The Source
A publication on health, news and life. | Winter 2021

Lead with Your Heart
Every beat counts
3,700 caring employees
1,000 expert physicians
700 selfless volunteers

Behavioral Health, Cancer, Cardiology, Emergency Care, Family Medicine, Heart Care, Hospice & Home Care, Maternity & Pediatric Care, Neuroscience & Stroke Care, Orthopedics, Sports Medicine & Women’s Health

Find a Doctor
Visit: emanatehealth.org
The Source
Winter 2021

The Source is published by Emanate Health.

The word emanate (E-ma-nāt) means ‘to come from a source.’

For decades, we have been a source of health for our community. Our name is a symbol of positive energy, a source of light. It reinforces our dedication to the community and our passion for keeping them well.

©2021 by Emanate Health. All rights reserved. Reproduction or use in whole or in part without written permission is prohibited.

The content of this publication is not intended to be a substitute for medical advice, diagnosis or treatment. Always seek the guidance of a primary care physician or a qualified health care provider if you have any questions about your personal health.

Editor-in-Chief
Diane Martin, MBA

Managing Editor
Sabrina Dorfman

Contributors
Gurjeet Kalkat, MD
Chief Medical Officer

Mary Konyalian, RN, BSHA, MSN, MA, CNRN, CSSGB
Vice President
Neuroscience & Nursing

Donna Townsend, RN, MHM
Corporate Director
Medical, Surgical & Cardiology Services

Loucine Kasparian
Infection Control Director

Monique Fimbres
Vice President
Ambulatory Services

Chuck Sifuentes

Susan Carter

Who is Emanate Health?

COVID-19 & Emergency Care

Emanate Health Care Center

Lead with Your Heart

Inter-Community Hospital
210 W. San Bernardino Road
Covina, CA 91723
626.331.7331

Queen of the Valley Hospital
1115 S. Sunset Ave.
West Covina, CA 91790
626.962.4011

eumanatehealth.org

Foothill Presbyterian Hospital
250 S. Grand Ave.
Glendora, CA 91741
626.963.8411

Emanate Health Hospice & Home Care
820 N. Phillips Ave.
West Covina, CA 91791
626.859.2263
Who is Emanate Health?

Emanate Health, formerly Citrus Valley Health Partners, has grown to become the largest, nonprofit health care provider serving more than one million people in the San Gabriel Valley. Emanate Health provides leading care through three hospitals, Inter-Community Hospital in Covina, Queen of the Valley Hospital in West Covina and Foothill Presbyterian Hospital in Glendora. Our service area also includes a network of more than 16 primary and specialty care locations throughout the valley.

Emanate Health offers our diverse populations advanced medical care through every stage of life—from our Family Birth & Newborn Center to primary, specialty, emergency care, as well as compassionate hospice and home care. Leading the region with innovative technology, our centers of excellence include award-winning master surgeons who use the revolutionary da Vinci robotic surgery system to transform the way doctors perform surgeries.

The Comprehensive Heart Care Center at Inter-Community Hospital is the leader in treatment times and heart attack survival rates for all of Los Angeles County. Queen of the Valley Hospital has been designated a Comprehensive Stroke Center, providing the highest level of stroke care. (See article on page 3.)

Patients and their families are the reason we are here. We want each person to experience excellence in all we do through the quality of our services and the compassion of our staff.

Need Help Enrolling in Health Insurance?

We can help you obtain needed health care insurance. You and your family members may be eligible for Medi-Cal, Covered California and other health access programs. We will work to help find the health insurance that is right for you.

Contact Get Enrollment Moving (GEM) 626.851.2748

Don’t Delay Your Care

During the COVID-19 pandemic, many patients have put off their health care needs.

Preventative care is the best way to stay healthy. It is important to diagnose hidden medical issues and help manage chronic illnesses before they worsen.

Whether you are suffering from chronic pain, have delayed a non-emergency surgery or are due for your annual checkup, our team of health care providers are ready to safely care for you.

For more information and to find a doctor, visit emanatehealth.org

It’s Safe to Seek Emergency Care

When a medical emergency strikes, you need care you can count on—and you need it as quickly as possible. At all three hospitals, each ER is open 24/7 and staffed with highly trained doctors to care for every emergency need.

If you experience a medical emergency, such as symptoms of a heart attack or stroke, call 911 immediately or visit your nearest emergency room.
When the COVID-19 pandemic hit the United States in 2020, Emanate Health leaped into action to safely provide care for our patients, while keeping our staff protected. We quickly implemented a series of protocols and cleaning standards. We have some of the toughest anti-virus cleaning practices to protect the health and wellness of everyone.

**These safety protocols are in place across our health care system:**
- Everyone who comes to Emanate Health is required to wear a mask and screened for COVID-19 symptoms and contact.
- All patients scheduled for an elective surgery are tested for COVID-19. Elective procedures are limited to patients who have tested negative.
- For pregnant patients who have a scheduled induction or caesarian section at our free standing Family Birth & Newborn Center, testing for COVID-19 is administered prior to their due date.
- Our waiting areas, including those in our emergency departments, have seating placed six feet apart to enforce social distancing.
- All suspected coronavirus patients who come to the ER are placed in a separate area while they wait for further care.
- Visitors are welcome. For more information, visit emanatehealth.org/visitors.

---

**Better Protected to Care for Patients:**
**Staff Receive COVID-19 Vaccine**

Emanate Health dispensed the Pfizer COVID-19 vaccine to thousands of health care workers at our hospitals. With both vaccinations, physicians and staff are fortified to treat patients.

Emanate Health has not been designated to provide vaccinations to the community. Please contact your primary care physician or the Los Angeles County Department of Public Health for more information.

Emanate Health is proud of our dedicated staff and physicians for making untold sacrifices to treat our patients, especially those infected with COVID-19. We thank our health care heroes for living our mission and values every day.
Elevating Stroke Care in the San Gabriel Valley

Queen of the Valley Hospital is a Comprehensive Stroke Center, designated by the Los Angeles County Emergency Medical Services Agency. Receiving emergency ambulance runs for urgent stroke patients means being able to provide care more promptly for serious medical emergencies. This is so important because when it comes to treating a stroke, every second counts.

Comprehensive Stroke Centers staff neurology and neuro-interventional physicians, who are available 24 hours a day and 7 days a week to provide life-saving patient care.

Learn more about our neurology and stroke program by visiting emanatehealth.org/neuro.
Introducing Emanate Health Care Center

Providing multi-specialty care under one roof, from expert physicians, makes taking care of your health easier than ever.

In 2020, Emanate Health officially opened a multi-specialty outpatient center in West Covina.

Located adjacent to Queen of the Valley Hospital, Emanate Health Care Center offers a wide range of services to the San Gabriel Valley community.

Our hospital-based medical center provides in-person and telehealth, primary and specialty services. Our highly-trained, specialized physicians offer patient-centered care for individuals and families of all ages.

Health Care Services Include:
- Family Medicine
- Orthopedics
- Pediatrics
- Neurology
- Cardiology
- OB/GYN

Safety first
Emanate Health Care Center adheres to the same zero-harm, cleaning and disinfecting procedures that are standard throughout Emanate Health. Everyone entering the facility must wear a mask and have their temperature checked. In addition, waiting areas have been modified to allow for social distancing, staff wipes down all surfaces in patient rooms after each use, and sanitizes other common areas multiple times a day.

Emanate Health Care Center accepts many major health plans, including but not limited to:
- Medi-Cal
- Medicare Part B
- Anthem Blue Cross
- Health Net

Find a Doctor
Call: 626.483.4310
Visit: emanatehealth.org
Cardiology Services at Emanate Health

From diagnosis to treatment to rehabilitation, our Comprehensive Heart Care Center performs life-saving heart procedures daily.

We have board-certified interventional cardiologists and partner with Keck Medicine of USC for our Cardiothoracic Surgery Program.

The transcatheter aortic valve replacement (TAVR) procedure has helped many patients who suffer from aortic stenosis, which affects blood flow through the heart.

One of the newest innovations in our structural heart program is MitraClip. This procedure helps correct a malfunctioning mitral valve that causes an abnormal backflow of blood in the heart.

Our program coordinator for MitraClip and TAVR is Loretta Layton, NP, who helps guide patients through the process of these procedures. Frank Lin, MD, FACC, specializes in structural heart procedures and is overseen by our renowned Medical Director, Fahed Bitar, MD, who has been recognized in the Los Angeles Business Journal as a Top Doctor.
Bouncing Back

“You need to live your life, so I’m following the doctor’s orders. I’m exercising and can’t wait to go back to dancing.”

After coming down with laryngitis, Lydia underwent tests to reveal she had water in her lungs and needed to go to the emergency room. More tests uncovered a serious heart problem and it was recommended for her to undergo open heart surgery.

Lydia had a condition called mitral regurgitation, causing an abnormal backflow of blood in the heart. It was vital to repair her mitral heart valve to have her heart perform its functions correctly.

“I really got anxious because I couldn’t breathe and I couldn’t sleep because of the breathing and was having trouble eating as well.”

At the age of 87, she did not feel confident in having an open heart surgery and began to seek a second opinion to see if she had any other options.

That’s when she found Emanate Health’s Comprehensive Heart Care Center at Inter-Community Hospital. After meeting with heart surgeon, Frank Lin, MD, Lydia was given the option for a much less invasive procedure to help restore her health.

After passing a series of tests, she was chosen as an ideal candidate for the MitraClip procedure.

The minimally-invasive procedure allowed Lydia to go home after only one day in the hospital.

Following the procedure, Lydia enrolled in Emanate Health’s Cardiac Rehabilitation Program to help get her strength back and learn how to lead a heart-healthy life.

Lydia is one of many patients who were given a second chance. Thanks to modern medical advancements, patients like Lydia bounce back faster than ever.

“It’s amazing that they gave me a second chance. I am thankful from the bottom of my heart for this caring team of doctors and nurses who gave me my health and my life back.”
MitraClip Repairs Primary Mitral Valve Disease

Primary or degenerative mitral valve disease is caused by an abnormality in the mitral valve itself. Degenerative mitral regurgitation can be related to age, a valve abnormality present from birth, heart disease, coronary artery disease or a history of rheumatic fever.

Benefits of a Minimally-invasive approach to Mitral Regurgitation:
- Improved quality of life
- Shorter recovery
- Reduced hospitalization
  (most patients go home the next day)
- Fewer hospitalizations for heart failure

Do I qualify for a MitraClip procedure?
For more information and referrals: call 626.938.7586 or email llayton@emanatehealth.org.

Frank S. Lin, MD, FACC is an interventional cardiologist with Foothill Cardiology, practicing exclusively at Emanate Health.
Largest Maternity Center in the San Gabriel Valley

- 34 spacious, private birthing suites
- 40-bed, state-of-the-art, Level IIIB neonatal intensive care unit (NICU)
- 24/7 access to obstetrics, high-risk pregnancy care & neonatal leading specialists

626.851.2719  emanatehealth.org/maternity

Queen of the Valley Hospital Family Birth & Newborn Center
1115 S. Sunset Ave., West Covina, CA 91790