



WOMEN'S HEALTH INSTITUTE

Your Support Made a Difference

2018 REPORT TO DONORS

Hoag's Women's Health Institute continues to expand in both Newport Beach and Irvine with comprehensive, innovative programs serving women throughout all stages of life, including previvorship, diagnoses, treatment and survivorship – all while prioritizing the whole woman – mind, body and spirit.

Donor support has not only provided the seed money to bring many of these unique programs to Hoag but has also allowed them to grow significantly. Because of your partnership, women in our community receive specialized care with the latest advances personalized to their needs. This report highlights a few of the programs that you impacted with your support in 2018.



Left to Right: Dr. Sadia Khan; Dr. Heather Macdonald; Dr. Allyson Brooks, Ginny Ueberroth Executive Medical Director Endowed Chair; Dr. Patricia De Marco Centeno and Dr. January Lopez.

HOAG
PROMISE | OUR CAMPAIGN TO
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& TRANSFORM



Philanthropy continues to play a key role in the expansion of innovative programs that fill gaps in the traditional health care setting

Hoag Maternal Mental Health Program

Thanks in large part to support from the Legacy Foundation, Hoag Maternal Mental Health Program launched its Outpatient Clinic which is a collaboration between the Pickup Family Neurosciences Institute and Hoag's Women's Health Institute.

The Hoag Maternal Mental Health Program is committed to identifying and treating mental health conditions before, during and after pregnancy to ensure healthy outcomes for both mothers and babies. With its focus on four core principles: universal screening for maternal depression; connection to support services; early intervention and treatment; and community education, the Program has and will continue to make a significant impact on the well-being of mothers and babies in our communities.

Some of the services offered by the Hoag Maternal Mental Health Program include:

- Pre-conception planning (for women with existing mental health conditions or who are already taking medications with plans to conceive)
- Mental health assessment during pregnancy and postpartum
- Individual and group psychotherapy
- Medication Safety Evaluation during pregnancy and breastfeeding
- Pharmacogenomics testing
- Connection to local support services through the Maternal Mental Health Support Line
- Support groups and classes

The Maternal Mental Health Outpatient Clinic and the Maternal Mental Health Support Line (also wholly sustained by philanthropy) have provided critical consultation and management services to more than 600 women in our community since the Program's inception in December 2017. The Clinic is located inside the Hoag for Her Center for Wellness in Newport Beach.



Hoag Breast and Ovarian Cancer
Prevention Program team

Hoag Breast and Ovarian Cancer Prevention Program

Thanks to funding from the Legacy Foundation, Hoag's Breast & Ovarian Cancer Prevention Program, which works in collaboration with philanthropically funded HERA (Hoag's Early Risk Assessment and HERA Under 40), is on its way to becoming a national model for care.

Located inside Hoag Health Center Irvine – Sand Canyon and under the leadership of Heather Macdonald, M.D., F.A.C.O.G., board-certified Obstetrician Gynecologist (OBGYN) and fellowship-trained breast surgeon, and Lisa Abaid, M.D., M.P.H., F.A.C.O.G., F.A.C.S., gynecologic oncologist and member of Hoag's Gynecologic Robotic Surgery team, the innovative and unique Program continues to elevate the standard of care for women at increased risk of developing breast or ovarian cancer due to genetic predisposition.

By taking a more holistic approach that addresses the complex medical and emotional needs of women at risk for hereditary cancer, the Program nurtures their minds, bodies and spirits in addition to offering surgery and medication.

Supporting the Previvor

Experts say "previvors," those who are at higher risk for cancer due to a genetic predisposition but haven't been diagnosed, often feel lost in a fragmented medical system divided between healthy and sick.

"They are not technically a cancer patient, yet they have all of these surrounding needs of cancer patients. These breast cancer gene carriers and their families are at risk of falling through the medical cracks," said Dr. Heather Macdonald.

Hoag is proud to offer these women more than medical management. Thanks to philanthropy, they have access to a team of specialists in breast care and gynecology, sexual and mental health, genetic counseling, risk reduction, meditation and mindfulness, fitness and nutrition as well as navigation.

Because of philanthropy, all non-reimbursable costs for services to clinically high-risk patients at Hoag for Her Center for Wellness are covered at no cost to the patient.

According to the National Institute on Drug Abuse, women are disproportionately affected by opioid addiction. Studies have shown a large number of individuals begin an opioid dependence after prescribed use for a valid medical need. In an effort to help manage this alarming statistic, with donor support from the Sue Mears Breast and Ovarian Cancer Innovation Fund, Hoag is participating in a pilot study on the effects of mindfulness and meditation as it relates to pain management during the perioperative period of breast cancer surgery.

Funding Research for Pain Management Alternatives

Patients will be enrolled in individual sessions with a meditation and mindfulness coach prior to their breast surgery through the Hoag for Her Center for Wellness, where they will be taught about meditation and advised to meditate twice weekly. Enrollees will track their pain levels along with medication use. Hoag is starting to enroll patients in the study and will open it to newly diagnosed breast cancer patients in mid-2019.

Hoag Healing Survivorship Program

Hoag Healing: Breast Cancer Survivors Program offers support services and an educational series to empower, educate and heal breast cancer survivors. Under the leadership of Sadia Khan, D.O., breast surgical oncologist and director of Integrative Breast Oncology, the educational series offers breast cancer survivors the opportunity to come together several times a year for an evening of education and conversation, hearing directly from Hoag experts on topics that are pertinent to women who are undergoing or have undergone breast cancer treatment.

The first of several in the series, all of which are funded by donor support and offered at no cost to participants, featured an expert panel of clinicians and allied breast staff discussing questions about diet, mindfulness, stress reduction and intimacy after breast cancer treatment. The second event featured a panel of experts discussing how to heal the mind, start an attainable fitness routine and care for post-treatment skin issues including scar improvement.

“After you’ve been healed of cancer, you experience a new sense of ‘normal’ and it is comforting to know that there are women within these programs at Hoag that are continuous advocates for us,” said Melody Bahu, event attendee and grateful patient of Dr. Khan through Hoag for Her Center for Wellness.

In addition to the education series, Hoag Healing: Breast Cancer Survivors also offers patients a variety of wellness services that encourage lifestyle modifications to help prevent future cancer occurrences, including consultations and appointments with fitness trainers, a registered dietician, sex therapist, licensed psychologist and mindfulness/meditation expert.



Melody Bahu and Sadia Khan, D.O.

Philanthropy Brings Maternity Services to Hoag Hospital Irvine in 2019

REPORT TO DONORS

With the help of our generous donors, Hoag is expanding maternity services to Irvine - one of the nation's fastest-growing communities. Donor support, including a gift from the Tsao family, will help build an 18,000 sq. ft. facility with 12 private birthing suites which will include amenities to make moms-to-be and their families more comfortable. Women will labor, deliver and recover in the same room with a family-centered design and warm, home-like aesthetic.

"The needs and wants of expectant mothers are changing at a rapid pace," says Allyson Brooks, M.D., Ginny Ueberroth Executive Medical Director Endowed Chair, Hoag's Women's Health Institute.

"Thanks to our donors, Hoag will meet these shifting expectations for women with low-risk pregnancies by designing an experience that offers the kinds of choices and options that women in our community are asking for."

In addition, philanthropic funds will support advanced equipment and technology in C-section rooms, enabling physicians to handle emergency situations, and a Level II, Special Care Nursery.

In recognition of the Tsao family's generosity, the lobby and outdoor garden area will be named the Tsao Family Lobby & Garden.



Funding the Need - OB Hospitalists

At Hoag Hospital Newport Beach, delivery volume continues to increase each year. As a result, we are adding an additional OB Hospitalist, a hospital-based physician who is on-site at Hoag 24 hours a day, 365 days a year. These highly-skilled, board certified OB/GYNs provide care to pregnant patients in the hospital as well as emergent care to those arriving in Labor and Delivery through Hoag's Obstetrical Emergency Department (OB-ED). OB Hospitalists at Hoag also lead the OB Simulation Program, which trains and educates all of Hoag's maternal-child clinical staff on proper protocols and procedures for emergency labor and delivery scenarios.

Thanks to the AI and Mary Ann Schoellerman Foundation, Hoag was able to recruit and fund an additional OB Hospitalist at Hoag Hospital Newport Beach. Hoag is thrilled to have an OB Hospitalist team of five outstanding physicians dedicated to hospital-based care.

Hoag for Her Center for Wellness

Thanks to philanthropic support, the Hoag for Her Center for Wellness continues to thrive and serve women throughout all stages of life. From womanhood to motherhood to maturity, the changes that mark each phase of a woman's life can be dramatic. Each of these milestones presents unique challenges that not only impact a woman physically but emotionally and spiritually as well.

Many classes such as Mindfulness for New Moms and Mindfulness for Neonatal Intensive Care Unit (NICU) parents and families are offered free of charge to Hoag patients in an effort to develop the skills of mindfulness and self-compassion to establish a strong foundation for mindful parenting, joy and resilience.

Since July 1, 2017, the Centers for Wellness in both Newport Beach and Irvine have had over



4,300

wellness visits, which are largely made possible due to philanthropy.

HER Talks

Hoag for Her Center for Wellness hosts complimentary interactive presentations and lively panel discussions several times a year for women of all ages and life stages to hear directly from leading experts in women's health. Mini wellness services such as massage and acupuncture are often featured.

By providing access to engaging health education, Hoag is a leader in empowering women to take control of their health. Topics have included: Expert Advice on Intimacy from the Inside Out; Hormones and Mental Health: Tell Me Something Good; and How to Cope with Holiday Eating and Stress.

Advancing Education and Training

Improving the Quality of Breast Care

Thanks to the David and Eleanor St. Claire Women's Health Fund, Hoag was able to implement a new software technology called Volpara. This state-of-the-art software program focuses on dramatically improving the quality of patients' mammograms by analyzing the tens of thousands of mammograms performed at Hoag each year for quality and providing assessments, feedback and instructional tools for our technologists as it relates to their mammographic technique. The software also provides an automated measure of a woman's breast density on her mammogram – enabling Hoag radiologists to provide more consistent and objective measurements.

Support from the David and Eleanor St. Claire Women's Health Fund also funded an institution-wide mammography education workshop for our mammography technicians, which provided instruction on how to optimize their mammography skills.

Hoag/USC Breast Fellowship Program

With the support of Hoag donors, the Hoag/USC Breast Fellowship Program continues to train breast surgeons in all phases of breast care, including oncoplastic breast surgery (a specialized surgical approach combining the principles of oncologic surgery with the techniques of plastic surgery – saving a breast without deforming it) and intraoperative radiation therapy (IORT).

This year, the competitive Program had over 80 applicants applying for three positions to train under Melvin J. Silverstein, M.D., F.A.C.S., Gross Family Foundation Endowed Chair in Oncoplastic Breast Surgery, a pioneer of oncoplastic breast surgery.

Dr. Silverstein is currently training his 46th, 47th and 48th fellows through the Hoag/USC Breast Fellowship Program. Thirty-two of these fellows have rotated through Hoag since 2008.



Vivian Le-Tran, D.O.

2018 Muzzy Family Fellow in Oncoplastic Breast Surgery

The Muzzy Family Endowed Fellowship Selection Committee named Vivian Le-Tran, D.O., as the 2018 Muzzy Family Fellow in Oncoplastic Breast Surgery. Dr. Le-Tran is the fourth Muzzy Family Fellow at Hoag. Through the establishment of the Muzzy Family Endowed Fellowship in Oncoplastic Breast Surgery, Hoag has a sustainable funding source for continuous training of one fellow per year in perpetuity.

The Muzzy Family Fellow is chosen annually from among the current Hoag/USC Breast Surgical fellows. Under the guidance of Dr. Silverstein, the Hoag/USC Breast Surgical fellows are trained on highly specialized oncoplastic breast surgery techniques and provided with skill sets that will prepare them for their future role as leaders in oncoplastic breast conservation surgery.

IORT

A grant from iCAD, Inc., enabled Dr. Silverstein to conduct leading-edge research for breast cancer treatment. Dr. Silverstein and his team recently published a study on intraoperative radiation therapy (IORT) with over 1,000 early-stage breast cancer patients, the most cases to date for a single research site in the United States.

The study findings, which were published online in the *Annals of Surgical Oncology*, a leading peer-reviewed journal, found IORT, which delivers a concentrated dose of radiation therapy directly to

tumors during surgery, is a clinically effective, faster and easier alternative to whole breast radiation therapy following breast-conserving surgery for selected low-risk patients.

“On average, IORT can reduce 30 days of treatment to less than 30 minutes. The benefits are obvious,” explained Dr. Silverstein. “Eliminating six weeks of radiation therapy reduces emotional stress and allows patients to quickly return to normal life.”

Orange County Breast Consortium

Nirav Savalia, M.D., Director for Oncoplastic and Aesthetic Breast Surgery, Hoag Breast Center, and Melvin Silverstein, M.D., F.A.C.S., Medical Director, Hoag Breast Center and Gross Family Foundation Endowed Chair in Oncoplastic Breast Surgery, held the Orange County Breast Consortium in September 2018. The conference brought together surgical, medical and radiation oncologists from across Orange County to spread awareness of state-of-the-art treatments in breast cancer care. Donor support provided the necessary funding for Hoag’s physicians to learn and share best practices, methodologies and treatment options that improve care and outcomes for our patients. In addition to Dr. Savalia and Dr. Silverstein, the following Hoag experts made presentations: January Lopez, M.D., director of breast imaging at the Hoag Breast Center, and Nazila Zekry, M.D., pathologist at Hoag.



Dr. Lisa Abaid with Diane Amaral, RN, performed the 10,000th robotic surgery at Hoag.

Minimally Invasive Gynecology

In May 2018, gynecologic oncologist Lisa Abaid, M.D., performed the 10,000th robotic surgery using the da Vinci system at Hoag Hospital Newport Beach.

Since robotic surgery was introduced at Hoag in 2004, Hoag has become a renowned leader in this exceptional field of medicine. All six robots used by Hoag surgeons performing robotic surgeries have been purchased with philanthropic support from our community.

“Reaching the 10,000th mark in Newport Beach is in and of itself not what we’re celebrating. We’re celebrating the achievements in minimally invasive, robotic-assisted surgery that have given new options to patients who would not otherwise be able to withstand lifesaving procedures,” said Hoag’s Gynecologic Robotics Program Medical Director John (Jeb) V. Brown, M.D.

Hoag is designated as a Center of Excellence in Robotic Surgery (COERS) and is currently the fourth highest volume provider of gynecologic robotic-assisted surgeries in the nation as well as the third highest volume of gynecologic oncology robotic procedures.

Awards & Accolades

Your support allows Hoag to perform at levels that are recognized nationally as meeting the highest standards of excellence. We are proud to share our recent honors:

For the fifth consecutive year, Hoag has been named a “Certified Quality Breast Center of Excellence” by the National Quality Measures for Breast Centers (NQMBC), the program’s highest certification level. Hoag Breast Center is the first and only breast center in Orange County to receive this prestigious designation.

Additional Women’s Health Institute recognitions include:

- Center of Excellence in Robotic Surgery (COERS)
- Named by *Becker’s Hospital Review* as a Top 100 Hospital with Great Women’s Health Programs
- Designated as a Certified Baby-Friendly Birth Facility with a Level IIIA Neonatal Intensive Care Unit
- Named by *Women’s Choice Award* as one of America’s Best Hospitals for Obstetrics (2014 - 2019)

Thank you

Your generous support is helping Hoag provide innovative programs, leading technology and outstanding staff to maintain and improve the health and well-being of the women in our community.

For more information, please contact Hoag Hospital Foundation at (949) 764-7217 or visit our website: www.HoagPromise.org.