



# Care Connection



Alex Durairaj, medical director of cardiology, is pictured in our new Heart & Vascular Center.

## Good health starts with *your heart.*

**What do you keep close to your heart?** Your first love? That memorable vacation? A big family reunion? Long talks with your best friend? Your heart is the lifeline to some of your most precious memories, and is also at the center of your well-being.

Keeping your heart healthy is the best way to ensure that you can experience many more heartfelt moments. Eating a balanced diet full of healthy fats, vegetables and fruits can help prevent heart disease. Staying active and exercising for at least 30 minutes every day can also help to keep your heart happy. But because heart disease is the number one cause of death in the United States, it's equally important to have access to excellent cardiac care.

At our new Helen and Will Webster Heart & Vascular Center, we've combined the latest medical technologies, expert cardiologists, and increased capacity to save more lives and heal more hearts. Our new center is here to help make sure that you're ready for all the important moments that are yet to come.

Learn more at: [www.huntingtonhospital.org/heartcenter](http://www.huntingtonhospital.org/heartcenter)

**A**t our new Helen and Will Webster Heart & Vascular Center, you'll find the best care of today using the latest advances of the future.

- Two catheterization suites.
- An innovative catheterization and surgical hybrid suite.
- A high-tech electrophysiology suite.
- Six diagnostic suites.
- Eight private patient rooms.
- The latest medical technologies and treatments.
- Inpatient and outpatient procedures.
- Minimally invasive surgical options.
- An expert cardiac care team.



# Huntington Hospital + Cedars Sinai Health System: *A partnership that benefits you.*

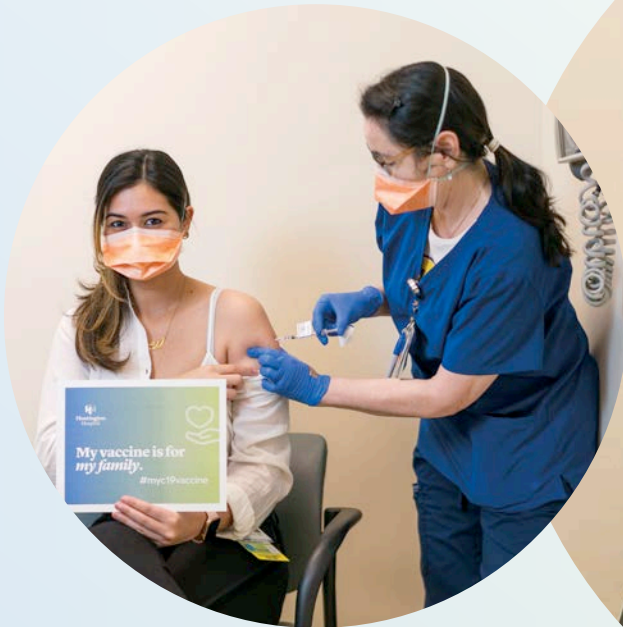
**H**untington Hospital is a pillar of our community. One on which people have relied for lifesaving care for nearly 130 years. To ensure your children, grandchildren, great-grandchildren and great-great-grandchildren continue to have access to world-class care right here in Pasadena, we took the exciting and forward-thinking step of affiliating with Cedars Sinai Health System.

While drawing on the extraordinary strengths of this affiliation, our unique culture as a community institution, governed by our local board with our own employees and medical staff, will continue. Philanthropy and volunteer support will also remain locally controlled by our hospital for the benefit of the communities we serve.

Being part of Cedars Sinai Health System brings many benefits to you, our community, our employees and our medical staff. The affiliation includes commitments for continued investment in our hospital and opportunities for collaborations with the other entities in the health system — sharing expertise and resources that further strengthen Huntington and our longstanding commitment to providing affordable, high-quality care to the San Gabriel Valley.

One thing that won't change is our ongoing focus on providing excellent, compassionate patient care to our community. It has always been, and remains, our top priority. This new affiliation with Cedars Sinai ensures we can continue to meet this commitment for decades to come.

Learn more at: [www.huntingtonhospital.org/about-us](http://www.huntingtonhospital.org/about-us)



# Let's *do this.*

**COVID-19 cases continue to cause hospitalizations throughout Southern California due to the Delta variant.** While the vast majority of the hospitalizations are among the unvaccinated, some people are still hesitant to get the COVID-19 vaccine. Here are five important reasons to get vaccinated today:

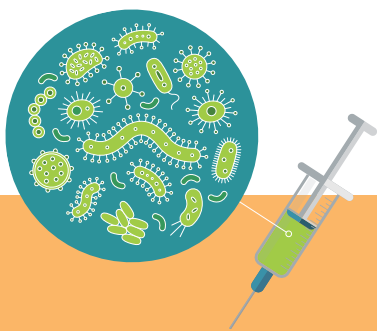
1. The vaccine can help prevent you from getting seriously ill, being hospitalized or dying from COVID-19.
2. The vaccines are safe and will not make you sick with COVID-19.
3. The COVID-19 vaccines are effective. As we are seeing in our own community, infection rates are dropping due to the high level of vaccination rates in our city and throughout the state.
4. The Delta COVID-19 variant circulating now is highly contagious. Even if you have had the virus, studies show the vaccine can offer a higher level of immunity to prevent serious illness.
5. Once you are fully vaccinated, you can start doing more. Many employers, restaurants and entertainment venues are now requiring proof of vaccination.

The FDA recently approved the Pfizer-BioNTech COVID-19 vaccine, and the CDC recommends that certain people receive a booster shot of Pfizer's vaccine at least six months after getting the first two doses.

If you've already been vaccinated, we thank you for helping protect yourself and your community. For answers to frequently asked questions regarding the vaccine, including where to get vaccinated and who should get a booster shot, visit:

**[www.huntingtonhospital.org/COVID-19](http://www.huntingtonhospital.org/COVID-19)**





## Remember to get your flu shot!

With COVID-19 still being a threat to your health combined with the risk of catching the flu, it's very important to protect yourself this fall. Flu shots are now available, so don't wait.

To learn how to get the flu shot for free at one of our community clinics, visit:  
[www.huntingtonhospital.org/flu](http://www.huntingtonhospital.org/flu)



### Finding trusted Huntington care is easy. Just look for the cube.

It's a symbol that stands for our commitment to your good health. Whether at our hospital, ambulatory surgery center, cancer center, your doctor's office or throughout our community, we're here to safely care for your physical, mental and social well-being.

Right now, it's more important than ever to not delay your care — make your health a priority today. Find the care you need by visiting:  
[www.huntingtonhospital.org/family](http://www.huntingtonhospital.org/family)



## The advantages of Medicare Advantage.

**W**e're here to help you enjoy your golden years in good health. If you're 65 or older, you have the opportunity to enroll in a new Medicare Advantage health insurance plan or make changes to your existing plan during the Annual Election Period (AEP), October 15 — December 7.

Medicare Advantage plans offer quality care at a low cost, with many added benefits. Whichever plan you select, make sure your coverage includes the high-quality, patient-centered care that Huntington is known for.

To find out what health plans Huntington accepts, get advice from a licensed Medicare expert or register for a free online seminar, visit: [www.huntingtonhospital.org/MA](http://www.huntingtonhospital.org/MA)

# Trust your gut with us.



**One day, out of the blue,** Caesar Penney started experiencing severe abdominal pain. It did not improve after a few days, so he made an appointment with his primary care physician to get checked out. The next day, Caesar received a message that said he needed to go to an emergency room right away. When Caesar arrived at a local hospital, “I was surrounded by doctors and nurses, but no one told me what was wrong with me or what was going on,” he said. He then passed out.

When Caesar awoke, he was finally able to get some answers. He was diagnosed with a massive infection of the bowel caused by a chronic gastrointestinal disease known as diverticulitis. He was monitored for a day and a half, told

he would need to schedule a follow-up appointment with a surgeon and sent home. “I didn’t feel like I was being treated right,” Caesar says. He began researching other hospitals where he could have his procedure. He had heard only good things about Huntington Hospital, and so made an appointment here with surgeon Wes Powell, MD.

Right from the start, Caesar knew he was in good hands. “Dr. Powell made me feel like I was at the right place for the health care that I needed,” he says. “It was a completely different experience.” By the time he had connected with Dr. Powell, Caesar’s pain had become debilitating.

The surgery, which involved removing infected parts of Caesar’s

colon, was a success. Caesar spent a week in the hospital. Due to the pandemic, his loved ones were not allowed to visit him while he recuperated, but he never felt alone. “When your health is compromised like mine was,” he says, “you need personal care. Everyone acknowledged my fear, always asked how I was feeling, and made me feel comfortable. It’s a reflection of the type of institution Huntington Hospital is.”

Today, Caesar is doing well and recently got married. Once nearly incapacitated due to pain, he is now back to being the active young man he was — and hopes to complete a triathlon next year. “Huntington Hospital took such good care of me,” he says. “If it weren’t for the hospital, I might not have a story to tell.”



100 West California Boulevard  
Pasadena, California 91105  
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**We speak your language.** We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (626) 397-5211。



## *Healing hearts.*

**W**hen Josie Hanafi began to experience blurry vision and a terrible headache, she was not in our area. She was rushed to the emergency room at another hospital, where it was confirmed that she had suffered a major stroke.

Upon her release from the hospital, Josie scheduled a follow-up appointment with Fernando Roth, MD, a cardiologist affiliated with Huntington Hospital. Through a diagnostic ultrasound, Dr. Roth determined the likely cause of her symptoms: Josie had a patent foramen ovale (PFO) — a small opening between the two upper chambers of her heart.

She was referred to Azhil (Alex) Durairaj, MD, medical director of cardiology here. Dr. Durairaj performed a minimally invasive procedure on Josie in our Heather and Paul Haaga Hybrid Catheterization Suite, located in our new Heart & Vascular Center. “I was actually the first patient to ever be treated in the hybrid suite,” says Josie. “I’d never seen anything like it. It was a spectacular space full of the most state-of-the-art instrumentation.”

The first of its kind in our service region, our hybrid suite accommodates both catheterization *and* surgical procedures. Josie’s procedure went perfectly. “I’m so thankful for Dr. Durairaj,” she says. “I felt like I was his only patient. Dr. Roth was also amazing, and the nurses were so reassuring. They even played music for me before the procedure to help me stay calm.”

Josie went home the next day feeling great, and she returned to work a week later. She was quickly back to her normal activities, which include being a wife, mom and volunteering at her church. “Having a heart procedure can be scary,” says Josie, “but I knew I was in the right place.”

For more information on our lifesaving heart care, visit: [www.huntingtonhospital.org/heart](http://www.huntingtonhospital.org/heart)