



BROWN & TOLAND
MEDICAL GROUP

Your Health

A guide to health and wellness programs

Summer 2006

As a Brown & Toland member, you have a doctor who listens to your needs, respects your choices and provides you with the highest quality care you can find. You also have access to some of the finest community health resources in San Francisco. Some of these classes are free, and others require a nominal fee or donation.

Healthy Lifestyles

California Pacific Medical Center: Institute for Health & Healing

Offers community wellness programs and classes as well as the classes listed below. Also offers various cancer and life-threatening/chronic illness support groups for adults and children. Classes offered include:

- **Mindfulness-Based Stress Reduction**
 - **Integrative Yoga Therapy for Body, Mind and Spirit**
 - **Tai-Chi**
- Call 415.600.HEAL (600.4325) for more information.



Women's Health

California Pacific Medical Center: Women's Health Resource Center

Offers health consultations, support groups, ultrasound, bone-density screenings and massage therapy. Lending library with on-site Internet access also available. Offers classes on various women's

health topics, such as the Mid-Life Women's Health Series. Call 415.600.0500 for more information.

UCSF: Women's Health Resource Center

Provides information on health topics of concern to women. Large lending library, provider referrals, clinical trials information and classes on women's health issues, including the following:

- **Mind Over Bladder: Understanding Female Urinary Incontinence**
- Call 415.353.2668 for more information.

Cancer Resources

UCSF: Cancer Resource Center

Provides information on treatment options, clinical trials and community services. Also offers support groups, peer support, exercise programs, meditation classes, monthly forums, nutrition seminars and benefits counseling. All programs and services are free. Call 415.885.3693 for more information.

California Pacific Medical Center: Breast and Gynecological Cancer Recovery Program

These two programs are designed to assist women undergoing cancer treatment and help them in their physical, emotional and spiritual recovery. Services include:

- **Preparation for surgery, radiation and chemotherapy**
 - **Hairpieces and breast forms**
 - **Lymphedema education**
 - **Individual and group support, including chaplain and social services**
 - **Natural menopause symptom management**
 - **Nutrition**
- Call 415.600.6281 for more information about the **Breast Cancer Recovery Program** and 415.600.0500 for the **Gynecological Cancer Recovery Program**.



Pregnancy and Parenting

California Pacific Medical Center: Newborn Connections

Offers an extensive book and video lending library, support groups, baby boutique and various prenatal and parenting classes. Call 415.600.2229 to register for classes or for more information.



Support Groups

Breast Cancer Support Group

FREE

Under the direction of Diane Scott, R.N., Ph.D., group members meet for emotional support.

Every Tuesday and Wednesday 5 to 7 p.m.

**450 Stanyan St.,
St. Mary's Medical Center
Call 415.750.5775
for more information.**



Menopause Matters

FREE

The first half of each session is devoted to the evening's topic and the second half is devoted to participant discussion.

Second Tuesday of each month 7:15 to 8:45 p.m.

**450 Stanyan St.,
St. Mary's Medical Center
Call 415.750.5775 for more information.**

US TOO International Prostate Education and Support

FREE

Monthly support group for prostate cancer survivors and their families.

First Wednesday of the month 7 to 9 p.m.

**900 Hyde St.,
Saint Francis Memorial Hospital
Weyerhaeuser Room, 2nd Floor
Call 415.353.6655 for more information.**

Support Groups

National Brain Tumor Foundation

FREE

The National Brain Tumor Foundation is a nationwide nonprofit organization serving people whose lives are affected by brain tumors. The group offers a toll-free information line, Web site and publications, along with support groups (including a group that meets at UCSF) and a peer support network.

All services are free.
Visit www.braintumor.org
or call 800.934.2873.



Volunteer Opportunities

Senior Peer Counseling Program

FREE

Looking for a volunteer opportunity that is challenging, stimulating and meaningful? The Senior Peer Counseling program, offered through the Family Service Agency of San Francisco, trains volunteers ages 55 and older to provide emotional and practical support to peers who are having difficulty coping with life's challenges.

For information on the next free training opportunity, please contact Family Service Agency and ask for Judy Gustin, LCSW, or Nancy Alpert, LCSW, at 415.386.6600.

Prenatal Education Program

All **Brown & Toland Health Net** members are eligible to receive a free gift certificate to Babies'R'Us/Toys'R'Us. To qualify, members must meet the following criteria:

- **Members must be current Health Net members**
- **Members must have completed at least one of the following classes: Newborn Parenting, Breastfeeding or Childbirth Preparation**

These classes *must* be taken at California Pacific Medical Center's Newborn Connections or UCSF's Great Expectations Pregnancy Program.

Diabetes and Self-Management

California Pacific Medical Center: Community Health Resource Center

Offers social services, information, screenings and free seminars on various health topics, including:

- **Cholesterol**
- **Medication management**
- **Heart health/disease**
- **Osteoporosis**
- **Diabetes**

Also offers the following nutrition programs:

- **Change of Heart: a nutrition program for cardiac patients**
- **Weigh to Go: a permanent weight-management program**
- **Individual nutrition consultation by appointment**
- **Free blood pressure screenings**

Call 415.923.3155 for more information.

California Pacific Medical Center: Center for Diabetes Services

American Diabetes Association (ADA)-recognized program, which provides comprehensive education to adults and children with type 1 or type 2 diabetes. The program offers classes and individual counseling sessions including information, tools and strategies for self-managing diabetes and preventing or

delaying the onset of complications. Additionally, the Center for Diabetes offers prevention classes for people with pre-diabetes, as well as a pediatric program. All classes, provided by certified diabetes educators, range from the basics of diabetes to intensive management and insulin pump training. Support groups and counseling also are available. Staff speaks English, Tagalog, Spanish and Chinese.
Call 415.600.0506 for more information.

St. Luke's Hospital: Diabetes Education Program

Certified diabetes educators work to help patients develop healthy lifestyle choices, set and achieve goals and teach patients how to prevent serious complications from diabetes. The staff is bilingual (English and Spanish).
Call 415.641.6826 for more information.

St. Mary's Medical Center: Diabetes Services

American Diabetes Association-certified education center focuses on the need for individual education. The nurse diabetes educator or dietitian offers individual appointments. Educators facilitate group education classes held on Friday afternoons. Members may attend classes on a drop-in basis.
Call 415.750.5513 for more information.

UCSF: Diabetes Teaching Center

UCSF Diabetes Teaching Center educators place special emphasis on orienting the newly diagnosed individual with diabetes to the extraordinary lifestyle changes the disease makes necessary. For those who are living with diabetes, the program provides training in the latest advances in self-care and problem-solving skills. Thousands of people with type 1 and type 2 diabetes from around the world have completed workshops at the UCSF Diabetes Teaching Center. The result is improved health and quality of life. Participants learn

to recognize their own patterns of blood sugar response. This self-knowledge permits each individual to make more consistent and appropriate adjustments to daily diet, exercise and medication.

The UCSF Diabetes Teaching Center offers two-day, three-and-one-half day, and insulin pump workshops. Individual appointments also are available.
Call 415.353.2266 for more information.

Smoking Cessation

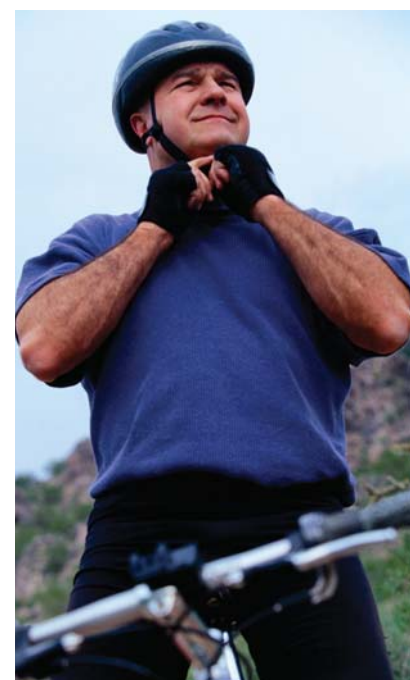
California Smokers' Helpline

FREE

The California Smokers' Helpline is a telephone program that can help you quit smoking. Helpline services are provided at no cost and are funded by the California Department of Health Services.

The hotline provides self-help materials, a referral list of other programs and one-on-one counseling over the phone. Anyone in California can call the Helpline, whether they are currently smoking, have already quit or want information for a friend or relative.

Resource Center 415.353.6320
English 800.NO.BUTTS
Vietnamese 800.778.8440
Spanish 800.45.NO.FUME



**Cantonese/
Mandarin**.....800.838.8917
**Hearing
Impaired**.....800.933.4TDD
Korean.....800.556.5564
Chew.....800.844.CHEW

UCSF's Tobacco Education Center

The Tobacco Education Center at UCSF Medical Center at Mt. Zion offers comprehensive smoking-cessation and relapse-prevention services.

☛ The Cessation Program

The sessions include issues related to smoking or health; medications to ease withdrawal; neurobiology and addiction; and tools for building and sustaining motivation. The cost for this program is \$50.

☛ The Relapse Prevention Support

This support group is available to graduates of the Cessation Program who want continued help to become and remain smoke-free. A \$5 drop-in fee is requested but not required.

Both groups meet at UCSF Medical Center at Mt. Zion, 1600 Divisadero St. Call 415.885.7895 for more information.

Brown & Toland Disease Management Programs

FOR MEMBERS ONLY

Congestive Heart Failure

Brown & Toland Medical Group's NEW Congestive Heart Failure (CHF) management program is dedicated to improving quality of life for individuals with CHF. The program is designed to:

- ☛ Provide intensive case management for CHF patients
 - ☛ Coordinate appropriate referrals to specialists
 - ☛ Improve your self-management skills
 - ☛ Offer patient education
 - ☛ Work with your doctor to enrich your medical care
- For more information, please call 415.972.4247.**



Diabetes Management

Brown & Toland Medical Group's comprehensive Diabetes Management Program is designed to improve your self-management skills to control your diabetes and prevent any diabetes-related complications through case management and education. The program is designed to:

- ☛ Provide tips to better control your diabetes
- ☛ Improve your knowledge of diabetes and its effects
- ☛ Provide information on your current diabetes medications and insulin pumps
- ☛ Facilitate education classes offered through in-network diabetes education centers
- ☛ Work closely with your doctor to enhance your care

To register or for more information, please call 415.972.4241.

Asthma/COPD Management Program

Our free and comprehensive program can help you understand and manage your asthma/COPD. Program includes:

- ☛ **Education**
Learn current asthma/COPD facts, causes of asthma/COPD, how to properly use a peak flow meter and spacer, correct use of your inhaler and medications, and how to manage your asthma/COPD through proper medication use and environmental control.
- ☛ **Case Management**
Work with an asthma/COPD nurse practitioner to closely monitor your progress and improve control of your asthma/COPD.

☛ Facilitated Specialist Referral

Get assistance in obtaining a referral to an asthma/COPD specialist, if necessary.

To register or for more information, please call 415.386.1134.

HIV Management

Our HIV Management Program features personalized HIV medication, nutrition and case management from a certified nurse practitioner and registered dietitian. As clinical specialists in HIV, they can assist you in managing your health by:

- ☛ **Explaining current HIV therapies and helping you and your doctor decide which medications and treatments are best for you**
- ☛ **Providing tips on how to manage medication-related side effects and HIV-related symptoms**
- ☛ **Evaluating your diet and suggesting changes you may make to help manage weight loss, weight gain, high cholesterol, diabetes, diarrhea and other HIV-related problems**
- ☛ **Performing body composition testing and evaluating the appropriateness of therapies for HIV wasting**



We work with your doctor to provide you with this FREE service. Our program is designed to enhance, not replace, the care and advice you receive from your physician.

To register or for more information, please call Grace Moore, R.N., C.S., FNP, at 415.972.4246 or Michelle Kuppich, R.D., at 415.386.3148.

Community Resources

Senior Centers

Institute on Aging

Services.....415.750.4180

Support Groups.....415.750.4130

On Lok Senior Health

1426 Fillmore St.....415.447.1000

2700 Geary St.....415.447.8900

Seniors•At•Home.....415.448.3700

North of Market

Branch.....415.292.1086

Downtown

Branch.....415.771.7950

Aquatic Park

Branch.....415.775.1866

Western Addition

Branch.....415.921.7805

Montefiore Senior

Center.....415.292.1262

Richmond Senior

Center.....415.752.6444

Saint Francis Memorial Hospital

Senior Services.....415.353.6565

Health and Wellness

Resource Center.....415.353.6320

St. Luke's Hospital

Diabetes Education

Program.....415.641.6826

UCSF

Women's Health Resource

Center.....415.353.2668

Diabetes Teaching

Center.....415.353.2266

Millberry Recreation

and Fitness.....415.476.1115

Community Health Resource Center

.....415.923.3155

CPMC

Women's Health Resource

Center and Library.....415.600.0500

Institute for Health

and Healing.....415.600.3660

Center for Diabetes

Services.....415.600.0506

St. Mary's Medical Center

Senior Services.....415.750.5800

Diabetes Services.....415.750.5513

Lifeline.....415.750.5530

Womankind.....415.750.5775

Senior Events July–August

Senior Brown Bag Lectures

FREE

Bring your lunch and learn at these topics geared to interested seniors. Lectures are free, but we are delighted by donations. It is important to preregister as date and topics are subject to modifications or cancellation.

**Community Health Resource Center,
2100 Webster St., Suite 106
12:15 to 1:15 p.m.**

**Please preregister by calling
415.923.3155**

Tuesday, July 18

Advance Health Care Directives

Tuesday, August 1

Stretch It Out: Chair Fitness

Tuesday, August 15

Eating Positively/ Heart Health

Blood Pressure Screening

FREE

Free blood pressure screenings.
**Thursdays, 10 to 11 a.m.
2100 Webster Street, Suite 100
Call 415.923.3155 for more
information.**

Monthly Blood Pressure Screening

FREE

Sponsored by Saint Francis
Memorial Hospital. Free blood
pressure screenings are provided
for seniors.

**First Thursday of every month,
9 to 11 a.m., 900 Hyde St.,
Saint Francis Memorial Hospital
Cafeteria, 2nd Floor.
Call 415.353.6655 for more
information.**

Bone Density/Osteoporosis

Ultrasound measurement of the
heel. It is not necessary to be
screened if you have had a hip
and spine measurement.

**Tuesday, August 8th
9:30 to 12:30 p.m. by appointment
Davies Campus
Call 415.923.3155
\$5 donation requested**

Cholesterol

Total cholesterol, HDL, ratio, and
estimated LDL and triglycerides
via a finger-stick test.

**Tuesday, August 22
9:30 a.m. to 12:30 p.m.,
by appointment,
2100 Webster Street, Suite 100
Call 415.923.3155, \$25**

Senior Health Classes

Osteoporosis

FREE

Reduction of bone mass
(osteoporosis) can affect men
and women leaving them at
increased risk for fracture and
decreasing their quality of life.
At these lectures, learn about risk

factors, diagnosis, treatment and
helpful lifestyle modifications.

**Thursday, August 10
Community Health Resource Center,
2100 Webster Street, Suite 106
10:30 a.m. to Noon
Taught by a Registered Nurse
and Registered Dietitian
Call 415.923.3155 to register**

Hypertension and Stroke Prevention

FREE

Your risk for stroke, heart disease
and kidney failure increases with
uncontrolled high blood pressure.
Identify your risks, learn about
relevant lifestyle modifications
and understand the role of
medication in controlling your
blood pressure.

**Thursday, August 3
Community Health Resource Center,
2100 Webster Street, Suite 106
10:30 a.m. to noon
Taught by a Registered Nurse
and Registered Dietitian
Call 415.923.3155 to register**

