

LOS ANGELES BUSINESS JOURNAL

HEALTH CARE



LEADERSHIP PANEL & AWARDS

2021 NOMINEES

JOIN US FOR THE FREE VIRTUAL PANEL & AWARDS

Wednesday, August 18 | 2:00-3:30PM

Register at labusinessjournal.com/HCPA2021

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OPTUM | Pacifica Hospital of the Valley | PIH Health | Pomona Valley Hospital Medical Center | UCLA Health



2021 LABJ Health Care Leadership Panel & Awards

The Los Angeles Business Journal will be proudly hosting the annual Health Care Leadership Panel & Awards as a free virtual event on Wednesday, August 18th at 2:00 pm.

Before launching into the virtual awards ceremony, the event will bring together a diverse group of elite health industry insiders for a panel discussion about the state of health care, delivery of care, and the overall impact COVID-19 has had on the healthcare system and businesses in Southern California.

Be sure to join us for this special event on the 18th as we bring together L.A.'s most elite industry officials for the panel discussion, to honor nominees, and for the unveiling of our 2021 Health Care Award winners.

Register at labusinessjournal.com/HCPA2021



John Bishop
Chief Executive Officer
MemorialCare Long Beach Medical Center
and Miller Children's & Women's Hospital



Kevin Manemann
Chief Executive
Providence Southern California



Precious Mayes
CEO and President
Pacifica Hospital of the Valley



Thomas Mone
Chief Executive Officer
OneLegacy



Richard L. Seidman, MD, MPH
Chief Medical Officer
L.A. Care Health Plan



Veronica Vasquez-Montez, MD
Emergency Department
Medical Director
PIH Health



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Glendale | Huntington Beach | Irvine | Long Beach | Newport Beach | Torrance



2021 NOMINEES: INDIVIDUALS



Dr. Jerry P. Abraham, MD, MPH, CMQ
 Director, Kedren Vaccines
 Kedren Community Health Center



Adam Abramowitz
 Managing Director and
 Co-Head of the Healthcare Group
 Intrepid Investment Bankers



NanaEdua B. Afoh-Manin
 Founder
 Shared Harvest Foundation



Andy Aroditis
 CEO
 NextGate



Dr. Stacy Barron
 Medical Director
 County of Los Angeles Department
 of Children and Family Services



Kavitha Bhatia, MD, MMM, FAAP
 President and Chair, Prime Healthcare
 Foundation & Chief Medical Officer of
 Strategy, Prime Healthcare
 Prime Healthcare



Sunny Bhatia, MD, MMM, FACC, FSCAI
 CEO, Region I &
 Corporate Chief Medical Officer
 Prime Healthcare



Jonathan Bluth
 Co-Head of Healthcare
 Intrepid Investment Bankers



Medell Briggs, MD, MPH, MSHS
 Chief, Health Equity, Diversity and Inclusion
 UCLA Health



Eric Burroughs
 Chairman Health and Wellness
 Action Group
 100 Black Men of Long Beach Inc.



Michael Caligiuri
 President
 City of Hope National Medical Center



Lori Cardle
 Executive Vice President
 Valley Presbyterian Hospital



Stephanie Chang
 Co-Founder
 Health Matters Clinic



Stephen Chen
 Founder and CEO
 Scanwell Health



Rahul Chhajed
 Vice President and Senior Director
 Matthews Real Estate
 Investment Services



Liz Cochran
 Operations Executive
 Adventist Health Glendale



Lara Compton
 Member
 Mintz



Robert Curry
 Chief Executive Officer
 Emanate Health



Richard Dang
 Assistant Professor of Clinical Pharmacy
 University of Southern California
 School of Pharm



Robert del Junco
 President
 St. Joseph Hospital



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2021 NOMINEES: INDIVIDUALS



Amar Desai
President and CEO of Optum Pacific West
Optum



Dr. Rachel Dew
Co-Founder
ModiHealth



Leanna Dickstein
Vice President
Right at Home



Jamey Edwards
President, CEO & Co-Founder
Cloudbreak Health - UpHealth -
Emergency Medical Associates



Dr. Barbara Ferrer
Director
County of Los Angeles Department
of Public Health



Tim Fong
Doctor
UCLA



Ali Gholamrezanezhad, MD
Clinical Emergency Radiologist;
Assistant Professor of Clinical Radiology
Keck Medicine of USC



Paul Gomez
Shareholder
Polsinelli



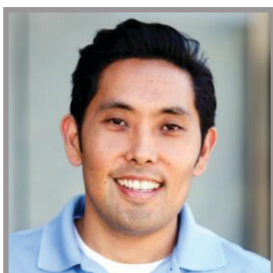
Jill Gordon
Partner
Nixon Peabody LLP



Nanciann Horvath
Business Owner/Nurse/
Mental Health Advocate
ImprovForHealth



Alice Issai
President
Adventist Health Glendale



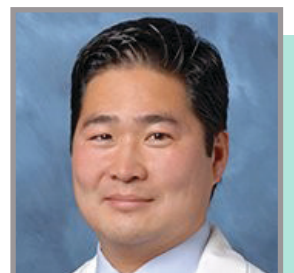
Ryan Iwamoto
President & Co-Founder
24 Hour Home Care



Ari Kalechstein, Ph.D.
President and CEO
Executive Mental Health



Tobias Kennedy
President
Montage Insurance Solutions



Joe Kim
Chief Medical Officer
Dignity Health - California Hospital
Medical Center



Ben Kruger
Co-founder
Sollis Health



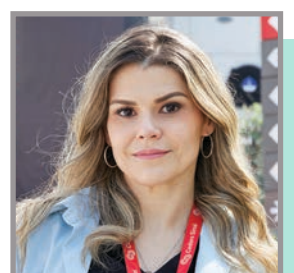
Hope Levy-Biehl
Partner
Davis Wright Tremaine LLP



Marcel Loh
President and CEO
CHA Hollywood Presbyterian
Medical Center



Carol Lucas
Shareholder
Buchalter



Manoela Maciel
Emergency Department Volunteer
Cedars-Sinai



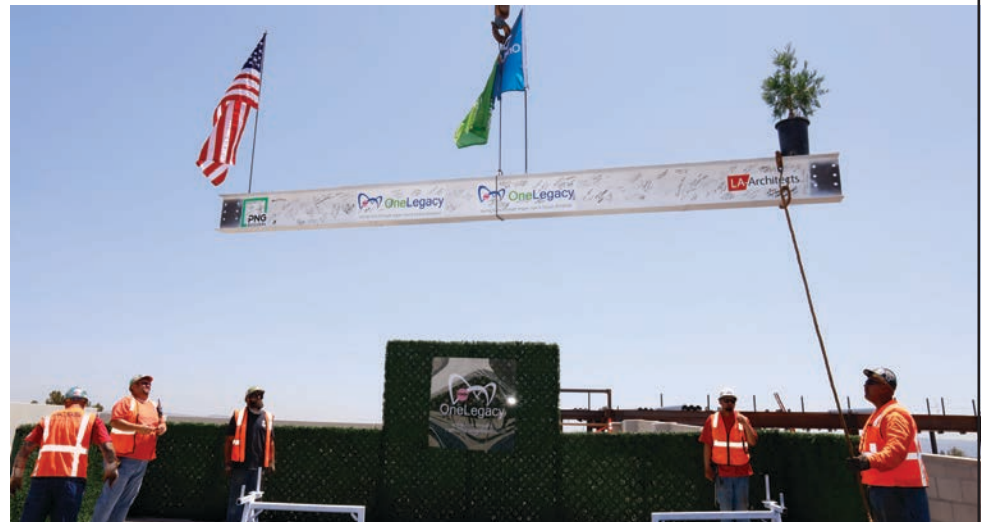
Saving Lives Through Organ Donation

Last month, OneLegacy held a “topping out” ceremony for its new **state-of-the-art headquarters in Azusa** that will serve as a critical connector for Southern California’s regional healthcare system. When open next year, this facility will greatly enhance OneLegacy’s ability to save and heal lives through organ, eye and tissue donation while also providing a **new home for critical research** that will improve donation and transplantation for all.

Working in partnership with 215 hospitals, 10 transplant centers and local coroners’ offices, the not-for-profit **OneLegacy is the bridge to life** for 20 million Southern Californians and waiting recipients across the country. Last year alone OneLegacy enabled the transplant of a

record 1,661 organs from 548 donors. In addition, **more than 190,000 lives were healed**, and their vision was restored, through cornea and tissue donation, marking the sixth year of record-breaking increases.

The opportunity to donate and to receive a lifesaving transplant knows no sexual orientation and no national, ethnic or religious boundaries. **By saying YES to donation**, we create healthier communities through the generous gift of life and transplantation, actions that remind us to look beyond our differences to help those in greatest need. Register to be a donor at your local DMV or at onelegacy.org/register.



Dedicated to saving and healing lives through organ, eye and tissue donation

[OneLegacy.org](https://onelegacy.org)

2021 NOMINEES: INDIVIDUALS



Samuel R. Maizel
 Partner
 Dentons US



Precious Mayes
 President and CEO
 Pacifica Hospital Of The Valley



Thomas Means
 Health and Life Insurance Specialist
 PCH Benefits & Insurance Solutions



Alina Moran
 President, California Hospital
 Medical Center
 Dignity Health California Hospital
 Medical Center



Michael Moreno
 Vice President and Senior Director
 Mathews Real Estate
 Investment Services



Neha Nanda, MD
 Medical Director of Infection Prevention and
 Antimicrobial Stewardship
 Keck Medicine of USC



Jinhee Nguyen
 Patient Care Executive
 Adventist Health Glendale



Paul Nieberg
 Doctor, Infectious Diseases
 Huntington Hospital



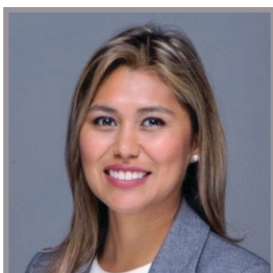
Jonathan Nissanoff
 Medical Doctor
 Orthopedic Urgent Care



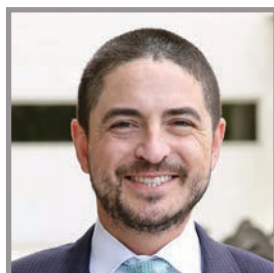
Pamela Jane Nye
 CEO
 Operation Scrubs



Grace Oh
 Senior Vice President and General Counsel
 Children's Hospital Los Angeles



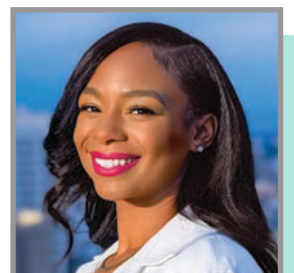
Mirna Orihuela
 Manager, Post-Acute and Transitional Care
 MLK Community Healthcare



Felipe Osorno
 Executive Administrator of Continuum of
 Care Operations and Value Improvement
 Keck Medicine of USC



Tiffany Ramirez
 Corporate Director Volunteer Services
 Emanate Health



Erica Robinson
 President
 Health Matters Clinic



Vicki Rollins
 Governing Board Member
 LA Downtown Medical Center



J. Steven Rountree
 Attorney
 Rountree & Riley



Lynne Roy
 Executive Director, Cedars-Sinai Imaging
 Cedars-Sinai



Martha Santana-Chin
 President, Medi-Cal
 Health Net



Darlene Scaffiddi
 Executive Vice President of Patient
 Care Services
 Pomona Valley Hospital
 Medical Center



PIH Health Good Samaritan Hospital



PIH Health Whittier Hospital



PIH Health Downey Hospital

Here For All Your Healthcare Needs

PIH Health is a nonprofit, regional healthcare network that serves approximately 3.7 million residents in the Los Angeles County, Orange County and San Gabriel Valley region. The fully integrated network is comprised of PIH Health Good Samaritan Hospital in Downtown Los Angeles, PIH Health Whittier Hospital, PIH Health Downey Hospital, 35 outpatient medical office buildings, a multispecialty medical group, home healthcare services and hospice care, and more. We are honored to be your health and wellness partner. For more information, visit PIHHealth.org.



2021 NOMINEES: INDIVIDUALS



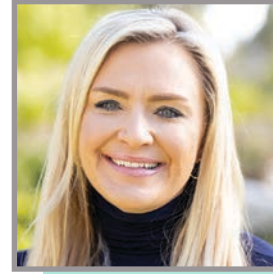
Andrew Selesnick
 Shareholder
 Buchalter



Shawn Sheffield
 Chief Strategy Officer
 Keck Medicine of USC



Johnese Spisso
 President, UCLA Health CEO, UCLA Hospital
 System Associate Vice Chancellor of UCLA
 Health Sciences
 UCLA Health



Kelly Stephenson
 CEO
 Cliffside Malibu



Robert Stone
 President, CEO and the Helen and
 Morgan Chu Chief Executive Officer
 Distinguished Chair
 City of Hope



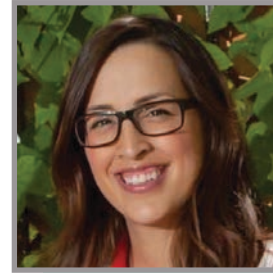
Mamoon Syed
 Senior Vice President & Chief People Officer
 Children's Hospital Los Angeles



Graham Tse
 Chief Medical Officer
 MemorialCare Miller Children's &
 Women's Hospital Long Beach



Rohit Varma
 Chief Medical Officer
 CHA Hollywood Presbyterian
 Medical Center



Veronica Vasquez-Montez, MD
 Emergency Department Medical Director
 PIH Health



Paul Viviano
 President and CEO
 Children's Hospital Los Angeles



Erik Wexler
 President Operations & Strategy - South
 Providence



Stephen Wilder
 Volunteer
 USC Verdugo Hills Hospital



Sue Wilder
 Volunteer
 USC Verdugo Hills Hospital



Phil Wong
 Chief Executive Officer
 Gateways Hospital and
 Mental Health Center

ADVENTIST HEALTH IS PROUD TO CONGRATULATE ALL NOMINEES FOR

Los Angeles Business Journal's Health Care Leadership Awards



TOP HOSPITAL

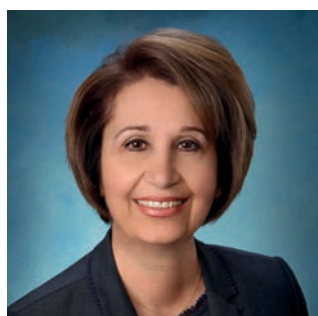
Adventist Health Glendale



Adventist Health White Memorial



NOMINATED LEADERSHIP



Alice Issai, President,
Adventist Health Glendale
*Nominated for Hospital
CEO/President of the Year*



Liz Cochran, Operations Executive,
Adventist Health Glendale
*Nominated for Hospital
Executive of the Year*



Jinhee Nguyen, Patient Care
Executive, Adventist Health Glendale
*Nominated for Hospital
Executive of the Year*

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Adventist Health provides a powerful network of hospitals, physicians and medical offices in the Los Angeles area and beyond. As we have for generations, we combine our advanced care, quality service and expert providers to inspire health, wholeness and hope in our communities.



Glendale
White Memorial



2021 NOMINEES: ORGANIZATIONS



24 Hour Home Care



Adventist Health Glendale



Adventist Health White Memorial



Airport Marina Counseling Service



Carbon Health



Cedars-Sinai



CHA Hollywood Presbyterian Medical Center



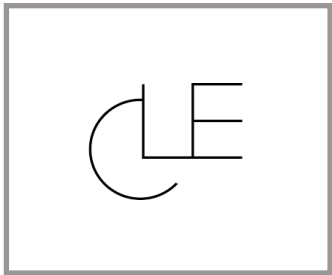
Children's Hospital Los Angeles



City of Hope



The City of Los Angeles COVID-19 Vaccination Program



CLE Cosmetics



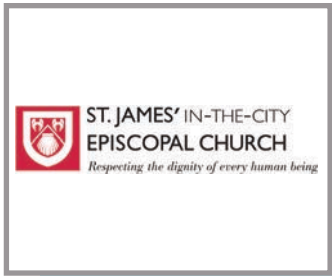
Communities Lifting Communities



Community Organized Relief Effort



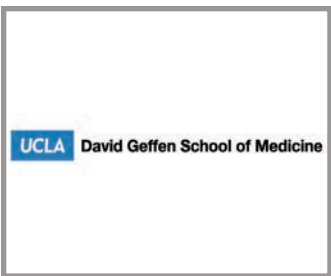
COVID-19 Pandemic Research Center, Keck School of Medicine of USC



Curate, St. James' Episcopal Church



Curative



David Geffen School of Medicine at UCLA



Dignity Health Southern California



DPR Construction



Ewing Cole

Honoring Humankindness

Dignity Health is delighted to support the Los Angeles Business Journal for this year's **Health Care Leadership Awards**.

Congratulations to our nominees—

California Hospital President Alina Moran for Hospital CEO or President of the Year, and **California Hospital Chief Medical Officer Joe Kim, MD for Hospital Executive of the Year**. We thank you for your exceptional leadership.



2021 NOMINEES: ORGANIZATIONS



Exact Sciences



Executive Mental Health



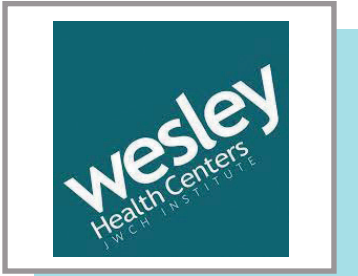
Family Caregiver Alliance



Health Matters Clinic



Home Guardian Angels



JWCH Institute, Inc. – Wesley Health Center



Kaiser Foundation Health Plan, Inc., West Los Angeles Capital Projects Team



Kaiser Permanente Southern California



Keck Medical Center of USC



Keck Medicine of USC



Kedren Community Health Center



Kheir Clinic



L.A. Care Health Plan



LA Downtown Medical Center



Los Angeles City Employees' Retirement System



Los Angeles County Department of Mental Health



Los Angeles County Department of Public Health



Mental Health America of Los Angeles



ModiHealth



The Oncology Institute of Hope and Innovation



2021 Health Care Leadership Awards

Emanate Health congratulates all the outstanding nominees.

We salute your talent, courage, compassion and integrity.

Where



healthy

comes from

glassdoor



Inter-Community Hospital, Covina
Queen of the Valley Hospital, West Covina
Foothill Presbyterian Hospital, Glendora
Emanate Health Hospice & Home Care, West Covina

emanatehealth.org

2021 NOMINEES: ORGANIZATIONS



Operation Scrubs



Pacific Neuroscience Institute



Providence



The Rosalinde and Arthur Gilbert Foundation



SCAN Health Plan



Shared Harvest Foundation



Sollis Health



St. Francis Medical Center



St. John's Well Child and Family Center



Stand Up To Cancer



Team Select Home Care



UCLA Health



USC Schaeffer Center for Health Policy & Economics



USC School of Pharmacy



USC Sol Price School of Public Policy



USC Verdugo Hills Hospital Community Resource Center for Aging



The Wall Las Memorias

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HEALTH CARE

LEADERSHIP PANEL & AWARDS



Building a Bridge to Life and a Better Tomorrow

By TOM MONE

Working with 215 local hospitals and 10 transplant centers, OneLegacy is the bridge to life for 20 million Southern Californians waiting to receive a lifesaving or life-altering organ, eye or tissue transplant. Last month, that bridge's future – and the future of all waiting recipients – became a bridge to an even better tomorrow when we held a “topping out” ceremony for our new state-of-the-art headquarters in Azusa.

The new offices reflect OneLegacy's tremendous growth and leading edge innovation in donation practices. It will also provide the space and resources – and most of all state-of-the-art diagnostic, telemedicine and surgical capabilities – needed for us to save and heal even more lives through donation. When open next year, this facility will serve as a critical connector for Southern California's regional healthcare system by building upon the success of OneLegacy's Redlands Recovery Center that has helped increase lives saved and healed by some 15% since it opened in 2018. The Azusa Donor Recovery Center will triple our recovery capacity while providing a new home for critical research that will improve donation and transplantation for all.

The centerpiece of the 4.45-acre property, which OneLegacy acquired in 2019, is a 98,000-square-foot, three-story office building which OneLegacy has been diligently upgrading to accommodate administrative and clinical operational needs and more than 300 employees. In addition, OneLegacy is constructing another 60,000-square-foot building that will allow for a conference and training center, dining services, 24-hour call center and laboratory services. The clinical portion of the campus will house a state-of-the-art transplant recovery center (with seven operating rooms, seven ICU beds, cardiac catheterization, CT scanner, pathology and serology labs), a 16,000-square-foot conferencing space and therapy rooms for donor families. This new location will allow OneLegacy to improve organ and tissue recovery operations, by freeing up hospital ICU beds and operating rooms and providing donor families and transplant

centers with a more suitable environment to honor donors and fulfill donor family wishes, while increasing organs and tissues available for lifesaving and healing transplantation, thereby reducing the waiting times for grateful recipients.

Also to be housed in the new facility is the OneLegacy Foundation that has helped champion and improve organ, eye, and tissue donation and transplantation through public education and scientific research aimed at increasing donor registration and improving transplant outcomes for donors, their families and recipients. Over the past three years alone, the Foundation has donated more than \$5.6 million to further research and raise awareness of the power of organ and tissue donation and transplantation while passionately collaborating with community engagement programs that help inspire people to take action in support of organ and tissue donation.

Working in partnership with all of Southern California's hospitals and local coroners' offices, and thanks to the generosity of so many, last year alone OneLegacy enabled the transplant of a record-setting 1,661 organs from 548 donors, marking the sixth consecutive year of record-breaking increases in life-

saving and healing organ donation and transplantation. OneLegacy also led the nation in lung transplants and had a record setting year in heart transplants. In addition, more than 190,000 lives were healed, and their vision was restored through tissue and cornea donation in 2020; a number especially impressive given that COVID-19 caused a ban on elective procedures.

We are particularly proud of the fact that OneLegacy's work mirrors that of our community as Los Angeles is home to the most diverse region in the nation boasting 185 distinct languages and cultures (OneLegacy's seven-county service area is comprised of 69% Hispanic, Asian and Black as compared to 31% White population). Seventy-two percent of local transplants facilitated by OneLegacy have been received by a person of color, with 49% going to Hispanic recipients. OneLegacy's donation rates for each of these groups exceed the US average and is in the top 10% of organ procurement organizations nationwide. These numbers are the result of our public education investments, our targeted community partnerships, and our diverse staff and our multi-cultural competency training, all of which are continuing in earnest.

We are also proud to be part of the United States' organ donation network which is comprised of 57 non-profit organizations that play a critical role in our nation's healthcare system. This network is recognized as the best in the world, with the highest deceased donor transplant rate of any country and a donation rate nearly double that of Europe's. Nationwide, more than 40,000 organs are transplanted each year, reflecting a 50 percent increase in donation over the last seven years.

As a result of outreach education efforts spearheaded by OneLegacy and others, the number of people on the waiting list for a lifesaving organ has decreased by 10% over the past five years. While we honor and celebrate this achievement, there is much work to be done. More than 107,000 Americans including 21,000 Californians and 8,500 people at the OneLegacy donation service area transplant centers, are still waiting for a donor. Organ donation remains emotionally challenging and very rare and the need for transplants is growing far faster than potential donors. Less than 1% of all deaths qualify for donation and only 70% of possible donors choose to donate.

The opportunity to donate and to receive a lifesaving transplant knows no national, racial, ethnic or religious boundaries, nor sexual orientation. One organ donor can save up to eight lives, one cornea donor can restore sight of two people and one tissue donor can help as many as 75 others heal. The waiting list is diverse in both age and race – donation could save the life of a young mother undergoing dialysis, a newborn baby with a heart defect or a 75-year old in need of a lung after battling COVID-19.

You can save the life of a neighbor, parent or friend, or someone you don't even know by registering to be a donor at your local DMV or by visiting onelegacy.org/register

Tom Mone is chief executive officer of OneLegacy, a nonprofit organization dedicated to saving lives through organ, eye and tissue donation in seven counties in Southern California. For more information, visit OneLegacy.org, like the organization on Facebook, or follow it on Twitter and Instagram.



Congratulations, Darlene!

**DARLENE SCAFIDDI, MSN, RN, NEA-BC,
EXECUTIVE VICE PRESIDENT OF PATIENT CARE SERVICES**

Celebrating more than 40 years of service at Pomona Valley Hospital Medical Center (PVHMC), Darlene Scafiddi, MSN, RN, NEA-BC, Executive Vice President of Patient Care Services, began her legacy as a nurse in the hospital's medical/surgical unit in 1979. She also served in the telemetry, pediatric, intensive care, and cardiovascular units, where she developed and honed her skills in nursing and patient care. In her current role, Scafiddi collaborates with nursing teams to ensure PVHMC is delivering the safe, high-quality care that has earned the hospital national recognition.

Over the past 18 months, Scafiddi has overseen the hospital's response to the COVID-19 pandemic.

Under her leadership, the hospital broke down the silos between departments and disciplines and increased cross-team collaboration, which allowed the hospital to respond to rapidly changing public health guidelines – and the hospital benefitted from bringing different perspectives into its problem-solving. Scafiddi also championed employee morale, inspiring the “We’re all in this together” theme to recognize the tremendous team effort in every area of the hospital. The hospital provided its Associates with meals, snacks, scrubs, cards and other items provided by business and members in the community to continually demonstrate appreciation for its Associates.



“Darlene has fostered a culture of clinical excellence and patient- and family-centered care, and she is a trusted leader within our organization and community.”

**-Richard E. Yochum, FACHE, President/CEO of
Pomona Valley Hospital Medical Center**

LOS ANGELES BUSINESS JOURNAL

HEALTH CARE

LEADERSHIP PANEL & AWARDS

An Engine of Innovation

Researchers at City of Hope are creating tomorrow's therapies for the patients who need them today. Here's how they do it.

City of Hope has been delivering outstanding compassionate care for more than a century, combining treatments at the leading edge of science for advanced cancer patients with a model that cares for the whole patient and their family — emotionally as well as physically.

This unique patient experience has earned City of Hope numerous accolades, including designation as a National Cancer Institute comprehensive cancer center, an honor earned by just 4% of U.S. cancer centers. City of Hope also has Magnet® recognition from the American Nurses Credentialing Center, a recognition earned by only 9% of U.S. hospitals.

But surrounding an expansive core of world-renowned physicians is a robust research and development enterprise — an institution-spanning system that is tailor-made to accelerate innovations from the lab to patients.

INNOVATION

City of Hope's groundbreaking translational research history includes developing the technology underlying synthetic human insulin — a breakthrough in diabetes management — and monoclonal antibodies, which are integral to widely used, lifesaving cancer drugs, such as trastuzumab, rituximab and cetuximab.

City of Hope is also a national leader in cancer immunotherapeutics and tumor immunology research, with an infrastructure unmatched by any other biomedical institution in the U.S.

Immunotherapy is more than just a narrow field of study at City of Hope — it is the central component of groundbreaking research and clinical trials currently underway.

City of Hope stands at the forefront of a powerful form of immunotherapy known as chimeric antigen receptor (CAR) T cell therapy. Using this approach, immune cells are taken from a patient's bloodstream, reprogrammed to recognize and attack a specific protein found in cancer cells, then reintroduced into the patient's system, where they destroy tumor cells.

City of Hope's history with CAR T cell therapy dates to the late 1990s and builds on the pioneering work of Stephen J. Forman, M.D., in bone marrow transplantation (BMT). The City of Hope's BMT program began in



A unique advantage of City of Hope Helford Clinical Research Hospital is the collaboration that occurs with other shared services and facilities at City of Hope. Here, patients have access to the newest treatment options through innovative clinical trials.

1976 and has since grown into one of the largest, most successful programs of its kind in the U.S.

Currently, City of Hope is investigating CAR T cell therapy as a bridge to bone marrow transplant for leukemia and lymphoma patients and is unique in its research of CAR T in combination with transplant. Among the diseases that City of Hope physicians and scientists are targeting with CAR T cell therapy are lymphoma, leukemia, multiple myeloma, glioblastoma and other brain tumors, and prostate and breast cancer.

INFRASTRUCTURE

Having necessary infrastructure in place is critical to driving innovation. Three on-site good manufacturing practice facilities can produce any of the therapies that scientists can envision for use in clinical trials. And more

than 20 core labs offer additional expertise and equipment that are essential to this translational continuum, from gene editing to structural biology to analytical pharmacology. With these capabilities close at hand, investigators are better equipped to advance their ideas with speed.

Beyond the traditional research capabilities, City of Hope scientists additionally benefit from expertise rarely seen in an academic setting: experienced drug development experts who work hand-in-hand with researchers, along with a regulatory affairs team that helps navigate the regulatory process.

ACCELERATION

In the City of Hope model, researchers whose projects are evaluated may be offered the option to funnel their science into a drug development program designed to shorten the time between discoveries in the lab to the time

Having necessary infrastructure in place is critical to driving innovation.

when they can begin first-in-human clinical trials.

This approach to research and development can mean that an innovative discovery might be spun out into a startup company or licensed to an existing biopharmaceutical company. The ultimate goal is speeding new discoveries to patients by fast-tracking potentially life-changing new therapies.

INTENTION

Finally, there is an intangible that breathes life into these efforts: an unwavering institutional commitment to turn science into practical benefit. City of Hope faculty, staff and supporters embrace that mission because they see moving research rapidly to help patients as an integral component of compassionate care. Across the institution, researchers are focused on developing drugs that receive Food and Drug Administration approval and reach the market to improve patients' lives. In this way, City of Hope's entrepreneurial spirit is an outgrowth of its humanitarian roots, which date back more than a century.

When it comes to cancer, patients need solutions today. With time of the essence, City of Hope's engine of innovation hastens effective treatments and cures, transforming the future of cancer care.

For more information about City of Hope, visit CityofHope.org, or call 626-256-HOPE (4673).



As an independent biomedical, treatment and education center, City of Hope is focused on basic and clinical research in cancer, diabetes, HIV/AIDS and other chronic, life-threatening diseases.



We're all in this together.

We couldn't be prouder of our Kaiser Permanente nurses, physicians, and health care staff for their dedication in administering more than 2.7 million vaccinations in Southern California. These are still unprecedented times, and our teams are working tirelessly to protect the people of Southern California. Together, we will continue fighting to keep our communities healthy and strong.

kp.org/covidvaccine

 KAISER PERMANENTE®

LOS ANGELES BUSINESS JOURNAL

HEALTH CARE



LEADERSHIP PANEL & AWARDS

Paving the Way for Interconnected and Advanced Care in Los Angeles

Adventist Health has been a trusted health-care partner for the people of Los Angeles, Glendale and their surrounding communities for more than a century. Today, inspired by their shared mission and values, Adventist Health Glendale and Adventist Health White Memorial are part of a sophisticated network of hospitals, medical offices, hospice and home care agencies, and joint-venture retirement centers across the West Coast and Hawaii. These strong ties provide a full range of services, visionary programs and the very latest advanced technology for almost any type of illness or injury.

Adventist Health Glendale, a 515-bed hospital, provides a vast array of services, programs and procedures, including nationally recognized orthopedic, cancer, cardiovascular and stroke care. These services, delivered with focused patient safety and quality care, have resulted in the national recognition of several prominent healthcare ranking organizations. The medical center has received 13 consecutive “A” grades from The Leapfrog Group, a nonprofit hospital watchdog organization. It was also ranked among the top five percent of

all California hospitals by U.S. News & World Report for the third year in a row and has earned two consecutive five-star quality ratings from the Centers for Medicare & Medicaid Services.

Adventist Health White Memorial, located near downtown Los Angeles, serves a diverse community. The medical center is proud to offer a full range of services, including cardiovascular care, orthopedic care, rehabilitation, oncology, specialized and general surgery, and women’s and children’s services. Additionally, White Memorial is home to the Cecilia Gonzalez De La Hoya Cancer Center. Named after the mother of boxing sensation Oscar De La Hoya, the center features state-of-the-art equipment that provides advanced prostate, breast and other cancer treatments. In 2019, the hospital was one of only six organizations across the U.S. to receive the Malcolm Baldrige National Quality Award, the nation’s highest presidential honor for excellence. It is the first organization—and the only hospital—in Los Angeles to receive this award and reflects the hospital’s multi-year achievements in improved patient outcomes, patient satisfac-

tion, financial performance, physician engagement, process efficiency, and much more.

ADVANCED ROBOTIC SURGICAL TECHNIQUES

Between pain and long recovery times, the idea of surgery can feel daunting for many reasons. Fortunately, surgeons at both Adventist Health Glendale and Adventist Health White Memorial are using advanced robotic technology to make operations less invasive, resulting in shorter recovery times and fewer risks.

STROKE TRANSFER CENTER

When someone is having a stroke, time is essential. The faster a patient can get to the hospital, the better their chances of survival and recovery. That’s why both Adventist Health Glendale and Adventist Health White Memorial are certified primary stroke centers, and both have direct admit and transfer centers. These centers have dedicated staff available 24/7 to facilitate transfers of stroke patients, as well as those with other emergent conditions, from other hospitals, physician offices, IPAs, clinics and urgent care facilities.

ADVENTIST HEALTH PHYSICIANS NETWORK

Both Glendale and White Memorial have expanded their reach into their communities with a broad network of medical offices and urgent care facilities. Their experienced physicians and highly skilled healthcare workers specialize in hundreds of different disciplines for every age and stage of life.

ONE MISSION

Though Adventist Health Glendale and Adventist Health White Memorial are two very distinct medical centers, it is their shared mission—living God’s love by inspiring health, wholeness and hope—that ties them together. Since their beginnings more than 100 years ago, their shared goal has always been to treat the whole person—physically, mentally and spiritually—and provide patients with all the tools they need to live longer, healthier and happier lives.

For more information, visit AdventistHealthGlendale.org or AdventistHealthWhiteMemorial.org.

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Saving lives starts with saving hospitals.

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Twenty years ago, Prime Healthcare began with one hospital and a commitment to caring for communities by providing compassionate, quality care, preserving access, increasing value and improving health and wellness. Today, Prime Healthcare continues this commitment with 45 hospitals and over 300 outpatient facilities.

Living Our Mission: Saving Hospitals and Saving Lives Across the Nation

Last year, Prime Healthcare embarked on one of its most challenging missions yet: rescuing the historic St. Francis Medical Center in South Los Angeles in the midst of the global pandemic. Prime Healthcare immediately infused millions in capital and resources to expand service lines and community services. One of the worst COVID-19 surges in the nation soon followed. St. Francis Medical Center has cared for and provided vaccines for thousands of patients, serving a community that is among the most impacted.

Los Angeles Business Journal

2021 Healthcare Leadership Awards

Prime Healthcare congratulates

Dr. Kavitha Bhatia and Dr. Sunny Bhatia on receiving the CEO/President of the Year nomination and **St. Francis Medical Center** on receiving the Top Hospital nomination.



Kavitha Bhatia, MD, MMM, FAAP

Chief Medical Officer, Strategy
Prime Healthcare

President and Chair,
Prime Healthcare Foundation
Chair, COVID-19 National Committee



Sunny Bhatia, MD, MMM, FACC, FSCAI, FACHE

Chief Executive Officer, Region I
Corporate Chief Medical Officer,
Prime Healthcare

Chief Medical Officer,
Sherman Oaks Hospital and
Encino Hospital Medical Center
Chair, COVID-19 National Committee



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AWARD-WINNING QUALITY



BY THE NUMBERS



45
Hospitals in 14 states



600
Communities served



14
Not-for-profit hospitals



2.6M
Patient visits annually



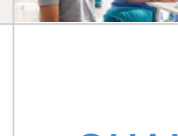
50,000
Staff and physicians



\$1.7B
Capital improvements
since 2005



\$9B Charitable
contributions since 2010



500,000
COVID-19 patients
cared for and tested

200,000
COVID-19 vaccinations



Prime Healthcare

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COMPASSION.**

LOS ANGELES BUSINESS JOURNAL

HEALTH CARE

LEADERSHIP PANEL & AWARDS

Health Care Beyond COVID-19: It's Time to Get Back To Routine Care

By RICHARD SEIDMAN, MD, MPH

With more than 50% of Californians fully vaccinated for COVID-19, it's important that we start thinking about health care beyond the pandemic. With the highly contagious Delta variant spreading rapidly, we also need to continue the effort to get as many people vaccinated as quickly as possible. This is especially true in the communities that have been hardest hit by the pandemic and with the highest rates of vaccine hesitancy. While we continue to do whatever it takes to get vaccines in arms and put the pandemic behind us, we need to start getting back to routine health care that many of us put on hold during the shutdowns and social distancing policies. Such routine care will save lives.

Vaccines have long been an important part of routine health care. COVID-19 has shown the life-saving importance of vaccines for people of all ages, and we must continue to reinforce the message that getting vaccinated against COVID-19 is the best tool we have to get past the pandemic. Unfortunately, vaccination numbers for COVID-19 are lower for Blacks and Latinos in Los Angeles County compared to other race and

ethnic groups. I recognize that some communities have valid concerns based on history, but vaccine hesitancy is also based on false information distributed across social media and other channels. Primary care physicians, as trusted sources of information, must help inform their patients that the vaccines we currently have are safe and highly effective in preventing serious illness, hospitalization and death.

With sustained COVID-19 vaccine advocacy, we can also return to other routine wellness and preventive care visits. That includes ensuring children are getting routine vaccines for preventable illnesses. We have come too far with immunizations to regress to outbreaks of measles and whooping cough. Parents should also make sure that children receive appropriate developmental screenings that can help detect and treat issues in a timely manner.

An Urban Institute report found that 36% of nonelderly adults delayed or did not get care due to the pandemic. Some worried about exposure to COVID-19, while for others, their providers limited services during the pandemic. The same report found that nearly a third of the adults who delayed or went without care reported negative

effects on their health, which impacted their ability to work or perform daily activities.

Everyone must return to routine exams and tests to avoid further negative health outcomes. Regular check-ups with a doctor are important to effectively manage chronic health conditions and to screen for cancer and other conditions while lifesaving treatment is still possible. For those who are still concerned about visiting a doctor's office, the pandemic has provided an accelerated adoption of telehealth services. Telehealth provided a number of benefits during the pandemic. It reduced the risk of COVID-19 transmission, it reduced the strain on health care facilities, which were often overburdened due to the pandemic, and it helped patients maintain continuity of care while also maintaining social distancing restrictions.

This is a service that should continue well beyond the pandemic. It eliminates so many barriers to care, including transportation, childcare and missed work hours. Of course, efforts must be made to ensure that everyone can take advantage of telehealth, which can mean providing access to Wi-Fi. For instance, the L.A. Care/Blue Shield Promise Community Resource Centers located

across Los Angeles County offer free telehealth hubs equipped with Wi-Fi, a laptop, and a printer.

The benefits of telehealth was just one lesson learned during the pandemic. We also learned the effectiveness of using trusted sources of information in spreading the truth about public health concerns. Those sources aren't limited to celebrities. People want to hear from their health care providers, their faith leaders, and frankly, their friends and family.

This brings me back to vaccinations. It will require a wide-ranging effort to get as many people vaccinated as quickly as possible. In addition to trusted sources of truth, businesses of every kind can play a role, whether it be by hosting mobile vaccine clinics, giving employees time off to get vaccinated, or providing information to help spread the facts about vaccines. We want to return to some sense of normalcy, but with the Delta variant assaulting those who remain unvaccinated, we must make sure everyone is armed with facts. And the facts are clear – vaccines save lives.

Richard Seidman, MD, MPH is chief medical officer for L.A. Care Health Plan.



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Bringing Quality Care to the Most Vulnerable and Underserved

By PRECIOUS MAYES

Pacifica Hospital of the Valley is a 231 bed safety net hospital located in Sun Valley, offering 24/7 emergency, acute, ICU, acute behavioral health, subacute/SNF and outpatient surgery services. Our hospital is in north San Fernando Valley and provides service to sub-acute level patients as far as 400+ miles away. Our focus is providing quality care to the most vulnerable and underserved community which covers approximately 15 zip codes in Los Angeles County. The need in our immediate and distant communities is high, so we have been able to manage through our financial limitations by diversifying our portfolio with various Managed Care Organizations and IPA groups.

Since the start of the pandemic in January 2020, Pacifica Hospital has undergone multiple surges with treating hundreds of COVID-19 patients. During this time of uncertainty, no playbook existed on how to navigate through this challenging period of time.

As president/CEO, I quickly managed to order PPE in advance prior to the first surge

that occurred during the initial months of the pandemic. Our leadership team accelerated their efforts in all areas to establish and execute a game plan for infection control, environmental enhancements, staffing/training, specialized equipment to support COVID-19 ICU level patients.

With anticipation that the need for hospital care for COVID-19 patients was going to worsen before getting better and in response to the governor's call to action to support the spiking surge, I decided to pivot our available beds and convert them to service acute, intensive care and subacute level COVID-19 patients.

Our hospital was identified by the state as a Regional COVID-19 Surge Site to help decompress other southern CA hospitals during the multiple surges. With that being said, CA hospitals lost billions of dollars incurred for essential staff, PPE, specialized equipment, infection control and environmental adaptations.

During the peak of our last surge in January 2021, we greenlit a new program partnering with the Department of Mental Health providing 26 beds for acute level patients who

'Our hospital is in north San Fernando Valley and provides service to sub-acute level patients as far as 400+ miles away. Our focus is providing quality care to the most vulnerable and underserved community which covers approximately 15 zip codes in Los Angeles County.'

have a primary medical diagnosis with behavioral health issues. This new program services those patients with or without COVID-19. The referrals for this patient population continues to increase and with our collaborative efforts with DMH, the program has been very successful in meeting the needs of our mental health community. Our hospital has over 25 years of experience in behavioral health and our staff is passionate to support and success-

fully provide services and continue to expand our services for this growing population.

In summary, even though our hospital is on the smaller size, our level of services is robust and I am proud of our staff and leadership team for giving H.E.A.R.T. to the mission/vision for Pacifica Hospital of the Valley.

Precious Mayes is president and CEO of Pacifica Hospital of the Valley.



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All of us at Cedars-Sinai are thrilled to be recognized by the *Los Angeles Business Journal's* Health Care Leadership Panel and Awards. This acknowledgment serves as inspiration for our doctors, volunteers and staff, and motivates us to do what we do best: care for Southern California.



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LOS ANGELES BUSINESS JOURNAL

HEALTH CARE

LEADERSHIP PANEL & AWARDS

Filling a Hospital Void in Downtown Los Angeles

A Downtown Medical Center (LADMC) was founded in March 2019 after co-owners Bill Nelson and Vicki Palana Rollins purchased the prior facility, Silverlake Medical Center, through bankruptcy proceedings. As a result of the prior bankruptcy history, the facility required significant capital improvements. However, in a very short period, the hospital's management team rallied together under the leadership of Bill and Vicki to transform the safety-net community hospital into a CMS 5-star rated facility two years in a row. The hospital is currently licensed for 269 patient beds spread across two campuses, including 147 much-needed acute psychiatric beds.

Just as LADMC was getting off the ground, St Vincent's Medical Center, a specialty hospital in the local community, known to be the first hospital in Los Angeles, suddenly announced its closure in January of 2020. LADMC took a leadership role in opening its doors to physicians and patients that were left with a significant void following the hospital's closure. Shortly thereafter, the COVID pandemic hit Los Angeles in March 2020 and the hospital's leadership immediately recognized the need for additional patient rooms because of the pandemic's surge. In one month's time, administration rehabilitated an abandoned medical unit that had been vacated for 20+ years, allowing LADMC staff

to serve and care for an additional 35 patients. Much of this new capacity was utilized for patients who required significant care due to COVID and these beds are now fully licensed.

According to board chair and former CEO, Bill Nelson, "We didn't know what the needs of the community would be early in the pandemic, but we just knew we had to be ready to answer the call."

During the height of the pandemic, LADMC's leadership team and clinical providers rallied together to secure life-saving treatments and supplies (i.e. Remdesivir, PPEs and COVID test kits) for its patients and staff. In fact, the hospital set up multiple drive-through testing sites for local community members despite its own shortage of available testing supplies. The team rallied again for the local community and area non-profits, such as the Dream Center of Los Angeles, to ensure that those most at-risk received COVID vaccines. Additionally, the Administration team constructed a "spa" area for doctors and staff to get much needed stress relief and the team has since built a commercial gym in the hospital's lobby free for all Hospital staff.

Despite the challenges of the pandemic, the LADMC Governing Board and Administration team members launched the LADMC Foundation, a non-profit focused on supporting the local community by providing free groceries,

"We didn't know what the needs of the community would be early in the pandemic, but we just knew we had to be ready to answer the call."

ies, vaccines and medical exams to assist the surrounding low-income population of downtown Los Angeles. Additionally, the LADMC Foundation is furthering nursing education in the community by providing financial grants, as well as providing placement for homeless and mentally ill individuals in the surrounding community.

Given LADMC's specialty in psychiatric acute care, the hospital and its staff are at the forefront of the post-pandemic mental health crisis in the city of Los Angeles. The hospital has seen the pandemic's carnage first-hand, both in terms of those who were treated with COVID at the hospital in its general acute care setting, as well as in terms of those who suffer from mental illness as a result of the pandemic.

CEO Mark Valentino stated, "I think we are

in the very early stages of acknowledging how the last 12 months have weighed on mental health across our community. No one is immune from the potential devastation of social isolation, regardless of race and socio-economic status."

While the number of hospitals operating in downtown Los Angeles has declined over the years, LADMC remains committed to helping those suffering physically or mentally in the surrounding community.

In the words of Board Member, Vicki Palana Rollins, "To care is human. LADMC cares and cares deeply. We remain ready and committed to answering the health needs of members of our downtown Los Angeles community."

Learn more at ladowntownmmc.com.

One of Los Angeles' first hospitals
CHA Hollywood Presbyterian Medical Center
launches a new state-of-the-art patient tower,
opening in 2022.

Coming Soon!

Building for a Healthy Future



Our new tower will provide unparalleled services – innovative technology and therapies, infused with world class research by top medical experts – to deliver personalized, trusted care to our communities.

New Patient Tower

- An additional 33 private rooms with natural lighting, accommodating newborn-mother patients
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- NICU: Expanded to accommodate 21 newborn patients
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- Seven additional state-of-the-art operating rooms (including a specialty unit for open-heart procedures)
- Newly created parking for 560+ cars



Modern NICU

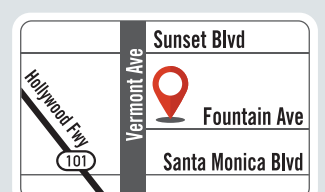
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Expansive new parking



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Building a Healthier Future

A state-of-the-art new patient tower is rapidly taking shape in the heart of Hollywood at CHA Hollywood Presbyterian Medical Center (CHA HPMC). One of the oldest hospitals in Los Angeles, CHA HPMC is expanding its campus with the addition of a \$400 million new patient tower and creating job opportunities in the neighboring communities—all to further meet the community’s future healthcare needs, embracing the area’s diverse, multicultural patient populations.

CHA HPMC broke ground on the new five-story patient tower in May 2018. The new tower is designed to ensure that Hollywood’s first medical facility meets all current state seismic requirements. When CHA HPMC first opened its doors in 1924, it was the first hospital in Hollywood and one of the first in Los Angeles. Today, CHA HPMC has evolved into a 434-bed acute care facility, including 89 skilled nursing beds. The hospital has a medical staff of more than 500 physicians and specialists, representing 69 specialties and 75 different countries. It also employs more than 1,500 nurses, technicians and staff from the community. It is CHA HPMC’s mission to provide all who walk through its doors quality care in a compassionate manner.

CHA HPMC is a member of CHA Health Systems (CHS). A dynamic global healthcare

organization, CHS also owns acute care hospitals, wellness and specialty clinics, and medical research facilities. The campus expansion is an additional element marking the onset of infusing CHS’ rich resources in research and innovations to create a plethora of care programs and services, using cutting-edge therapies, in partnership with world-renowned physicians.

Opening in 2022, the new patient tower will house a new and expanded Emergency Department, holistic women’s health center, state-of-the-art operating rooms, and several other modern facilities. The brand ‘CHA’ was built upon the foundation of providing comprehensive women’s health services, treatments, and research. As one of the first hospitals in the area to provide women’s health services, CHA HPMC will expand its maternity unit to be one of the largest in Los Angeles with more private labor/deliver/recovery rooms for mom and baby and expanded neonatal intensive care unit (NICU) staffed by renowned neonatologists and specialists. The patient tower will infuse world class research and technology, and bring top experts to innovate in this center to provide unparalleled services to community.

Dedicated patient care team remains at the heart of the medical center’s growth plan—as



the services grow, so will the team of experts. The new patient tower will add several new jobs in the coming years and widen the organization’s reach within the region—continuing its recognition/tradition as one of Hollywood’s 10 largest employers.

CHA HPMC has made remarkable advances to deliver state-of-art care and innovative programs, using novel treatments and therapists, in partner with world-renowned physicians. The hospital offers world-class medical care through its centers of excellence such as the Southern California Eye Institute, Neuroscience Institute, Women’s Health Institute, and Orthopedic Institute. The medical center has brought on board leading robot-assisted surgical systems, da Vinci Xi System and CORI Surgical System, to

optimize clinic outcomes and improve patient lives. The new patient tower will feature an advanced unit for medical and surgical care and offer more operating rooms.

Since it opened nearly 100 years ago, CHA HPMC has served as a cornerstone to its community’s health — a unique position which enables it to embrace all payors as one of the area’s only safety-net hospitals. The medical center continues to push improvements in care so that patients, regardless of socioeconomic status, get the best diagnosis. CHA HPMC’s care has been nationally recognized with several quality awards and designations, including from Healthgrades and the U.S. News & World Report. In addition to these remarkable advancements, CHA HPMC has an award-winning stroke center which will expand with the opening of the new patient tower.

The new patient tower marks the beginning of an exciting transformation of CHA HPMC’s current campus and its vision of building a healthier future for generations of patients and their loved ones who have trusted the hospital with their health and well-being for almost a century.

For more information about CHA HPMC, visit hollywoodpresbyterian.com.



Mark Valentino
CEO

Vicki Palana Rollins
President

Bill Nelson
Governing Board Chair

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Administrative Team

Top Hospital Nomination
 Los Angeles Business Journal

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HEALTH CARE

LEADERSHIP PANEL & AWARDS

Innovation and Comprehensive Care Lead to Growth

Emanate Health CEO Robert H. Curry—a nominee for the Los Angeles Business Journal CEO/Health Care Executive of the Year—oversees a growing, comprehensive health care system that serves more than one million people in the San Gabriel Valley.

Once the community hospital around the corner, today Emanate Health provides leading care through three hospitals, Inter-Community Hospital (ICH) in Covina, Queen of the Valley Hospital (QVH) in West Covina and Foothill Presbyterian Hospital (FPH) in Glendora. It also provides valuable services through Hospice and Home Care in West Covina; and a network of approximately 1,000 primary and specialty care providers throughout the valley.

Even with an increasing number of locations, Emanate Health continues to grow to provide more health care options and services for a diverse group of patients in its service area.

That growth includes the physical expansion of Queen of the Valley Hospital and renovation work at Inter-Community Hospital.

At QVH, Emanate Health expects to break ground this summer on the development of Medical Arts Building II, a 60,000-square-foot building. The project will house an outpatient Ambulatory Surgery Center, a Cancer Center, an Infusion Center and hospital-based clinics. The MAB II project and a companion parking

structure are expected to open in 2022.

In addition, construction is expected to begin in early 2022 for a new Emergency Department and Intensive Care Unit building at QVH. The project consists of a two-story, 60,000-square-foot building that will include a new 60-bed Emergency Department on the first floor and 24-bed Intensive Care Unit on the second floor. The new ED will have the capacity to serve 120,000+ patient visitors a year. The ED was originally built to serve 35,000 patients and has handled up to 80,000 visits in recent years.

At Inter-Community Hospital, Emanate Health will reconfigure the exterior entryway of the main-lobby entrance, add a new aesthetically pleasing façade and expand the lobby—which will include remodeled admissions, security and information counters and an upgraded gift shop. A third catheterization laboratory will support the growing number of heart patients coming to the Comprehensive Heart Care Center. ICH has been designated a ST Elevation Myocardial Infarction (STEMI) Receiving Center and regularly receives critical heart attack patients from other facilities.

Leading the region with innovative technology, Emanate Health includes six master surgeons in minimally invasive robotic surgery who specialize in urology, general surgery, obstetrics and gynecology—tops in the region. In addi-

Today Emanate Health provides leading care through three hospitals.

tion to leading heart care, Queen of the Valley Hospital recently received its Comprehensive Stroke Center Designation from the Centers for Medicare & Medicaid Services and LA County EMS. QVH can now receive emergency ambulance runs with urgent stroke patients and provide clot-busting thrombectomies and other specialized neurological procedures.

Emanate Health was also the first health care system in the San Gabriel Valley to use the FDA-cleared mechanical thrombectomy device specifically designed to collect thrombus (blood clots) from the vein wall in a single session without the need for thrombolytics (clot-busting drugs) and an ICU stay. Patients often experience symptom improvement shortly after the procedure is finished.

At Inter-Community Hospital, vascular surgeons conduct Transcarotid Artery Revascularization (TCAR) procedures, which is a clinically proven, minimally invasive and safe approach to prevent stroke in high-surgical-risk

patients that need carotid intervention. Emanate Health is one of just a handful of health care systems that offer this procedure in the San Gabriel Valley.

None of these new, technological procedures would be completed without advanced medical expertise.

The Emanate Health Care Center is a new outpatient clinic that provides patients with six primary care and specialty areas for a one-stop shop for many of their health care needs. The health system is growing with a team of highly trained physicians and other staff to provide care for individuals and families through every stage of life. Specialty services at the care center include Family Medicine, OB/GYN, Pediatrics, Orthopedics, Cardiology and Neurology. The care center is a convenient entry point for new patients to receive affordable, quality care at Emanate Health.

Like a conductor leading the orchestra, Curry is driving the physical and innovative advances taking place at Emanate Health hospitals and locations in the region. Expanded facilities, new technology and comprehensive care is helping the growing community of the San Gabriel Valley gain greater access to improved treatment and outcomes.

Learn more at emanatehealth.org.

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LOS ANGELES BUSINESS JOURNAL

HEALTH CARE

LEADERSHIP PANEL & AWARDS

Getting Back to the Care You Missed

Even if you managed to avoid COVID-19, you may still suffer health-related consequences if you delayed or missed routine medical care during the pandemic.

According to a survey conducted by the Urban Institute, more than one-third of adults aged 18 to 64 postponed or went without medical care over the past year. More than 30% of those adults say missing that care or getting it late negatively affected their health, ability to work or ability to perform other daily activities.

Whether you missed appointments out of fear of COVID-19 exposure or found limited access to medical services, it's time to reclaim your health. Regular checkups and screenings help you prevent serious conditions, such as high blood pressure (hypertension), cancer and pneumonia. Finding issues early also increases your chance of successful treatment.

Not sure where to start? Follow these simple steps to get back on track in no time:

IDENTIFY YOUR MISSED HEALTH APPOINTMENTS

The first step in reclaiming your health is figuring out exactly what medical care you need to schedule. If you answer no to any of the following questions, you'll need to address that area of your health:

- Have you had a well visit within the past

12 months? Most primary care physicians (PCP) recommend a checkup every one to two years. If you haven't been to your PCP in over a year, make an appointment. Your doctor will check your blood pressure and help you get the tests and screenings you missed.

- Are you up to date with recommended preventive care? Lab tests, immunizations and cancer screenings are vital to good long-term health. The Centers for Disease Control and Prevention and the U.S. Preventive Services Task Force have specific preventive care recommendations for all adults. Talk to your doctor about what preventive care you need.

- Have you checked in with your doctor or specialist about any chronic conditions in the past six months? When it comes to doctor's visits, the average recommendation for most stable chronic conditions is every six months. Give your doctor a call if you aren't sure whether an appointment is necessary.

- Have you been to the dentist in the past six months? Dental visits are not just about cleaning your teeth. Your dentist also performs an important screening to look for signs of oral cancer and gum disease.

- Are your prescriptions refilled and up to date? Good health means taking your medications as prescribed. Missed medications for chronic conditions and mental health

issues may lead to unpleasant side effects and increased risk of the condition you're trying to manage. If you've run out of refills or your medication has expired, give your doctor a call to remedy the situation.

CREATE A LIST OF MEDICAL APPOINTMENTS TO SCHEDULE

Between screenings, specialists and your PCP, you may have a lot of appointments to make. Compile a list of all the providers and their phone numbers. If you aren't a fan of making phone calls or want to tackle your list after-hours, check to see if your providers offer online scheduling through a patient portal.

Set aside a block of time to work your way through the list. As you make each appointment, add it to your calendar so you don't overbook yourself on a particular day or week.

START WITH YOUR PRIMARY CARE PROVIDER (PCP)

If you don't have much time for appointments, begin with a visit to your PCP. Your PCP is equipped to address a wide range of issues. Also, it's often easier to get an appointment with your PCP than with some specialists.

At the checkup, your doctor can run many of the routine lab tests you've missed and immediately address any issues with prescriptions,

Whether you missed appointments out of fear of COVID-19 exposure or found limited access to medical services, it's time to reclaim your health.

mental health or chronic conditions. Your PCP can also determine which screenings and vaccinations need to be a priority.

CONSIDER A VIRTUAL DOCTOR'S VISIT

If the appointment you're scheduling won't require any physical tests or screenings, consider opting for a virtual visit. Telehealth options allow specialists and mental health providers to assess your condition and address any concerns while you remain at home. If a virtual visit reveals a larger concern, the provider can quickly schedule you for an in-person appointment.

If you need to get back on track with your medical care, make an appointment with a UCLA Health primary care provider by going to uclahealth.org.

Optum is proud to support the Los Angeles Business Journal.



Congratulations to **Amar A. Desai, MD, MPH**, President and Chief Executive Officer, Optum Pacific West, on being nominated for Health System Executive of the Year.

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Improving Health Equity through a Community-Based Approach

Optum is one of the leading value-based care delivery organizations in the country, serving two million patients in California. It is also passionately local, providing community-based care to diverse patient populations across the state.

Over the last 18 months, Optum has partnered with its communities in myriad ways. Its teams have worked tirelessly at vaccine clinics, providing underserved populations with a vital line of defense against COVID-19. Optum has partnered with multiple community organizations and donated over \$1 million to support those who have been most impacted by the pandemic. Optum also partnered with Wider Circle, delivering 75,000 meals healthy meals to community members who wouldn't have access to food otherwise.

Providing high-quality care to underserved communities is a key focus in Optum's work to improve health equity. One such example is the Optum-Hemet Primary Care and Community Center, which is located in a designated Health Professional Shortage Area. To meet the needs of residents, Optum opened a one-stop shop: a clinic, pharmacy, on-site lab, and

radiology services that provide patients with exceptional care, plus a gym and community center for everyone. Additionally, a social worker is available to help connect those in need with food banks, transportation, and other community services.

"We wanted to make it easier for people to access the health care and social support they need," said Dr. Amar Desai, president and CEO, Optum California. "By bringing together multiple health care services under one roof we hope to improve the health and wellness of the Hemet community."

To ensure care that is culturally relevant and effective, Optum is intentional in ensuring its physicians and care teams reflect the communities they serve, recently bringing on several physicians who not only share the language but also the cultural background of patients in the downtown Los Angeles clinic in one such effort.

To further improve health equity, Optum recently launched the first accredited and publicly available educational series to help health care professionals better care for members of the LGBTQ+ community. This series

is designed to reduce health disparities by addressing the unique challenges members of this community face, including social stigma, discrimination, and poor access to health services.

"LGBTQ+ people face a number of unique challenges and barriers when it comes to their health and wellbeing. Many of these barriers are rooted in simple lack of awareness and understanding," Dr. Desai said.

Optum's work is driven by its team. Optum employees contributed nearly 149,000 volunteer hours to causes that mattered to them over the last year. Through matching donation programs, Optum helped contribute more than \$7.3 million to local food shelters, animal hospitals, schools, and universities across Southern California. The organization is grateful for the compassion and dedication of its team members for their determined efforts to keep their neighbors and friends healthy.

Optum knows good health starts at the community-level and is proud to use the size and scale of its organization to make an impact on combatting health disparities at the local level. In doing so, the organization is helping

'We wanted to make it easier for people to access the health care and social support they need. By bringing together multiple health care services under one roof we hope to improve the health and wellness of the Hemet community.'

people live healthier lives and helping the health system to work better for everyone.

For more information on Optum California, please visit optum.com/california.



Thank you!

Kedren Health thanks the Los Angeles Business Journal for our nomination for the 2021 Community Clinic of the Year LA Health Award for our COVID-19 Vaccine Program. In celebration and recognition of this nomination, we thank all of our staff and volunteers for their dedication and hard work in vaccinating over 300,000 individuals in the Service Planning Area (SPA) 6 and South Los Angeles communities.

Kedren offers an array of primary care services, comprehensive inpatient and outpatient behavioral health services for children, transitional aged youth, adults, and older adults. Our mission and promise is to serve all patients, and to never deny services based on a person's race, color, sex, national origin, disability, religion, sexual orientation, or ability to pay.

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Helping Southland Residents with Post-COVID Recovery

Some people who have had COVID-19 are finding their symptoms related to the virus continuing for many months. Shortness of breath, persistent fatigue, cognitive “brain fog” issues, difficulty eating and drinking, speech and language problems, cardiac issues, plus the anxiety or depression that can often be associated with the lengthy recovery from this new virus that we still have so much to learn about. It can affect almost every aspect of life and make resuming previous activities harder than expected.

To combat the complicated, multi-layered process of post-COVID-19 recovery, Pomona Valley Hospital Medical Center (PVHMC) offers a comprehensive “Post-COVID Recovery” program designed to help those with post-COVID-19 health issues.

Pulmonary rehabilitation-certified respiratory therapist, Tammy Magill, RRT, leads a highly skilled multidisciplinary therapy team who carefully evaluates symptoms, tests each patient’s underlying physiologic impairments, and individualizes a specific treatment plan based on the findings.

The goal is to help patients recover from the continuing effects of the disease through specialized therapies and progressive exercise programs designed to improve lingering symptoms and restore functional independence as

quickly and safely as possible.

“Interestingly, many of our Post-COVID Recovery patients were not necessarily the most ill, or those hospitalized the longest,” said Magill. “They managed their initial symptoms at home and, either never got over them completely, or got over them originally and symptoms returned months later.”

Alta Loma resident, Denalonor Bustamante, came to PVHMC’s Emergency Department on December 9, 2021, where she was diagnosed with COVID-19, pneumonia and a sinus infection. She was admitted to the hospital, placed on high-flow oxygen and began her 22 day-stay in the Telemetry unit.

She was discharged on New Year’s Eve and began the new year continuing her recovery at home.

“The first couple of weeks at home, I was weak and slept all the time. My head and body ached – and I would cough nonstop for periods ranging from 45 minutes to 2 hours,” said Denalonor.

“I had developed pulmonary thrombosis – my doctor described it as ‘taking shards of glass and spreading it on my lungs,’” Denalonor added.

Denalonor’s pulmonologist, Dr. Rakesh Sinha, soon referred her to PVHMC’s Post-COVID Recovery where she began twice

weekly sessions on February 18, 2021. At her first appointment, they conducted an assessment – she could only walk on the treadmill with no resistance for five minutes.

She continued this five-minute rehab for the next 2–3 weeks and would come home so exhausted that she would sleep for 2–3 hours. A few months later and Denalonor can now walk on the treadmill with some resistance for more than 20 minutes.

“I’m not as exhausted. My stamina is picking up and I am not coughing as much – I can have a conversation now without gasping at every other word,” said Denalonor.

“I fought long and hard in the hospital and had some dark days, but with the help of the amazing Post-COVID Recovery Associates, I’m working on strengthening my lungs – and I am hopeful.”

Patients who have completed the program say they are happy to be getting “back to normal” and report positive outcomes such as better breathing, improved oxygen levels, reduced anxiety levels, less fatigue, longer walk times, resuming previous recreational activities and returning to work.

For more information about PVHMC’s Post-COVID Recovery Program, call (909) 865-9810 or visit pvhmc.org/postcovid-19rehab.

TREATING LASTING HEALTH ISSUES

PVHMC’s Rehabilitation Services Department has delivered more than 1,400 treatments to more than 225 patients suffering post-COVID-19 health issues lasting for months after recovery, which include short and/or long-term difficulties in the following areas:

PULMONARY REHABILITATION

Shortness of breath
 Decreased lung function
 Oxygen management

PHYSICAL THERAPY

General weakness and deconditioning
 Loss of mobility
 Loss of balance
 Increased risk of falling
 General fatigue
 Muscle aches

CARDIAC REHABILITATION

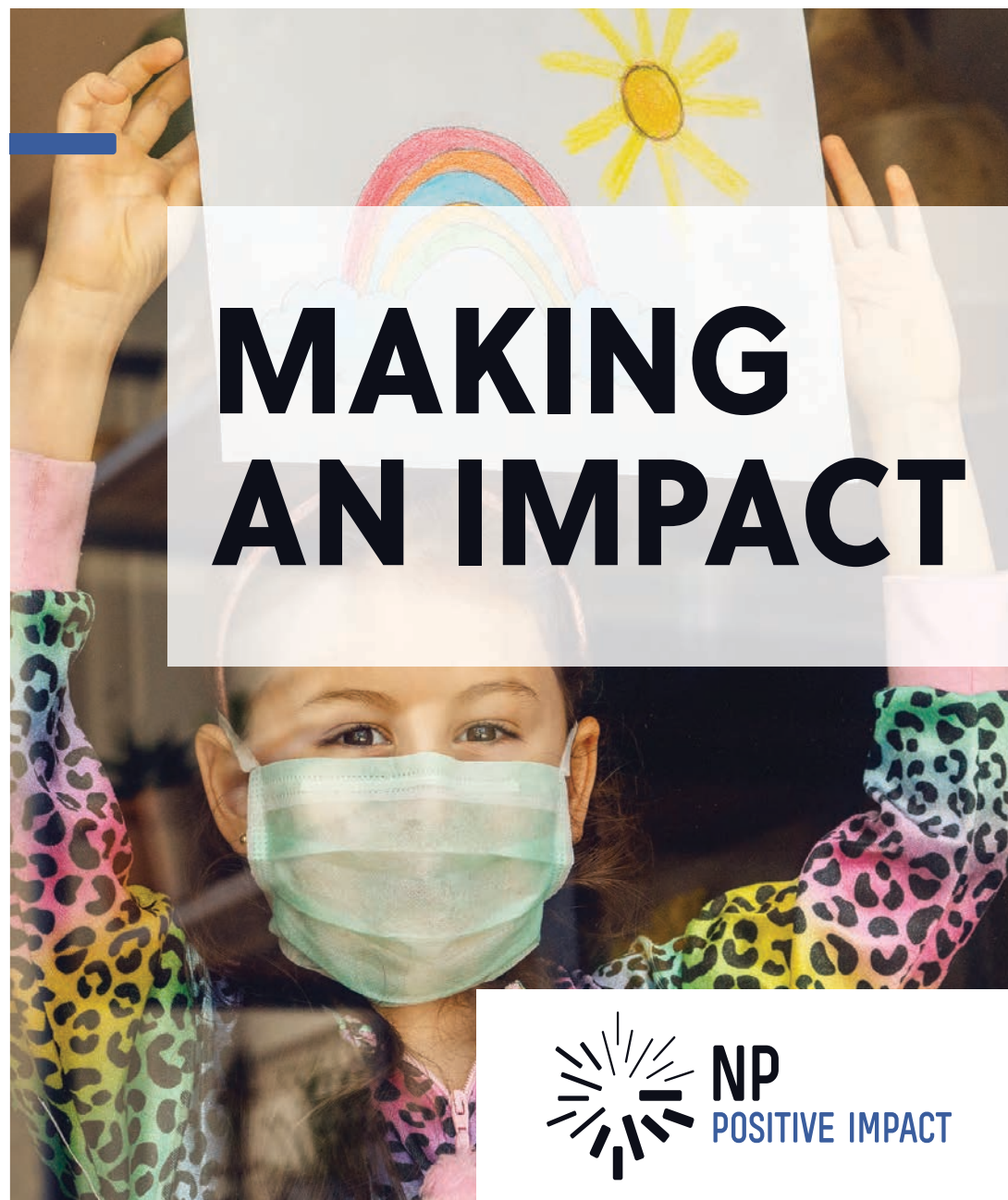
Postural orthostatic tachycardial syndrome
 Irregular heart rate response
 Lowered cardiac capacity

SPEECH AND LANGUAGE THERAPY

Cognitive “brain fog”
 Swallowing
 Communication

OCCUPATIONAL THERAPY

Difficulties with activities of daily living



MAKING AN IMPACT

CELEBRATING HEALTH CARE HEROES

The task was daunting: respond to the COVID-19 pandemic while preserving the essential, everyday health services that patients rely on. Our LA health care leaders answered the call.

We’re proud to celebrate all of this year’s LABJ honorees, including our own **Jill Gordon** and **many NP health care clients**. We are in awe of your hard work, dedication, and selflessness in extraordinary circumstances.



Jill Gordon
 Partner,
 Nixon Peabody



LOS ANGELES BUSINESS JOURNAL

HEALTH CARE

LEADERSHIP PANEL & AWARDS

A Rethink About the Genes that Control Aging

To better understand the role of bacteria in health and disease, National Institutes of Health researchers fed fruit flies antibiotics and monitored the lifetime activity of hundreds of genes that scientists have traditionally thought control aging. To their surprise, the antibiotics not only extended the lives of the flies but also dramatically changed the activity of many of these genes. Their results suggested that only about 30% of the genes traditionally associated with aging set an animal's internal clock while the rest reflect the body's response to bacteria.

"For decades scientists have been developing a hit list of common aging genes. These genes are thought to control the aging process throughout the animal kingdom, from worms to mice to humans," said Edward Giniger, Ph.D., senior investigator, at the NIH's National Institute of Neurological Disorders and Stroke (NINDS) and the senior author of the study published in *iScience*. "We were shocked to find that only about 30% of these genes may be directly involved in the aging process. We hope that these results will help medical researchers better understand the forces that underlie several age-related disorders."

The results happened by accident. Dr. Giniger's team studies the genetics of aging in a type of fruit fly called *Drosophila*. Previously, the

team showed how a hyperactive immune system may play a critical role in the neural damage that underlies several aging brain disorders. However, that study did not examine the role that bacteria may have in this process.

To test this idea, they raised newborn male flies on antibiotics to prevent bacteria growth. At first, they thought that the antibiotics would have little or no effect. But, when they looked at the results, they saw something interesting. The antibiotics lengthened the fly's lives by about six days, from 57 days for control flies to 63 for the treated ones.

"This is a big jump in age for flies. In humans, it would be the equivalent of gaining about 20 years of life," said Arvind Kumar Shukla, Ph.D., a post-doctoral fellow on Dr. Giniger's team and the lead author of the study. "We were totally caught off guard and it made us wonder why these flies took so long to die."

Dr. Shukla and his colleagues looked for clues in the genes of the flies. Specially, they used advanced genetic techniques to monitor gene activity in the heads of 10, 30, and 45-day old flies. In a previous study, the team discovered links between the age of a fly and the activity of several genes. In this study, they found that raising the flies on antibiotics broke many of these links.

Overall, the gene activity of the flies fed

'For decades scientists have been developing a hit list of common aging genes. These genes are thought to control the aging process throughout the animal kingdom, from worms to mice to humans.'

antibiotics changed very little with age. Regardless of their actual age, the treated flies genetically looked like 30-day old control flies. This appeared to be due to a flat line in the activity of about 70% of the genes the researchers surveyed, many of which are thought to control aging.

"At first, we had a hard time believing the results. Many of these genes are classical hallmarks of aging and yet our results suggested that their activity is more a function of the presence of bacteria rather than the aging process," said Dr. Shukla.

Notably, this included genes that control stress and immunity. The researchers tested the impact that the antibiotics had on these genes by starving some flies or infecting others with harmful bacteria and found no clear trend. At some ages, the antibiotics helped flies survive starvation or infection longer than normal whereas at other ages the drugs either had no effect or reduced the chances of survival.

Finally, the team found an explanation for why antibiotics extended the lives of flies in the remaining 30% of the genes they analyzed. In short, the rate at which the activity of these genes changed with age was slower than normal in flies that were fed antibiotics.

Interestingly, many of these genes are known to control sleep-wake cycles, the detection of odorants, and the maintenance of exoskeletons, or the crunchy shells that encase flies. Experiments on sleep-wake cycles supported the link between these genes and aging. The activity of awake flies decreased with age and this trend was enhanced by treating the flies with antibiotics.

"We found that there are some genes that are in fact setting the body's internal clock," said Dr. Giniger. "In the future, we plan to locate which genes are truly linked to the aging process. If we want to combat aging, then we need to know precisely which genes are setting the clock."

Leaders Stand Out.



Polsinelli congratulates Paul Gomez for his nomination as a Trusted Advisor of the Year for the Los Angeles Business Journal's 2021 Health Care Leadership Awards for his leadership and influence on the Los Angeles community.

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The Hospital Association of Southern California proudly congratulates

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and all of the Los Angeles Business Journal Health Care Leadership Awards nominees.



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LEADERSHIP PANEL & AWARDS

Promising Clinical Feasibility Results for Seven-Day-Wear Infusion Set Technology Announced

Medical device developer Capillary Biomedical, Inc. (CapBio) has presented highly favorable clinical feasibility study results for its SteadiFlow cannula technology at this year's American Diabetes Association (ADA) Scientific Sessions meeting earlier this summer.

Results from the study performed at St. Vincent's Hospital in Melbourne, Australia show CapBio's infusion set exceeding performance expectations, with 88% of infusion sets featuring the SteadiFlow cannula technology lasting the intended seven days. The results show a significant improvement over current commercial infusion sets, which have been shown in published studies to last 3-days from 75–85% of the time and 7-days only 33–50% of the time.

Market research among people with diabetes who pump insulin shows that poor reliability is the #1 problem pump users face today and extending wear duration beyond three days is the most commonly requested improvement.

SteadiFlow cannula technology features a soft and flexible cannula designed to move with the body tissue during physical activity, increasing comfort while greatly decreasing tissue damage and inflammation. The cannula fea-

tures three additional side ports located along the final 6 mm of the cannula length. These additional ports provide redundant delivery paths to reduce the potential for occlusion and spread out the insulin throughout the tissue, which may lead to improved predictability of insulin absorption. The cannula also features an internal reinforcing coil to deliver a kink-proof cannula design aimed at eliminating one of the most common forms of cannula failure. An extra benefit of the reinforcing coil is that it acts as a trap for particles that may form in the tubing or reservoir during delivery, removing the particles before they reach the tissue.

CapBio's SteadiSet infusion set, powered by its SteadiFlow technology platform, is designed to increase the wear time of insulin infusion sets by addressing the common causes of infusion site failure. The SteadiSet also features an integrated inserter designed for easy, painless, hidden needle, one-handed insertion. The entire set has been designed with materials selected to reduce preservative loss for improved insulin stability and reduced aggregate formation. Reduced aggregates are believed to reduce tissue inflammation and

Market research among people with diabetes who pump insulin shows that poor reliability is the #1 problem pump users face today and extending wear duration beyond three days is the most commonly requested improvement.

may help to improve infusion set reliability. The SteadiSet adhesive has been optimized for extended-wear. The combined features of the SteadiSet infusion set are designed to work together to reduce site failures and increase wear time.

For the St. Vincent study, infusion sets featuring SteadiFlow technology were tested with 20 human subjects, who each wore a cannula for three wear periods. Wear periods were for seven days or until set failure – whichever came first. The first wear period was performed as a safety check. The set was used to deliver saline

while the subject continued to receive therapy from their own existing pump and infusion set. In the second and third wear periods, infusion sets with SteadiFlow were used to deliver insulin to the subject. It was discovered that 87.8% of the sets survived for seven days or more with no significant adverse events. There were also no reports of kinked cannulas or occlusion alarms, suggesting the reinforced, flexible cannula design is working as intended to reduce these failure modes.

Learn more at capillarybio.com.



GATEWAYS HOSPITAL
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Gateways Hospital and Mental Health Center and the Board of Directors is proud to honor

Dr. Phil Wong, CEO

and the physicians, clinical staff and volunteers who are working every day to protect some of the most vulnerable patients suffering from mental illness.

Gateways Hospital congratulates the honorees for this year's Los Angeles Business Journal's Health Care Panel and Awards.



Overall Cancer Death Rate Continues to Drop

Overall cancer death rates continue to decline in men and women for all racial and ethnic groups in the United States, according to the latest Annual Report to the Nation on the Status of Cancer. During 2001 to 2018, declines in lung cancer death rates accelerated, and death rates for melanoma declined considerably in more recent years, reflecting a substantial increase in survival for metastatic melanoma. However, the report finds that for several other major cancers, including prostate, colorectal and female breast cancers, previous declining trends in death rates slowed or disappeared.

The report, appearing in JNCI: The Journal of the National Cancer Institute, also finds that overall cancer incidence rates continue to increase among females, children, and adolescents and young adults (AYAs). All trends in this report cover the period before the COVID-19 pandemic.

The annual report is a collaborative effort among the American Cancer Society (ACS); the Centers for Disease Control and Prevention (CDC); the National Cancer Institute (NCI), part of the National Institutes of Health; and the North American Association of Central Cancer Registries (NAACCR).

The report shows a decrease in death rates for 11 of the 19 most common cancers among men, and for 14 of the 20 most common cancers

among women, over the most recent period (2014-2018). Although declining trends in death rates accelerated for lung cancer and melanoma over this period, previous declining trends for colorectal and female breast cancer death rates slowed and those for prostate cancer leveled off. Death rates increased for a few cancers like brain and other nervous system and pancreas in both sexes, oral cavity and pharynx in males, and liver and uterus in females.

“The declines in lung cancer and melanoma death rates are the result of progress across the entire cancer continuum — from reduced smoking rates to prevent cancer to discoveries such as targeted drug therapies and immune checkpoint inhibitors,” said Karen E. Knudsen, M.B.A., Ph.D., chief executive officer, American Cancer Society. “While we celebrate the progress, we must remain committed to research, patient support, and advocacy to make even greater progress to improve the lives of cancer patients and their families.”

An analysis of long-term trends in cancer death rates in this year’s report also shows that death rate declines accelerated in both males and females from 2001 to 2018. The report found that overall cancer death rates decreased in every racial and ethnic group during 2014-2018.

“It is encouraging to see a continued decline in death rates for many of the common can-

cers,” said Karen Hacker, M.D., M.P.H., director of CDC’s National Center for Chronic Disease Prevention and Health Promotion. “To dismantle existing health disparities and give everyone the opportunity to be as healthy as possible, we must continue to find innovative ways to reach people across the cancer care continuum — from screening and early detection to treatment and support for survivors.”

However, increases in cancer incidence and death rates or deceleration of previous declining trends for some other cancers such as colorectal and female breast cancers are likely due to risk factors such as obesity.

“The continued decline in cancer death rates should be gratifying to the cancer research community, as evidence that scientific advances over several decades are making a real difference in outcomes at the population level,” said Norman E. “Ned” Sharpless, M.D., director of the National Cancer Institute, part of the National Institutes of Health. “I believe we could achieve even further improvements if we address obesity, which has the potential to overtake tobacco use to become the leading modifiable factor associated with cancer.”

The authors report that cancer death rates continued to decrease among children (aged <15 years) and AYAs (aged 15-39 years) despite an increase in incidence rates from 2001 to

2017. Overall cancer incidence rates in children and AYAs increased in all racial/ethnic groups except American Indian/Alaska Native children where rates remained stable. The most common cancer among AYAs was female breast cancer.

“When evaluating health disparities, it is critical to acknowledge the social factors that influence the health of the communities and access to health care,” said Betsy A. Kohler, M.P.H., NAACCR executive director. “Social and economic indicators, particularly based on small area assessments, are increasingly important to understanding the burden of cancer.”

For more information about cancer, please visit the NCI website at cancer.gov or call NCI’s contact center, the Cancer Information Service, at 1-800-4-CANCER (1-800-422-6237).



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