

This medically supervised behavioral weight management program addresses obesity, high blood pressure, diabetes and pre-diabetes, metabolic syndrome, joint pain and other illnesses and conditions associated with weight management and obesity.

### OUR WEIGHT LOSS PROGRAM IS DIFFERENT

The **Doctors' Weight Management Program** is a medically sound and effective behavioral weight loss program. It was developed by a behavioral psychologist and is supervised by Sansum Clinic physicians.

Our staff is comprised of healthcare professionals with expertise and experience in implementing programs in behavioral medicine. Our goal is to help you lose weight while teaching you the skills you need to manage your weight successfully long-term.

All of our weight loss options use high quality nutritional meal replacements. Mandatory weekly group classes focus on easy ways to lower fat and calories as well as simple strategies to add physical activity and more fruits and vegetables into your daily routine. A health educator helps participants set and reach goals through a structure of personal accountability and follow-up.

TO LEARN MORE ABOUT OUR DOCTORS' WEIGHT MANAGEMENT PROGRAM, CALL (805) 563-6190 OR REGISTER FOR OUR **FREE ORIENTATION** AT [SANSUMCLINIC.ORG/CLASSES](http://SANSUMCLINIC.ORG/CLASSES)



## Nutrition Education & Counseling

Our Nutrition Department offers comprehensive nutrition services and diabetes education to all patients with a nutritional concern or with diabetes at our multi-specialty locations in Santa Barbara, Carpinteria, Lompoc and Solvang.

### REGISTERED DIETITIANS

Registered Dietitians (RD) are trained in the science of nutrition. During your appointment, an RD will help you to reduce your risk and control health problems such as heart disease, diabetes, kidney disease, food allergies and cancer through nutrition. Your RD will talk with you about your health, your lifestyle and the type of foods you enjoy. You will work together to make goals and a plan of action.

### CERTIFIED DIABETES EDUCATORS

Certified Diabetes Educators (CDE) provide a comprehensive diabetes education program to people with diabetes, along with their concerned family and friends. The program gives you the tools and knowledge to manage diabetes for the best health possible. We provide you with up to date scientific and supportive information to put you in control of diabetes.

### GROUP EDUCATION PROGRAMS

We offer group education programs taught by Registered Dietitians and Certified Diabetes Educators, including:

Heart Health

Live Well with Diabetes

Pre-Diabetes

Nutrition Navigator



Learn more and register online  
at [sansumclinic.org/classes](http://sansumclinic.org/classes)

*Groups are small and interactive, include take home materials, are offered for a nominal fee and are open to the community.*



# Bariatric Surgery Center

*Specializing in effective weight loss surgery*

Gastric Bypass and Lap-Band Surgery have proven to be effective treatment for severe obesity, by allowing you to maintain a healthier diet and giving you the energy to exercise, which in turn leads to a healthier sustainable lifestyle.

Patients benefit from our comprehensive approach to weight loss that includes education and tools to prepare you for a successful journey and helps you achieve a lifestyle change that puts you on a life-long path to successful weight management.

Services include pre-surgery educational and informational sessions, Gastrectomy, Lap-Band Surgery, Laparoscopic Gastric Bypass Surgery and Laparoscopic Sleeve Gastrectomy. We also offer continued nutrition counseling, medical consultations and an ongoing support group. Our high-level post-surgery monitoring contributes to our patients' success.

**Learn more by attending one of our comprehensive orientation seminars. Register online at [sansumclinic.org/classes](http://sansumclinic.org/classes)**



# Facial Plastic Surgery & Aesthetics



Our Facial Plastic Surgery and Aesthetics Department offers the most advanced surgical options and latest non-surgical facial rejuvenation services in a private

and comfortable spa-like setting. By actively listening to what you wish to accomplish we can present you with recommendations to achieve the desired result.



## Surgical Options

Facelift

Mini-Lift

Necklift and Neck Liposuction

Browlift

Eyelid Surgery

Rhinoplasty

Facial Implants – Cheek and Chin Implants

Otoplasty

Facial Reconstruction Surgery

## Non-Surgical Options

Botox®, Dysport®, Xeomin®

Dermal Fillers – Juvederm®, Restylane®, Restylane Silk®, Perlane®, Radiesse® and Sculptra®

Pain-free Laser Hair Removal

Facial Rejuvenation – i-Pixel®, Fractional CO2 Laser, Photofacial (IPL), Pixel and Erbium Lasers

Glytone® and Avène® Skin Care Products

Spider Vein Removal – Asclera®

Glytone®, Avène® and Elta MD®

Physician-only Skin Care Products

Colorescience PRO® Mineral Makeup

Latisse®

**before      after**



CALL (805) 681-7844 TO SCHEDULE YOUR **FREE CONSULTATION** OR VISIT [FACES.SANSUMCLINIC.ORG](http://FACES.SANSUMCLINIC.ORG)

# Other Specialties Providing Expert Care for Women



## Dermatology

Our Dermatology Department offers a full range of dermatologic care for both common and rare problems of the skin, hair and nails. Our dermatologists have expertise in the areas of medical, surgical and cosmetic dermatology.

## Ophthalmology

The Sansum Clinic Elings Eye Center is the only multi-specialty ophthalmology center in the region. All our medical staff practice general ophthalmology and each specializes in a different sub-specialty, including glaucoma, cornea and refractive surgery, neuro-ophthalmology, oculoplastics, and adult strabismus and others.

The individual specialization and close collaboration among our ophthalmologists, together with our LASIK Eye Care Center, offers female patients the most comprehensive vision and eye care possible.

## Neurology

Stroke is the third leading cause of death among women. The Sansum Clinic Neurology Department is leading efforts to understand, treat and educate women about stroke. The department also diagnoses and treats all conditions of the brain and nervous system, including rare and complex conditions. Our Neurologists are trained to treat multiple sclerosis, insomnia, dementia, seizures, epilepsy, sleep apnea, neuropathy, and dizziness, among many other neurological conditions.

**Visit [sansumclinic.org](http://sansumclinic.org) for a complete directory of our many departments, services, programs and locations serving all members of your family.**





## Premier Physical Program

The Premier Physical Program provides a comprehensive health program for busy professionals and women who wish to receive the very best medical care available, combined with a focus on preventative care. This one place, whole body health program can be tailored to meet your specific needs and core services can usually be provided within one day. The Premier Physical Program provides the high-quality medical care and personal service you deserve, with the most comprehensive preventive health screenings available to keep you in the best of health.

### ONE-ON-ONE PREVENTATIVE HEALTHCARE

*Please contact the Premier Physical Program at (805) 898-3238 or visit [premiersansumclinic.org](http://premiersansumclinic.org)*

### We also offer:

Allergy & Immunology

Clinical Research

Ear Nose Throat (ENT)

Endocrinology

General Surgery

Geriatrics

Hospitalist Program

Infectious Diseases

Nephrology

Optometry

Orthopedics

Pediatrics & Adolescent Medicine

Physical Therapy

Podiatry

Prescription Pharmacies

Psychiatry & Psychology

Pulmonary & Critical Care

Radiology

Rheumatology

Rehabilitation & Extended Care

Travel & Tropical Medicine

Urgent Care

Vascular Surgery



### VISIT OUR **HEALTH RESOURCE CENTER**

AT 215 PESETAS LANE WHERE TRAINED,

KNOWLEDGEABLE VOLUNTEERS CAN HELP YOUR

HEALTHCARE QUESTIONS. OR CALL 1 (805) 681-7672

# Wellness Programs for Women

More than ever before, women are becoming active participants in maintaining their own health. Access to high quality information is a growing concern for many in our community who are faced with important decisions regarding their own health, or the good health of their families.

Sansom Clinic offers more than 300 health education classes and seminars that serve more than 10,000 people each year. The programs are designed and conducted by Sansum Clinic's board-certified physicians, registered dietitians, registered nurses, certified diabetes educators, physical therapists and other specialized professionals. Many programs are free of charge and are open to all members of our community.



Programs for and benefitting women include:

Advance Care Planning

Back Wellness

Caregiver Support Group

Diabetes Education Program

Healthier Living: Managing Ongoing Health Conditions

Healthy Pregnancy Seminar

Heart Health

Hip or Knee Replacement Seminar

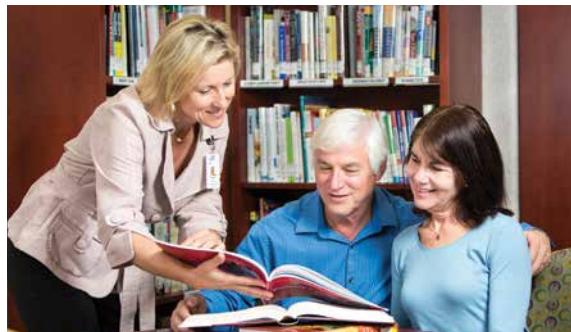
Nutrition Navigator

Neck and Posture Wellness

Pre-Diabetes

Stress Management

WomenHeart Support Group



Learn about our Wellness Programs at  
[sansumclinic.org/health-and-wellness](http://sansumclinic.org/health-and-wellness)

VISIT [SANSUMCLINIC.ORG/CLASSES](http://SANSUMCLINIC.ORG/CLASSES) TO VIEW OUR  
**CALENDAR OF CLASS OFFERINGS** AND REGISTER  
ONLINE OR CALL (866) 829-0909

# Tips to Help You Stay Healthy

You know your body better than anyone. Tell your doctor about any changes in your health and ask about any concerns you may have.

## Get the health screenings you need

Screenings are tests that look for diseases before you have symptoms. Here are some conditions you should consider screening for based upon your age, gender and other potential risk factors:

High Blood Pressure

High Cholesterol

Type 1 & Type 2 Diabetes

Overweight and Obesity

Depression

Breast Cancer

Cervical Cancer

Osteoporosis (Bone Thinning)

Colorectal Cancer

HIV, Syphilis, Chlamydia, Hepatitis C & Other Sexually Transmitted Diseases

Glaucoma

Skin Cancer

Abdominal Aortic Aneurysm

## Take preventative steps

**Immunizations** Get a flu shot every year. If you are 65 or older, get a pneumonia shot. Depending on your personal conditions you may need immunizations to prevent diseases like shingles. Talk to your doctor about what immunizations are right for you.

**Aspirin** If you are 45 or older, ask your doctor about whether it would be appropriate for you to take medications to prevent heart disease.

### Breast Cancer Prevention Drugs for Women

If your mother, sister or daughter has had breast cancer, talk to your doctor. It might be appropriate for you to take medications to prevent breast cancer.

**Fall Prevention** Increase your bone and muscle strength by engaging in weight bearing physical activity and consider vitamin D supplements.

## Take these steps to your good health

Be physically active

Make healthy food choices

Get to a healthy weight and stay there

Be tobacco free

Limit alcoholic drinks to two per day

# Choose the Best Care at the Right Time



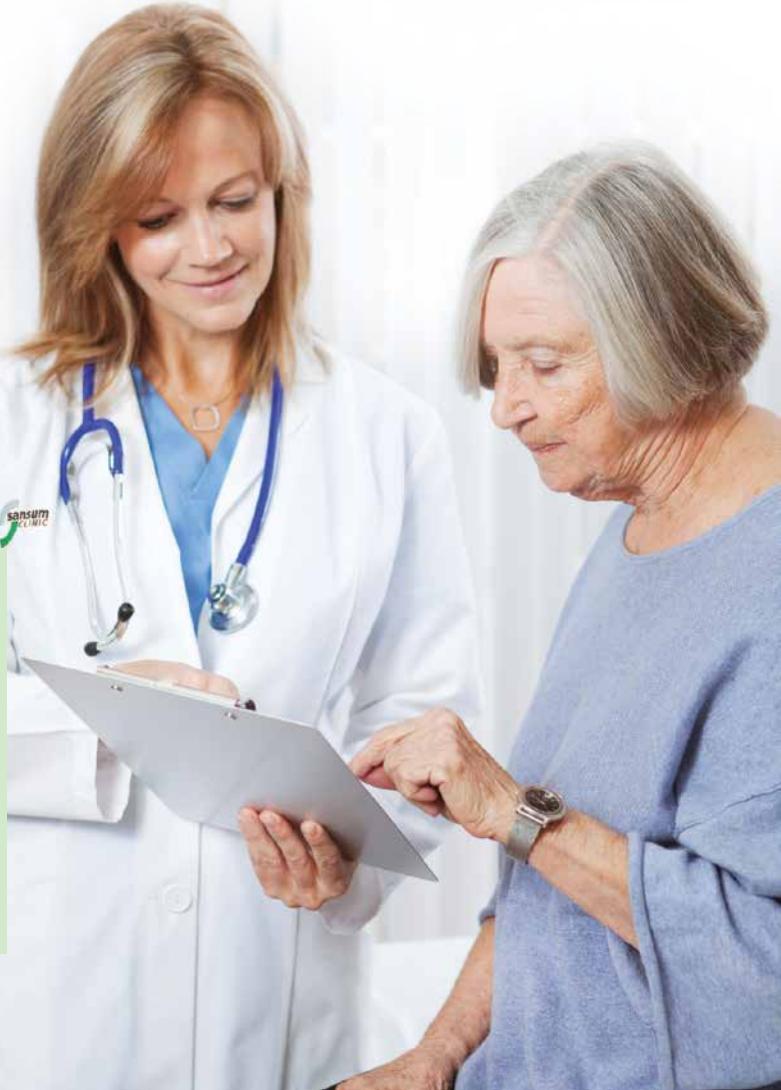
## When to Seek Primary Care

One of the best ways to make sure you are getting excellent healthcare is to have a Primary Care Provider (PCP). Your PCP is often a doctor but may also be a Nurse Practitioner (NP) or other certified healthcare professional. Your PCP may be in one of our Internal Medicine, Family Medicine or Ob/Gyn departments or locations. We have male and female Internists, Family Practitioners, and Ob/Gyns at various locations.

VISIT [SANSUMCLINIC.ORG](http://SANSUMCLINIC.ORG) TO FIND OUT MORE ABOUT OUR PRIMARY CARE SERVICES OR CALL **1 (800) 4-SANSUM** TO SCHEDULE AN APPOINTMENT WITH A PRIMARY CARE PROVIDER.

## SAME DAY APPOINTMENTS

Several of our Primary Care locations offer same day appointments. We know that you can't always anticipate an illness or injury and it can be difficult to get an appointment. Same day appointments allow us to care for you when unplanned conditions occur.





## When to Seek Urgent Care

Urgent Care is an option when same day appointments with your doctor are unavailable or if you need immediate treatment outside of office hours. Our Urgent Care Clinics can handle a number of medical conditions that are unplanned, and that need to be treated right away but are not a life or limb-threatening emergency.

**Santa Barbara Urgent Care**      **(805) 563-6110**

51 Hitchcock Way

Mon-Fri: 8 am to 7 pm

Sat: 9 am to 5 pm

Sun: 9 am to 3 pm

**Lompoc Urgent Care**      **(805) 737-8786**

1225 North H Street

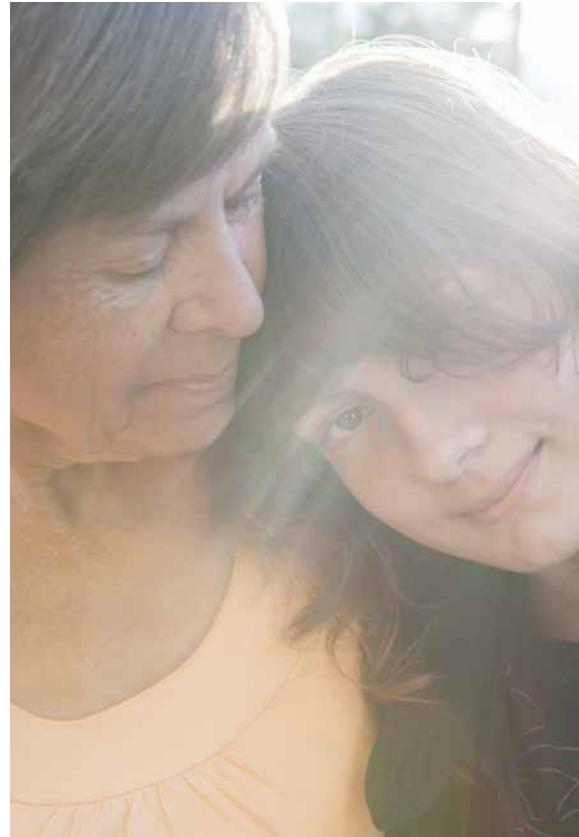
Mon-Fri: 8 am to 6 pm

Sat: 9 am to 5 pm

Sun: 9 am to 2 pm

## When to Seek Emergency Care

The hospital emergency room or ER is the right choice when you need immediate life, limb or eyesight-saving care. If you are ever in doubt, it is better to be safe than sorry and go to the closest ER or **call 911**.



*Your care* is our highest priority.

# Appointments & Locations

Select locations offering services primarily for women.



## Santa Barbara

### SANSUM CLINIC, PUEBLO MULTI-SPECIALTY

317 W Pueblo St, Santa Barbara, CA 93105	681-7500
Bariatric Surgery Center	898-3472
Cardiology	898-3138
Dermatology	898-3050
Gastroenterology	898-3120
Internal Medicine/Family Medicine	898-3100
Neurology	898-3240
Obstetrics & Gynecology	898-3282
Premier Physical Program	898-3202

### SANSUM CLINIC, PESETAS MULTI-SPECIALTY

215 Pesetas Ln, Santa Barbara, CA 93110	681-7500
Dermatology	681-7535
Endocrinology/Diabetes Care	681-7820
Facial Plastic Surgery & Aesthetics	681-7844
Family Medicine	681-6510
Health Resource Center	681-7672
Health Education Department	681-8976
Internal Medicine	681-7602

### SANSUM CLINIC, HITCHCOCK URGENT CARE & PEDIATRICS

51 Hitchcock Wy, Santa Barbara, CA 93105	563-6100
Urgent Care	563-6110
The Doctors' Weight Management Program	563-6190

### CANCER CENTER OF SANTA BARBARA WITH SANSUM CLINIC

300 West Pueblo St, Santa Barbara, CA 93105	682-7300
Radiation Oncology	563-5800
Nuclear Medicine	563-5870

All phone numbers use **805** area code.



### CANCER CENTER OF SANTA BARBARA WITH SANSUM CLINIC

**540 W Pueblo St, Santa Barbara, CA 93105**

Hematology & Medical Oncology

Support Services

Research & Clinical Trials

Wellness

Resource Library

**563-5800**

563-5800

563-5852

879-0643

898-2204

563-5887

### CANCER CENTER OF SANTA BARBARA WITH SANSUM CLINIC

**317 W Pueblo St, Santa Barbara, CA 93105**

**898-3270**

### OBSTETRICS & GYNECOLOGY

**515 W Pueblo St, Santa Barbara, CA 93105**

**681-8911**

### STATE STREET FAMILY MEDICINE

**1919 State St, Ste 307, Santa Barbara, CA 93101**

**563-6120**

### SANSUM CLINIC ELINGS EYE CENTER

**4151 Foothill Rd, Building B**

**Santa Barbara, CA 93110**

**681-8950**

Ophthalmology

**681-8950**

LASIK Eye Care Center

**681-8951**

### FOOTHILL MEDICAL & SURGICAL CENTER

**4151 Foothill Rd, Building A, Elings Pavilion**

**Santa Barbara, CA 93110**

**681-7500**

## Goleta

### GOLETA FAMILY MEDICINE

**122 S Patterson Ave, Santa Barbara, CA 93111**

Suite 131

**681-1777**

Suite 230A

**681-1733**

Suite 230B

**681-1744**

## Carpinteria

### SANSUM CLINIC, CARPINTERIA FAMILY MEDICINE

**4806 Carpinteria Ave, Carpinteria, CA 93013** **566-5080**

## Lompoc

### SANSUM CLINIC, LOMPOC MULTI-SPECIALTY

**1225 N H St, Lompoc, CA 93436** **737-8700**

Family Medicine/Internal Medicine **737-8700**

Hematology & Medical Oncology **737-8680**

### LOMPOC OBSTETRICS & GYNECOLOGY

**1017 E Ocean Ave, Ste A, Lompoc, CA 93436** **737-8624**

### LOMPOC UROLOGY

**1017 E Ocean Ave, Ste B, Lompoc, CA 93436** **737-8765**

## Solvang

### SANSUM COUNTRY CLINIC

**2027 Village Ln, Ste 102, Solvang, CA 93463** **688-3440**

### SANSUM CLINIC SPECIALTY CARE AND CANCER CENTER OF SANTA BARBARA WITH SANSUM CLINIC

**2040 Viborg Rd, Ste 140, Solvang, CA 93463** **686-5370**

## Santa Maria

### DERMATOLOGY ASSOCIATES OF SANSUM CLINIC

**1414 S Miller St, Ste H, Santa Maria, CA 93454** **349-7576**

To schedule an appointment call 1 (800) 4-SANSUM.

caring + curing





# Our Values

COMPASSION  
ACCOUNTABILITY  
RESPECT  
EXCELLENCE  
STEWARDSHIP

# Our Mission

*To provide an excellent healthcare experience, recognizing our first priority is the patients we serve.*



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