

WOMEN OF INFLUENCE: HEALTH CARE



THERE ARE SOME PARTICULARLY STELLAR HEALTH INDUSTRY STEWARDS IN THE LA REGION WHO HAPPEN TO be women and we've alphabetically listed some of the best of them here, along with some key details and information about their careers and recent successes and stand-out moments they've achieved.

The health care leaders listed in these pages were chosen by the Los Angeles Business Journal to be recognized for exceptional stewardship and achievement across the full spectrum of responsibility, exemplary leadership as evidenced by the highest professional and ethical standards, and for contributions to the health and wellbeing of the Los Angeles community at large.

Congratulations to the extraordinary women who made this list and thank you once again for navigating through an array of constant challenges and working to keep the people and businesses of Los Angeles healthy in times of need.

Methodology: The professionals featured in these pages did not pay to be included. Their profiles were drawn from nomination materials submitted to the Los Angeles Business Journal. Those selected for inclusion were reviewed by the editorial department and chosen based on a demonstration of impact made on the profession and on the Los Angeles community.



WOMEN OF INFLUENCE: HEALTH CARE

**PARAMJEET (PAM) ATHWAL**

Associate Chief Nursing Officer
Barlow Respiratory Hospital

Paramjeet (Pam) Athwal, RN, MSN is associate chief nursing officer for Barlow Respiratory Hospital. Her decades of professional experience include leadership positions as director of Intensive Care Unit, Medical Surgical, Telemetry, Hospice at Community Hospital at Fallbrook, where she also oversaw multiple departments.

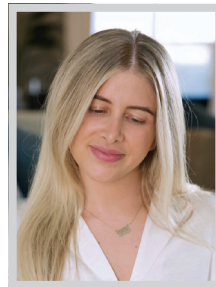
At Barlow Respiratory Hospital, Athwal is responsible for Nursing Operations of the hospital's Van Nuys satellite unit and for float pool staffing. She contributes to the hospital by serving as a role model and mentor and chairs Critical Care, Wound Task Force, Fall Prevention Task Force, and participates in Patient Safety, Quality, Clinical Practice, Staff Development, and Infection Control and Pharmacy and Therapeutics Committees. Athwal is an integral part of an interdisciplinary Barlow Respiratory Hospital team, including board certified physicians, registered nurses and licensed rehabilitative therapists, working together to provide individualized care and treatment for each patient to achieve the best possible outcomes.

**ELAINE BATCHLOR**

Chief Executive Officer
MLK Community Healthcare

Dr. Elaine Batchlor, MD, MPH is the chief executive officer of Martin Luther King, Jr. Community Hospital, which opened in 2015. Dr. Batchlor was the driving force behind the effort to open the new, state-of-the-art, community-oriented, safety-net hospital providing compassionate, quality care and improving the health of the South Los Angeles community.

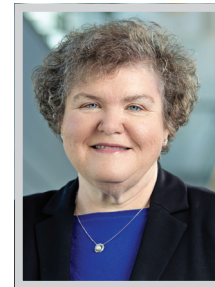
Throughout her career, Dr. Batchlor's priority has been to improve access and quality of care for underserved communities utilizing innovative and collaborative approaches. Her work to increase access for underserved populations has been recognized as an example of leading best practices and adopted throughout California. Before assuming the helm of Martin Luther King, Jr. Community Hospital, Dr. Batchlor served on the executive leadership team of L.A. Care Health Plan, the nation's largest public health plan. She was instrumental in developing a care delivery model that expanded access and resources to more than a million individuals throughout the county.

**STEPHANE BEGGS**

CEO
RNEExplained

Stephanee Beggs created RNEExplained during the pandemic as a way to help her study nursing. Her social media posts went viral and RNEExplained was born. Her mission is to help as many nursing students as possible by offering free videos on social media and nursing notes for a nominal fee. She has millions of views by her followers each month on Instagram and TikTok, all wanting to learn her nursing tips and tricks to help them pass the NCLEX.

Beggs spends countless hours creating free content to help nursing students. Each 30 to 60 second video takes time to research, film and edit. She also advises and responds to thousands of DMs from students asking for free help.

**JULIA BRADSHER**

President and CEO
Huntington Medical Research Institutes (HMRI)

Dr. Julia Bradsher is a successful scientist, strategic leader and dynamic CEO of HMRI, directing the institute in its focused growth strategy. Under her leadership, the institute continues its track record of discoveries that benefit human health, more recently focused on diseases of the brain and heart. She established the strategic direction to drive turnaround efforts for the organization focused on patient centered research. Under her leadership she is leading an executive team of six senior leaders, while managing an operational budget growth of \$8 million in 2018 to \$14 million in 2023. Dr. Bradsher is accelerating the overall operations of medical research including the development of short to long term strategies.

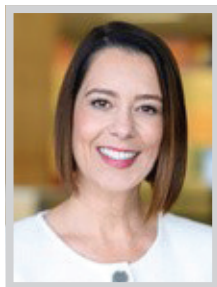
Dr. Bradsher's leadership has fostered another critical mission: to inspire the next generation of scientists through educational programs for students from community high schools through graduate school programs.

**TAMMY CAPRETTA**

Chief Transformation and Risk Officer
Keck Medicine of USC

Tammy Capretta, RN, MPH, serves as chief transformation and risk officer for Keck Medicine of USC, supporting growth within Keck Medicine. Capretta's integral role in many of Keck Medicine's efforts has supported the growth and development of the Keck Medicine organization. In her position, she created and oversees four offices: the Office of Integrated Risk Management, the Office of Integrated Credentialing, the Care for the Caregiver Office and the Office of Healthcare Compliance. These offices ensure that as Keck Medicine grows throughout Southern California and beyond, the health system brings the same quality of care to the community.

Due to Capretta's efforts, patients know they can receive uniformly excellent treatment and care whether they are in Newport Beach, Visalia, Santa Clarita or another of the health system's more than 100 unique clinics. Capretta is also a leader in Keck Medicine's Culture of Safety initiative.

**ALEXANDRA CARTER**

Senior Vice President and Chief Development Officer
Children's Hospital Los Angeles

Alexandra (Alex) Carter, MBA, CFRE, serves as senior vice president and chief development officer at Children's Hospital Los Angeles (CHLA). She provides strategic leadership in fundraising to support CHLA's mission: to create hope and build healthier futures for children. She is responsible for developing and launching the institution's fundraising campaigns and is liaison to its Board of Trustees.

Carter has served as a fundraising leader and counsel to a variety of nonprofit organizations. For over two decades, she has devoted her career to leading philanthropic efforts for prominent health care entities. Since 2017 when her tenure began at CHLA, fundraising records have been exceeded repeatedly. Under Carter's leadership, CHLA has garnered substantial gifts to support hospital priorities including groundbreaking research; professional development for nurses; the expansion of behavioral health services for patients; the remodeling of the Emergency Department and Trauma Center; and programs designed to support compassionate, family-centered care.

**LARA COMPTON**

Member
Mintz

Mintz member Lara Compton is a trusted advisor to clients ranging from traditional health care providers to disrupter digital health platforms as they navigate the practical and regulatory challenges in health care. Her unique depth of knowledge across HIPAA privacy and other regulatory issues governing the use of data, state and federal fraud and abuse laws, business planning and operational issues has led colleagues to describe Compton as the "Swiss Army Knife" of health care problem-solving.

As a successful health care attorney, Compton has recently worked on some noteworthy matters including serving as the lead health care regulatory counsel to Fulgent Genetics, Inc., a technology-based genetic testing company focused on transforming patient care in oncology, infectious and rare diseases, and reproductive health, in its \$170 million acquisition of Inform Diagnostics and a portfolio company of Avista Capital Partners. Compton led the healthcare regulatory due diligence team for the deal.

**SIÂN DURHAM**

Senior Director of Ambulatory Services
Henry Mayo Newhall Hospital

Siân Durham joined Henry Mayo Newhall Hospital in March of 2022 to take on a considerable challenge – to open Henry Mayo's first primary care practice is less than six months. Ordering equipment, recruiting and hiring staff, developing training materials and policies and procedures, and a myriad of other tasks, were all on Durham's to-do list.

Durham opened the clinic on time. Henry Mayo's primary care practice now provides much-needed primary care services to the Santa Clarita Valley. Siân also oversees Henry Mayo's Urgent Care and Wound Care practices. She and her team are focused on serving the community, and to provide excellent care. With their primary care practice, they are working to provide a full lifetime of services to Santa Clarita residents. Prior to joining Henry Mayo, she was chief nursing officer for the AIDS Healthcare Foundation for nearly four years.

PIH Health Congratulates **Dianne Sauco MSN MSHCA RN**

Recognized as one of *Los Angeles Business Journal's*
2023 WOMEN OF INFLUENCE: HEALTHCARE

PIH Health honors women in healthcare leadership and appreciates their exceptional contributions. PIH Health is a nonprofit, regional healthcare network that serves Los Angeles County, Orange County and the San Gabriel Valley. Our fully integrated network includes 3 hospitals, 37 outpatient facilities, 7 urgent care centers, home healthcare services and more—all focused on providing you with world-class, award-winning care.



Dianne Sauco MSN MSHCA RN
Chief Nursing Officer
PIH Health Downey Hospital

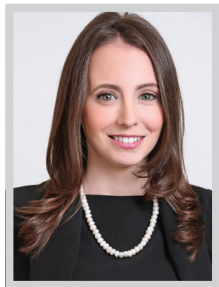


PIHHealth.org



PIH Health Downey Hospital

WOMEN OF INFLUENCE: HEALTH CARE

**KATHRYN EDGERTON**

Member
Mintz

Mintz member Kathryn Edgerton is known for providing practical, business-focused guidance, to health care providers and businesses who serve them, including hospitals, physician organizations, behavioral health providers, telemedicine providers, laboratories, home health providers, and medical spas. With a focus on addiction treatment and behavioral health, Edgerton has counseled over 100 addiction treatment providers on day-to-day health care operations.

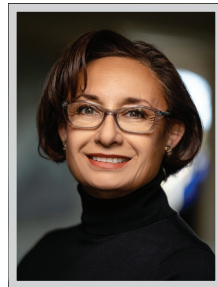
In addition, Edgerton counsels clients on compliance with the Eliminating Kickbacks in Recovery Act of 2018, the federal Anti-Kickback Statute, the physician self-referral and payments law, California unfair competition law, and other health care regulatory laws and regulations. Edgerton applies her healthcare regulatory knowledge when representing clients in state and federal government investigations and in response to investigations by insurance companies. Edgerton's transactional experience includes serving as health care regulatory counsel to private equity firms and other investors in mergers, acquisitions and other transactional matters.

**DONNA ELLIOTT**

Professor of Clinical Pediatrics and Medical Education (Educational Scholar); Vice Dean for Medical Education; Chair, Department of Medical Education
Keck School of Medicine of USC

Dr. Donna Elliott, who joined the faculty of the Keck School of Medicine of USC as a pediatric nephrologist in 1989, now oversees all clinical training at the medical school which includes the programs for the medical doctors, physician assistants, speech and language pathologists and nurse anesthetists. As vice dean, Dr. Elliott is involved in many aspects of the school's administration including admissions, student affairs, academic support, curriculum development and diversity and inclusion initiatives at the Keck School of Medicine.

Dr. Elliott earned a doctorate degree in education while on the faculty at the medical school, to improve her skills as she took on increasing roles in medical education and student affairs. This background is unusual among administrators in medical schools and has given her unique expertise in her role as chair of the Department of Medical Education, where she oversees the training and assessment of faculty members.

**ZOILA D. ESCOBAR**

Executive Vice President & Chief Administrative Officer; President of the AltaMed Foundation
AltaMed

Health Services, the nation's largest independent federally qualified health center. Escobar oversees several critical administrative areas shaping nearly every dimension of the AltaMed experience to ensure that everyone AltaMed serves receives patient-centered care.

Dedicated to leveling disparities in health care for underserved Latino communities, Escobar has spent more than three decades in community health leadership, spearheading everything from grassroots initiatives to major policy changes at a national level to improve access to healthcare services. Escobar helps design innovative culturally competent programming to meet the complex health needs of the communities AltaMed serves. Escobar raises \$40-46 million annually for AltaMed to fulfill its mission to provide quality health care, regardless of the ability to pay. Escobar also steers an employee-giving effort that engages AltaMed's 3,000 employees to support patients with emergent non-medical needs.

**DEBORAH FERRINGTON**

Chief Scientific Officer
Doheny Eye Institute

Deborah Ferrington, PhD, is Doheny Eye Institute's chief scientific officer and holds the Stephen J. Ryan - Arnold and Mabel Beckman Foundation endowed presidential chair. Prior to assuming her role as CSO in May 2022, she had more than 20 years of experience in academic research as professor and Elaine and Robert Larson Endowed Vision research chair and director of research in the Department of Ophthalmology and Visual Neurosciences at the University of Minnesota, Twin Cities.

Dr. Ferrington is internationally recognized for her groundbreaking research on age-related macular degeneration (AMD), the leading cause of blindness among the elderly. It is estimated that 290 million individuals will suffer from AMD by 2040, which imposes heavy burdens on healthcare systems worldwide. Dr. Ferrington's research could eventually lead to a "personalized medicine" approach for the treatment of AMD, which would be a breakthrough in treating this prevalent disease with limited effective therapies.

**NIOURA GHAZNI**

Partner
Sheppard, Mullin, Richter & Hampton

Nioura F. Ghazni is a partner and member of Sheppard Mullin's nationwide healthcare industry team. Her healthcare practice focuses on representing for-profit and nonprofit hospitals and health systems, as well as a diverse group of technology companies on highly complex corporate and commercial transactions, including mergers and acquisitions, joint ventures, restructurings, venture capital financings and strategic affiliations. With more than a decade of business and transactional experience, Ghazni brings a depth of diverse transactional knowledge to her counsel role and is sought after for her creativity in structuring transactions.

Ghazni has led several successful acquisitions and restructuring transactions in the healthcare industry, including the restructuring of a health plan and affiliation with a major health system in the Northwest, the sale of a health plan in New York and an acquisition of an online university by a high-profile university affiliate.

**MARISSA GOLDBERG**

CEO
Doheny Eye Institute

As CEO of Doheny Eye Institute, Marissa Goldberg has made an indelible mark in vision care throughout the Los Angeles area, and in affiliation with UCLA's Stein Eye Institute, helps lead Doheny uphold its mission to further the conservation, improvement, and restoration of human eyesight.

During her 30-year career at Doheny, Goldberg held a variety of roles including human resources director, quality improvement coach, CAO, vice president, COO and executive director before being named CEO. Through her business guidance, she and the Doheny Board of Directors worked tirelessly to forge a new, powerful alliance and ensure a smooth union between Doheny and UCLA. Today, Doheny Eye Institute continues to attract top vision scientists in large part due to Goldberg's leadership. With her guidance and support, along with her commitment to securing endowments that fund the important work of Doheny, the team of physician scientists continue to make transformative discoveries.

**STEPHANIE L. HALL**

Chief Medical Officer
Keck Hospital of USC &
USC Norris Cancer Hospital

Since Stephanie Hall, MD, MHA started her current position at Keck Medicine of USC in 2013, she has overseen effective, innovative safety improvements throughout the hospitals. The hospitals are primarily surgical hospitals providing tertiary care, treating the highest case mix index among academic medical centers.

Hall's will, creativity, dedication and ability to tap the right people for the right job has led to many recent achievements, including turning around the hospitals' sepsis detection and treatment compliance program to meet or exceed the national performance threshold in fiscal year 2021. She also oversaw a blood management program to standardize transfusion procedures that decreased blood transfusions by 15% over the last three years. Additionally, Hall's team also changed the medical tradition at the hospitals of giving patients two units of blood per transfusion when new research shows one unit is safer through a system-wide successful education program.

**ILEANA HERNANDEZ**

Partner, Health Care Litigation
Manatt, Phelps & Phillips, LLP

Ileana Hernandez is the go-to counsel for health insurance and managed care organizations facing the gamut of complex litigation issues. While many cases settle before they make it to a courtroom, Ileana is known for guiding clients through every stage of litigation—from prelitigation counseling through trial and appeal—and she represents clients in state and federal courts, mediations, arbitrations and administrative hearings.

Among her recent successes has been her work successfully defending Health Net from an eight-figure lawsuit. Brought by a group of out-of-network substance abuse treatment facilities, the lawsuit claimed Health Net denied and underpaid claims for services rendered to several hundred of its insureds. Hernandez and her team countersued the treatment facilities and their common owner for fraud, RICO violations, intentional interference with contractual relations, violations of the Unfair Competition Law and declaratory relief.



Congratulations to our Women of Influence in Health Care!



Aarti Kulshrestha, MD
Pediatrician



Lisa Thomsen, MD
Family Medicine

Emanate Health honors these dedicated, highly-skilled physicians for their leadership. Our top-tier physicians serve our San Gabriel Valley community and provide inspiring stewardship in living our mission to help patients keep well in body, mind and spirit by providing quality care in a safe and compassionate environment. Thank you for putting our patients first in everything you do!

**Your Community. Your Hospitals. Your Doctors.
Bringing Care Closer to Home.**

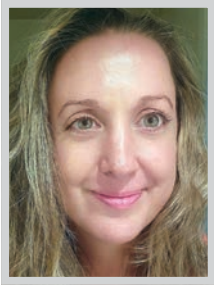
Learn more at EmanateHealth.org

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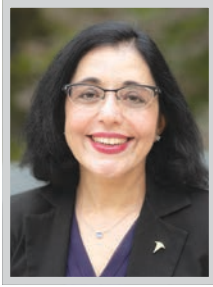
WOMEN OF INFLUENCE: HEALTH CARE

**SKYE KELLY**

*Executive Director
Heal One World*

Skye Kelly is the founder of Heal One World, a non-profit organization based in Los Angeles. The greater goal of the organization is to ensure that no one else will be denied the means to achieve a healthy and productive life because of their financial circumstances. Heal One World offers classes on a sliding scale, free or donation basis to ensure that people of all walks of life are welcome, especially those who are financially incapable of affording traditional medical treatments. What is especially innovative about Heal One World is its focus both on preventative healthcare and on alternative treatments for chronic illnesses.

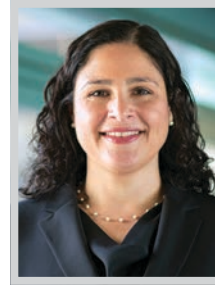
Kelly has taken painstaking steps to make sure the environment surrounding clients is welcoming and comfortable in order to encourage clients to return. With this calm environment, the clients are able to fully take advantage of their sessions and gain every benefit possible.

**HAPPY KHANNA**

*Chief of Staff
USC Verdugo Hills Hospital*

Happy Khanna, MD, chief of staff at USC Verdugo Hills Hospital (USC-VHH), is a beloved physician in the community and has been a practicing pediatrician at USC-VHH since 1990. She has been responsible for 90% of the babies born at the hospital, and has also run a busy medical practice for 15 years. She also chairs the Caduceus Society, composed of philanthropic medical staff of the hospital.

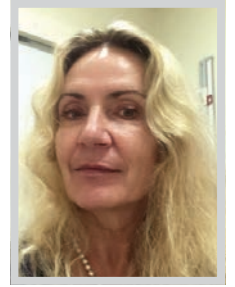
Khanna celebrated 30 years at the hospital in 2020, the same year she began her two-year tenure as the first woman chief of staff. Her first year in the role was challenging personally because of a breast cancer diagnosis. Thanks to the care she received at USC-VHH, she is now cancer free. Dr. Khanna never let her illness hold her back. She was quickly back to work seeing patients and resuming her duties as a physician and chief of staff.

**LARA KHOURI**

*Executive Vice President and Chief Operating Officer
Children's Hospital Los Angeles*

Lara Khouri, MBA, MPH, is executive vice president and COO at Children's Hospital Los Angeles. In this role, Khouri is responsible for overseeing operational performance across the CHLA enterprise, working closely with clinical and administrative leaders to develop and improve processes, procedures and systems while addressing patient care needs, patient and team member experience, and CHLA's impact on the community.

Since Khouri joined the leadership team in 2015, CHLA has benefited immeasurably from her unwavering compassion and commitment to creating hope and building a healthier future for every child, combined with her vast expertise in strategic organizational development, will lead CHLA into the next stage of its growth and expansion. Khouri is the first female COO in the history of the organization and brings more than 20 years of experience in healthcare administration, performance management, quality, cost-performance measurement and improvement, integrated care models and value-based payment models.

**FRANÇOISE KRAMER**

*Medical Director for Infection Control
Barlow Respiratory Hospital*

Dr. Françoise Kramer, MD has dedicated her career to patients facing life threatening illnesses and the end of life. Her current work as the medical director for infection control at Barlow Respiratory Hospital helped lead the hospital through the frightening early days of the COVID-19 pandemic. During that time, Dr. Kramer drew on more than 40 years' experience as an infectious disease specialist including her service as associate director of the LAC-USC AIDS ward and director of The Chris Brownlie AIDS Hospice.

Barlow cared for many COVID patients who needed mechanical ventilation. Dr. Kramer's balance of teamwork and leadership helped implement COVID infection control policies at Barlow in line with local/state/CDC recommendations through weekly COVID task force meetings. A native of Switzerland, Dr. Kramer graduated from Université De Lausanne, Faculty De Medicine and completed her residency and Infectious Disease Fellowship at Los Angeles County-University of Southern California Medical Center.

WOMEN**OF****INFLUENCE:****HEALTH CARE**

Congratulations, Johnese Spisso, MPA — President, UCLA Health; CEO, UCLA Hospital System; Associate Vice Chancellor, UCLA Health Science—for being recognized as one of L.A.'s Women of Influence. Your vision and compassionate leadership inspire the entire UCLA Health family and the communities that it serves throughout Southern California and the world.

Keck Medicine of USC is proud to honor its leaders recognized by the Los Angeles Business Journal as Women of Influence: Health Care. These outstanding individuals work together to advance one goal — providing world-class care sparked by our patients' potential.



Tammy Capretta, RN, MPH
Chief Transformation and Risk Officer,
Keck Medicine of USC



Stephanie L. Hall, MD, MHA
Chief Medical Officer, Keck Hospital of
USC and USC Norris Cancer Hospital



Happy Khanna, MD
Chief of Staff, USC Verdugo Hills Hospital



Annette Sy, DNP, RN, NE-BC
Chief Nursing Executive, Keck Hospital
of USC and USC Norris Cancer Hospital



May Lin Tao, MD
Medical Director, Keck Medicine of USC
and Henry Mayo Newhall Hospital Cancer
Program; Clinical Associate Professor
of Radiation Oncology, Keck School of
Medicine of USC

**TOGETHER
WE ARE
LIMITLESS**



WOMEN OF INFLUENCE: HEALTH CARE



AARTI KULSHRESTHA

Department Chair, Pediatrics at Emanate Health
Queen of the Valley Hospital
Emanate Health

Aarti Kulshrestha, MD is one of the most in-demand pediatricians in the San Gabriel Valley. Dr. Kulshrestha, who is known as “Dr. K” by her patients, has over 20 years of experience and has served this community since 2007. Over the years, Dr. Kulshrestha has demonstrated a strong commitment to quality and this is reflected in not only her high performance in quality metrics but also her strong patient following. Dr. Kulshrestha founded her solo pediatric practice in 2012 and grew the practice significantly through to 2021, when she joined the Emanate Health Medical Group.

In addition to her high level of clinical expertise and care quality, Dr. Kulshrestha has also demonstrated her leadership abilities. Dr. Kulshrestha served in leadership roles over the years. Currently, she is the department chair of pediatrics at Emanate Health Queen of the Valley Hospital and has served in this capacity for multiple years.

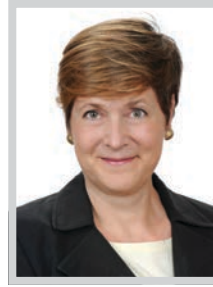


MARLEE LAUFFER

President of the Henry Mayo Newhall Hospital Foundation; Vice President of Marketing and Public Relations
Henry Mayo Newhall Hospital

Marlee Lauffer literally does the work of two people at Henry Mayo Newhall Hospital, where she is president of the Foundation and vice president of marketing and public relations for the Hospital. As Foundation president, Lauffer has overseen an ambitious capital campaign that helped finance the hospital’s new patient tower. The capital campaign included an employee giving campaign that has raised over \$1.5 million and served as a model for other employee giving campaigns. More recently, she secured a \$2 million donation from the City of Santa Clarita for Henry Mayo’s new surgical center, currently under construction.

As vice president of marketing and communication for Henry Mayo Newhall Hospital, Lauffer oversaw all hospital internal and external communications during the COVID-19 pandemic, including communication about Henry Mayo’s much-in-demand community vaccination clinic.

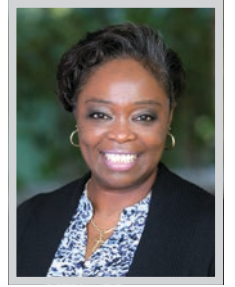


CAROL LUCAS

Shareholder
Buchalter

Carol K. Lucas focuses her practice on healthcare law and general business law. She has extensive experience in mergers and acquisitions, joint ventures, securities, private placements, state and federal regulations, entity formation and corporate representation of both public and private companies in the healthcare industry.

Over the last several years, Lucas has represented numerous clients in connection with issues and disputes related to payment for healthcare services. She is also an expert on the establishment and representation of Federally Qualified Health Centers and related issues such as governance requirements, issues raised by hospital sponsorship of FQHCs, application issues and the impact of health care reform on these entities. She also specializes in the representation of ambulatory surgery centers, med spas, imaging centers, and other ancillary providers in a variety of medical specialties, and in the legal and business issues that confront independent practice associations and other physician organizations.



MALIKA MADDISON

Executive Director, Cancer and Blood Disease Institute
Children’s Hospital Los Angeles

With 550 team members, the Children’s Hospital Los Angeles Cancer and Blood Disease Institute, administratively managed by executive director Malika Maddison, is the largest pediatric hematology-oncology program of its kind in the Western United States. With 21 years of clinical and administrative experience, Maddison specializes in financial management, process improvement, business development and strategic planning in clinical, research and education domains.

Maddison oversees all aspects of service line operations for a program that has been continuously ranked among the top hospitals in the nation for pediatric cancer care by US News & World Report since she joined the institute in 2017. Under Maddison’s leadership, new patient growth has risen 20 percent since fiscal year 2020 and the institute has developed a new Brain Tumor Center with the Neurological Institute and an inpatient MIBG (meta-iodobenzylguanidine) radiation therapy program, the first in Southern California.

World class care close to home.



Alice Issai, President

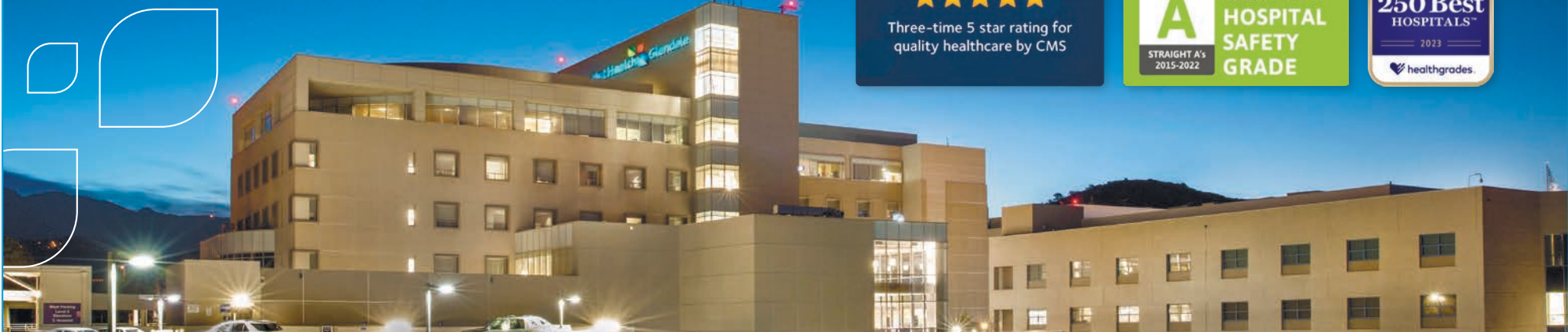


Jinhee Nguyen, Patient Care Exec.

Congratulations to our Women of Influence.

Adventist Health Glendale provides award-winning care, inspired by our goal of transforming community health.

Our expert physicians, state-of-the-art treatments, and specialized care have been recognized with three consecutive five-star ratings from the Centers for Medicare and Medicaid Services, 16 consecutive ‘A’ ratings from the Leapfrog Group, and national acclaim for repeated ranking among the top 5% of America’s best hospitals according to Healthgrades.



HMRI Salutes

Julia E. Bradsher, PhD, MBA, President & CEO

Leading women scientists who have been at the forefront of our most groundbreaking research

Huntington Medical Research Institutes (HMRI), a leading biomedical research organization in Southern California with a 70-year track record of impact, celebrates leading women in science and their achievements. HMRI salutes Dr. Julia Bradsher as a member of the 2023 Women of Influence in Healthcare.

"At HMRI, we are focused on improving public health by creating a deeper understanding of the inner workings and interrelationships of the brain and the heart. Women are and have been at the forefront of our most groundbreaking research for decades. We applaud women in science who not only advance research, but also take the time to support and encourage the future female scientists of tomorrow," Dr. Julia Bradsher, president and CEO of HMRI, said. "HMRI embraces women's leadership in science, past, present and future, and we encourage the rest of the scientific community to do the same. While we've made great strides as a society, we will continue to advance a culture where women can do their best work."

Dr. Bradsher understands the importance and impact of female leadership. "It has been demonstrated that when women lead organizations, they are transformed in their culture, business practices, engagement and the bottom line. It is my great honor to be leading HMRI as we transform our future." Bradsher continued, adding that "Any woman -- and especially women in the sciences -- understand the uphill battle that it is to progress and excel in your career. I know the transformational impact of mentors on me and my career. Even as a teenager growing up in a small town in Arkansas, I could easily see that there were barriers for women in professional fields. Fortunately, I had a biology teacher in high school that really encouraged me and helped me navigate towards a career of science and medicine. So if you've been helped, I urge you to pay it forward. I consider it my most important avocation to guide young women interested in the sciences."

"As one of the first female CEOs of Huntington Medical



Congratulations
DR. JULIA BRADSHER
for being recognized
as one of
L.A.'s Women of Influence
by the
Los Angeles Business Journal

Julia Bradsher, PhD, MBA
President and CEO
HMRI

Research Institutes (HMRI), I am incredibly honored to work alongside female colleagues who are at the forefront of groundbreaking biomedical

research which focuses on cardiovascular, neurovascular and neuroscience breakthroughs."

CELEBRATING OUR WOMEN SCIENTISTS



Anju Vasudevan, PhD

Associate Professor,
Neuroscience Chair & Scientific Director
Department of Neuroscience

Dr. Vasudevan's research program investigates the role of early brain development and developing long-term outcomes such as anxiety, depression and schizophrenia. She believes women bring kindness into the field of medical research, which sets up students and newcomers for success. "Science is a competitive space. Back in the day, when I was working in labs with the majority of the researchers being male, we couldn't even mention maternity leave or kids. Nobody even took vacations. The environment was just so cut-throat. Thus, when I had my own lab, the first thing I changed was making it a kind place where my researchers were free to take time for their other priorities so that they can bring their best version of themselves to work."



Nicole Purcell, PhD

Associate Professor,
Cardiovascular Research
Scientific Director of Education Programs

Dr. Purcell gets excited about training and nurturing the scientists and doctors of tomorrow — especially young women. She's helped hundreds of high school students discover and embrace their love for science. When she was growing up she rarely saw female faculty in school science departments. The number of women in science is on the rise, but gaps remain, urging girls to find mentors. "Coming from a family without a science background, having people who back you up and support you is the most important thing. I needed that mentorship to help me get to where I am today," Purcell said. "If I can help someone understand there aren't limitations, then that's my job. I want to let students know that I came from a middle-class, low-income family, but I made it work, and so can they."



Xianghong Arakaki, MD, PhD

Assistant Professor, Head of
Cognition and Brain Integration Laboratory,
Department of Neurosciences

Dr. Arakaki became fascinated with the brain and neuroscience in college, which led her to become a researcher focused on novel neurophysiological biomarkers of the conscious, subliminal and autonomic system in pre-symptomatic Alzheimer's disease (AD) and how their combinations will improve detection of pre-symptomatic AD and prediction of symptom onset. She gets excited about heart-brain signals and interactions, the role of aging and neurological diseases, discovering scientific truths, and meaningful work that improves lives. Dr. Arakaki encourages women who are entering the fields of science to find balance between career and personal life, prioritizing self-care to include physical, mental and social health. She advises young scientists to "be curious, keep learning, and remain passionate for science."



Jianru Shi, MD, PhD

Research Associate Professor,
Cardiovascular Research

Dr. Shi received her MD from the Henan Medical University and her PhD in cardiovascular pathology from the Peking Union Medical College, Beijing, China. She pursued her postdoctoral studies at Harvard Medical School & Brigham and Women's Hospital in Boston where she later became an instructor. Her interests in translational research led her to join Dr. Kloner's group in 2012 to study the mechanisms of cardioprotection. Her research focusing on the cardioprotective effects of drug, hypothermia and stem cell on myocardial infarction. She has presented her work at American Heart Association Scientific Sessions and Experimental Biology Dr. Shi is now working on cardioprotective agents to preserve organ function and improve survival during experimental hemorrhagic shock.

All photos courtesy Max J. Gerber



WOMEN OF INFLUENCE: HEALTH CARE

**KATRINA MANNING**

Community Engagement Manager
Blue Shield of California Promise Health Plan

Katrina Manning is well known for her long-standing dedication to improving communities most affected by violence and poverty. One of the ways that she improves communities is through investing in community-based safety strategies to focus to create safer communities. From one-on-one peer mentorship with at risk youth, to advocating for grass roots organizations, Manning truly cares about giving youth the opportunity to experience a brighter safer future. Manning works for Blue Shield Promise Health Plan as community engagement manager, responsible for managing and investing in the strategic process to engage communities to achieve sustainable outcomes, goals and relationships.

Manning also serves as the councilwoman of Hawthorne for 90,000 residents. Since being elected to Hawthorne City Council November 8, 2022, Manning has made helping the homeless, public safety, economic development and investing in our youth and seniors a priority.

**PRECIOUS MAYES**

President & CEO
Pacifica Hospital of the Valley

As a healthcare leader and entrepreneur, Precious Mayes' journey has been filled with opportunities and experiences in a variety of industries. She has always explored the impossible with the philosophy that "anything is possible."

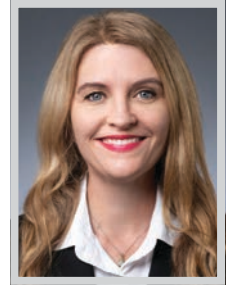
Pacifica Hospital of the Valley is a safety net hospital. It faces challenges with timely funding by the state. The hospital is in north San Fernando Valley and provides service to patients as far as more than 400 miles away. The need in the immediate and distant communities are high, so Mayes has been able to work through financial limitations by adding new service lines and diversifying its portfolio with the various managed care organizations and IPA groups. Her ability to succeed under pressure was evident during the pandemic when in response to the Governor's call to action during the first COVID-19 surge, Mayes decided to pivot available beds and transitioned beds/units for intensive care, acute and subacute level COVID-19 patients.

**CAROLYN MELTZER**

Dean
Keck School of Medicine of USC

Carolyn C. Meltzer, MD, is dean of the Keck School of Medicine of USC and the holder of the May S. and John H. Hoover Dean's Chair in Medicine. Dr. Meltzer is also an internationally recognized neuroradiologist and nuclear physician who has earned numerous awards and recognition for her research and leadership in the area of diversity and inclusion in academic medicine.

Dr. Meltzer has had notable success in advocating for diversity and inclusion in the medical field at large. While she was the chair of the radiology department at Emory University, she established a leadership academy to give mid-career health workers, primarily women and people from under-represented backgrounds, tools to advance in their professions. As inaugural chair of the Radiological Society of North America's Committee on Diversity & Inclusion, Meltzer pushed for more funding resources for students from minority backgrounds.

**LYNSEY MITCHEL**

Partner
Sheppard, Mullin, Richter & Hampton

As the leader of Sheppard Mullin's Health Plan practice, Lynsey Mitchel represents health maintenance organizations, managed care companies, and risk bearing entities. An expert in managed care, including HMO regulatory matters, Mitchel has represented approximately half of all currently licensed restricted Knox-Keene HMO license holders in California in their licensure processes and has worked on HMO licensure and other matters for Medicare Advantage, commercial and Medicaid health plans, including dental and vision plans.

In the managed care sector, Mitchel represents payors and providers participating in accountable care organizations, direct-to-employer arrangements, and other risk-sharing arrangements. She works with national and regional health plans as well as large health systems and physician groups on population health management strategies, provider employment, risk-based, performance-based and value-based payor and provider contracting, compliance, acquisitions and physician alignment strategies.

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For being selected for Los Angeles Business Journal's
Class of 2023 Women of Influence:

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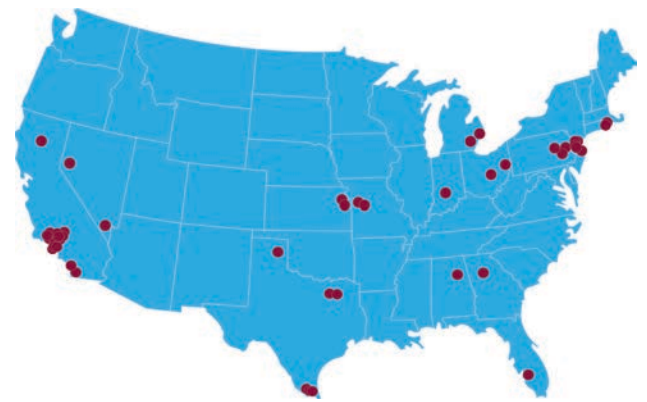
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Congratulations!

Named **WOMEN OF INFLUENCE IN HEALTHCARE**
By the *Los Angeles Business Journal*



Dr. Kavitha Bhatia
President and Chair,
Prime Healthcare Foundation &
Chief Medical Officer of Strategy,
Prime Healthcare

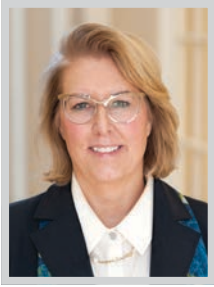


Sunitha Reddy
Chief Revenue Officer &
Vice President of Operations,
Prime Healthcare

Hospitals saved	45
States with hospitals	14
Communities served	600
Patients served annually	2.6M
Quality awards for patient safety and excellence	300+
Charity care since 2005	\$9B



WOMEN OF INFLUENCE: HEALTH CARE

**LORI J. MORGAN***President & CEO*

Huntington Health, an Affiliate of Cedars-Sinai

Lori J. Morgan, MD, MBA, serves as president and chief executive officer of Huntington Health, an affiliate of Cedars-Sinai, in Pasadena. Her leadership around the recent affiliation further strengthens Huntington's ability to provide the community with accessible, coordinated, high-quality care, close to home.

Dr. Morgan has also had a major focus on setting physician strategy and expanding clinical programs and led a major construction project for new operating rooms, cardiac catheterization labs and earthquake retrofitting. She is currently leading initiatives to expand diversity, equity and inclusion, and create and implement leading-practice caregiver wellness resources to address burnout and foster greater professional satisfaction. Dr. Morgan is president of the Hospital Association of Southern California, on the executive committee of the California Hospital Association, is the chair of American Hospital Association's Regional Policy Board 9, and is on the Board of the American Hospital Association.

**JINHEE NGUYEN***Patient Care Executive*

Adventist Health Glendale

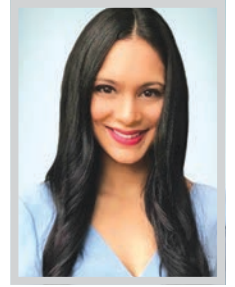
As the patient care executive at Adventist Health Glendale, Jinhee Nguyen emphasizes the triple "E" – employee engagement, physician engagement and patient engagement. Nguyen provides key nursing leadership for approximately 900 registered nurses at the 515-bed hospital – the flagship of Adventist Health's 22-hospital system.

Nguyen strives to cultivate an environment where the healthcare workforce can thrive and perform at their best to deliver outstanding care to every patient, every time. In 2020, Nguyen and the Adventist Health Glendale Nursing team embarked on a nursing excellence journey to achieve Magnet designation American Nurses Credentialing Center – an extensive process that typically takes four to six years. Under Nguyen's direction, Adventist Health Glendale completed the Magnet Recognition application and review process in just three years. Nguyen also launched the first nursing research study at Adventist Health Glendale, looking at the relationships of organizational factors with nurse well-being.

**KAVITHA REDDY BHATIA***President and Chair of the Board of the Prime Healthcare Foundation; Chief Medical Officer of Strategy Prime Healthcare*

Dr. Kavitha Bhatia, MD, MMM, FAAP, FACHE serves as the president and chair of the Board of the Prime Healthcare Foundation, a 501(c)3 public charity, and chief medical officer of Strategy for Prime Healthcare, one of the nation's leading health systems with 45 hospitals and more than 300 outpatient locations in 14 states.

Dr. Bhatia leads the development and implementation of strategic initiatives that advance the mission and long-term success of Prime Healthcare. Dr. Bhatia works with corporate and hospital leaders to implement strategic initiatives to ensure Prime's continued operational, financial, and clinical success. Dr. Bhatia's leadership and vision have helped Prime build the infrastructure to leverage its unique value and national scale. She facilitates visionary, out-of-the-box thinking and has led teams toward transformative change in nearly every area of the organization. Dr. Bhatia, a pediatrician, is recognized as a leader who is adept at building processes and systems.

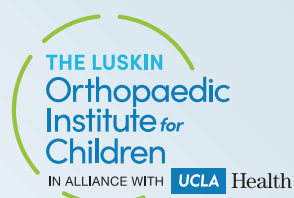
**SUNITHA REDDY***Chief Revenue Officer & Vice President, Operations Prime Healthcare*

Sunitha Reddy, MBA, MPH, FACHE is the chief revenue officer/vice president of operations for Prime Healthcare, the fifth largest, for-profit health system in the United States with 45 hospitals in 14 states, more than 300 outpatient locations and nearly 50,000 employees and affiliated physicians. Reddy drives innovation through the planning and directing of Prime Healthcare's operational and financial strategy and initiatives. She is responsible for the attainment of short- and long-term financial and operational goals and collaborates with other leaders to guide the development of Prime Healthcare's future growth.

Reddy works closely with local leadership and chief medical officers to strengthen case management departments and streamline hospital clinical workflows. She spearheaded the development of a strategic vendor outsourcing program, the implementation of new technologies and platforms, optimization of revenue cycle IT systems and improved point-of-service collections, yielding a multi-million-dollar bottom line improvement.

WOMEN of INFLUENCE:**HEALTH CARE**

Congratulations, Rachel Thompson, MD - Director for the UCLA/LuskinOIC Center for Cerebral Palsy; Residency Program Director, UCLA Department of Orthopaedic Surgery. Your inspiring leadership as a faculty member and surgeon advances patient-centered care and improved health outcomes for countless children. Your many public-interest projects engaging Los Angeles's diverse communities, as well as humanitarian work in Honduras and Colombia, promote health equity not only in California, but also internationally.



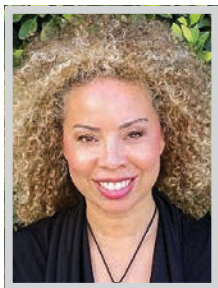
WOMEN OF INFLUENCE: HEALTH CARE

**DIANNE SAUCO**

Chief Nursing Officer, PIH Health Downey Hospital
PIH Health

Dianne Sauco MSN, MSHCA, RN serves as chief nursing officer at PIH Health Downey Hospital, a nonprofit 199-bed hospital that has been serving the community of Downey and surrounding areas for more than 100 years. An exemplary nurse leader, Sauco and has been an invaluable member of the PIH Health team and her contributions have helped the organization continue to offer quality services for the community.

In her current role as chief nursing officer, Sauco is working to grow many programs which will support our local communities, such as the expansion of the emergency department to double the number of patients we can care for in that area. She is also working to grow our cardiology and digestive health services programs to provide more comprehensive care and greater patient capacity for members of our community.

**CHRISTINA SIMOS**

Executive Director
Friendly House

As a student at Arizona State University in the 90s, Christina Simos founded Ed Students Against Discrimination (S.A.D.). This group held the largest social justice rally on ASU's campus and was responsible for creating social justice policies and changes that still stand today.

In June of 2005, Simos entered the Friendly House as a resident. There she was mentored by Friendly House's former Executive Director Peggy Albrecht and quickly immersed herself in the recovery world. Over the last 17 years Simos has been the alumni coordinator, alumni president, secretary of the women's AA meeting, helped produce various fundraisers and has remained a fixture in the recovery community. In January 2022, she became the fourth executive director and is one of the few women of culture to hold an executive level position in the industry.

**JOHNESE SPISSO**

President, UCLA Health;
CEO, UCLA Hospital System;
Associate Vice Chancellor, UCLA Health Sciences
UCLA Health

Johnese Spisso has been president of UCLA Health, CEO of UCLA Hospital System and associate vice chancellor of UCLA Health Sciences since 2016. With 30 years of experience, she is a nationally recognized academic health care leader, overseeing operations of UCLA's hospitals, clinics and the health system's regional outreach strategy.

Spisso led UCLA's expansion to provide convenient access to care throughout Southern California, with more than 250 clinics recording more than 3.1 million outpatient visits in 2021. In 2021, UCLA Health announced its plans to transform a former medical center into a state-of-the-art neuropsychiatric hospital that will help address the region's unmet need for behavioral health services. The new hospital will meet the state's highest standards for acute psychiatric hospital buildings and will include comprehensive behavioral health care services for adult, geriatric, child, adolescent and intensive care patients, as well as crisis care.

**JULIE J. SPRENGEL**

President & Chief Executive Officer Dignity Health,
Southern California Division
Dignity Health, Southern California Division

Julie Sprengel currently serves as the president and CEO for CommonSpirit Health's Southern California Division spanning across nine counties. With 20 years of progressive health care leadership experience, Sprengel leads a fully integrated health care delivery network generating nearly \$6.4 billion in annual revenues, encompassing 17 acute care Dignity Health hospitals, one behavioral health facility, and more than 100 ambulatory care sites, including physician clinics, urgent care centers, surgery centers, imaging centers, post-acute and home health agencies.

A top priority for Sprengel is to ensure the well-being of 25,000 dedicated employees and 6,500 physicians who provide high-quality, compassionate care to more than one million patients annually. As a former ER nurse, Sprengel is acutely aware of the stress health care workers face and has worked with human resources and spiritual care leaders to invest more than three million dollars into wellness initiatives and employee assistance programs.

Many thanks for your leadership.

Congratulations to Julie J. Sprengel, Women of Influence: Health Care.

Please join us in congratulating Julie J. Sprengel, President & CEO, CommonSpirit Health's Southern California Division on being named to the 2023 *Los Angeles Business Journal* Women of Influence: Health Care. Your influential leadership has a positive and lasting impact on the care we provide to our communities.

WOMEN OF INFLUENCE: HEALTH CARE

**APRIL STEWART**

Vice President, Access and Innovation
24 Hour Home Care

April Stewart of 24 Hour Home Care has prioritized care for underserved Los Angeles communities throughout her career. Stewart's accomplishments include leading contracting processes for more than 40 state and Medicaid-funded Home and Community-Based Service Programs that support low-income clients with everyday living in their homes —avoiding placing people in a nursing facility or hospital against their wishes.

Another recent accomplishment by Stewart has been securing contracts with six LA County health plans for in-home services, including L.A. Care, Anthem, Blue Shield Promise, ConcertoCare, Kaiser Southern California and Molina. These contracts cover and impact the lives of more than two million people in LA. In 2022, Stewart developed and launched California Advancing and Innovating Medi-Cal service lines at 24 Hour Home Care to support the state's goal of strengthening Medi-Cal to promote a more equitable, coordinated, and person-centered approach to maximizing residents' health and life trajectory.

**ANNETTE SY**

Chief Nursing Executive
Keck Hospital of USC &
USC Norris Cancer Hospital

Among her many accomplishments, Annette Sy, DNP, RN, NE-BC led the nursing team at USC Keck Hospital to its first Magnet destination in 2018. Magnet designation is the gold star of nursing excellence, and Keck Hospital is only one of 500 hospitals nationwide to achieve this honor. The hospital is currently up for redesignation of its Magnet status, scheduled for this June. She also led the nursing staff through the pandemic, juggling staffing issues due to the many nurses out sick due to COVID-19. Despite this challenge, under Sy's direction the nursing to patient ratio never suffered and remained at the recommended levels.

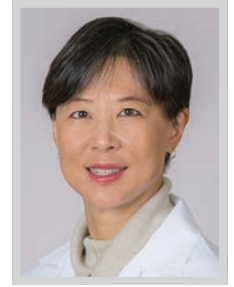
Sy also created the hospital's nursing professionalism program in partnership with a respected and evidence-based program, the Vanderbilt University Center for Patient and Professional Advocacy. This program provides education, research, data, tools, and effective processes for promoting professional accountability for our clients throughout the United States and abroad.

**ANGELA TALTON**

Senior Vice President and Chief Diversity,
Equity and Inclusion Officer
City of Hope

Angela L. Talton, MBA, is City of Hope system senior vice president and chief diversity, equity and inclusion officer. In this role, Talton leads the development of City of Hope's vision and strategy for advancing diversity, equity and inclusion (DEI), improving health equity and community benefit, and ensuring measurable DEI progress across administrative, clinical and research functions. Talton's broad expertise in diversity and inclusion encompasses leadership development, recruitment and retention of talent, communication strategy, community alliances, philanthropic giving, supplier diversity and analytics.

In her two years with City of Hope, Talton has created a holistic and integrated DEI vision, strategy, and implementation roadmap, leveraging scenario-based training and diversity scorecards to mitigate bias and change behaviors to focus on conscious inclusion throughout the system. Under her leadership, City of Hope has improved its ranking on DiversityInc's list of Top Hospitals and Health Systems from #8 to #6.

**MAY LIN TAO**

Medical Director
Keck Medicine of USC &
Henry Mayo Newhall Hospital Cancer Program

May Lin Tao, MD is medical director of the recently launched Keck Medicine of USC and Henry Mayo Newhall Hospital Cancer Program and clinical associate professor of radiation oncology at the Keck School of Medicine of USC.

Dr. Tao received her undergraduate degree from Yale University and her medical degree from the New York University School of Medicine. She had further training at the Harvard Joint Center for Radiation Therapy. She previously worked for a number of prestigious Southern California health systems. Dr. Tao played a central role in bringing advanced cancer care services to the Santa Clarita Valley. In her role, she led the launch of the new USC Norris Comprehensive Cancer Center Radiation Oncology clinic on the Henry Mayo campus. Dr. Tao is also a sought-after speaker on cancer prevention and treatment.

Some things are meant to be together

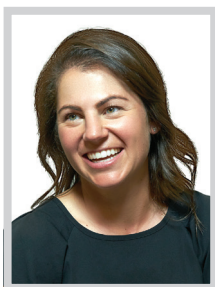
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WOMEN OF INFLUENCE: HEALTH CARE



RACHEL THOMPSON

Assistant Professor-in-Residence, Department of Orthopaedic Surgery; Residency Program Director, Department of Orthopaedic Surgery
David Geffen School of Medicine at UCLA;
Director, UCLA/Luskin Orthopaedic Institute for Children Center for Cerebral Palsy

On staff at LuskinOIC, Rachel Thompson, MD is also an assistant professor-in-residence, Department of Orthopaedic Surgery at UCLA. She serves as the director for the UCLA/LuskinOIC Center for Cerebral Palsy, and she holds the distinguished William and Patricia Oppenheim Presidential Chair in Pediatric Orthopaedics. Her clinical and research interests focus on cerebral palsy and adolescent hip disease. Her work looks at how gait analysis can improve surgical decision making and trace the molecular basis for the muscular pathology seen in cerebral palsy.

In 2021, UCLA Health announced the appointment of Dr. Thompson as the Residency Program director of the Department of Orthopaedic Surgery. In the past two years, Dr. Thompson has implemented a series of transformative policies in the program that aim to improve the channels of communication among residents and faculty.



LISA THOMSEN

Family Medicine Physician
Emanate Health Foothill Presbyterian Hospital

Lisa Thomsen, MD, FAAFP is a board-certified family medicine physician who has served the community for over 30 years. Dr. Thomsen forged a path for future generations of physicians. When Dr. Thomsen became the chief of staff at Emanate Health Foothill Presbyterian Hospital (at the time known as Foothill Presbyterian Hospital), she was only the second female physician to have been voted into the position by her colleagues. At a time when there were few female physicians, she gained the respect of her peers and became a role model to other physicians.

After completing her medical residency training, Dr. Thomsen settled in Glendora, where she has been serving multiple generations of families in Glendora and the surrounding cities for the past few decades. She founded and built her solo private practice over the years and has achieved a reputation in the community for helping entire families.



LINDIA WILLIES-JACOBO

Senior Associate Dean for Admissions and Equity, Inclusion, and Diversity; Professor
Kaiser Permanente Bernard J. Tyson School of Medicine

Dr. Lindia Willies-Jacobo, MD, FAAP is a prominent leader of the Pasadena-based Kaiser Permanente Bernard J. Tyson School of Medicine (KPSOM) who brings an unparalleled understanding of the essential function of diversity in healthcare. She serves as the senior associate dean for admissions, and equity, inclusion and diversity at KPSOM. In her first position, she leads and manages the KPSOM admissions process, from initial outreach to matriculation.

Dr. Willies-Jacobo's passion shines through bright when it comes to her key interests in healthcare workforce diversity, cultural humility in the practice of medicine, advocacy for underserved populations, and combating health inequities. One of her topmost successful career accomplishments to date is her involvement in creating the school's equity, inclusion, and diversity (EID) strategy given the impact it makes as it threads through all facets of the school.



ALICE ISSAI

President
Adventist Health Glendale

Adventist Health Glendale continues to excel under the leadership of Alice Issai. In 2018, she took the helm of Adventist Health's flagship campus – the largest of the system's 22 hospitals. Since then, Adventist Health Glendale has earned continuous 5-star ratings from the Centers for Medicare and Medicaid Services, scored 16 consecutive 'A' ratings from the Leapfrog Group, and garnered national acclaim for its repeated ranking among the top 5% of America's best hospitals according to Healthgrades.

Issai is the first woman to lead the 515-bed hospital. Her vision is to continue growing as a true tertiary center for cardiac, pulmonary, neurology and stroke care, and many surgical subspecialties, offering state-of-the-art treatment and highly specialized care for patients across Southern California. Issai previously served as chief operating officer at three major medical centers: Keck Medical Center of USC (Keck Hospital of USC + USC Norris Cancer Hospital), UC Irvine Health, and Kaiser Permanente Los Angeles Medical Center.



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Congratulations

to our Women of Influence in HealthCare



Marissa Goldberg
Chief Executive Officer



Deborah Ferrington, PhD
Chief Scientific Officer



OUR MISSION IS TO FURTHER THE CONSERVATION, IMPROVEMENT AND RESTORATION OF HUMAN EYESIGHT

WOMEN OF INFLUENCE: HEALTH CARE

Gen X Women Get Vocal About Menopause

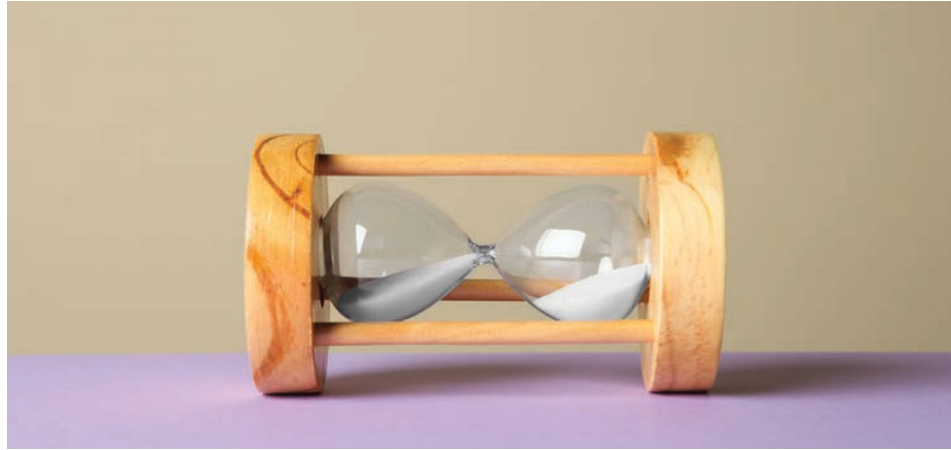
By ANGELA STUBBS and
SARALA MAHLIN KORN

Each year, 1.3 million women enter menopause, and by 2025, there will be roughly 1.1 billion postmenopausal women worldwide. It's an incredible number, but what's more impressive are the predominantly Gen X women who have made their way through life pushing taboo issues to the forefront with the Eurythmics hit "Sisters Are Doin' It For Themselves" as their mantra.

Otherwise known as "The Lost Generation," women facing menopause today are trailblazing a path instead of being led by fear and uncertainty. This isn't to say women don't have concerns or unanswered questions - quite the contrary. But what's important to note about this generation of women is that they're rebranding, rewriting, and reconfiguring what menopause looks like, feels like, and can be. In a climate where women's health is regularly overlooked and underserved, and many women are forced to seek their own answers, Gen X women are changing the conversation.

In an essay for the *New Yorker* titled "Where Are All the Books About Menopause?" author Sarah Manguso discusses the subjective erasure of women in menopause and how we see women in society. "We are culturally prepared to perceive women's natural aging as uninteresting at best, pathological at worst—deserving of dismissal or disgust or both."

This rings a familiar bell for Gen X women raised by Boomers with the philosophy that we should suffer in silence and shame is the final



destination. But Gen X women have outgrown these philosophies, and their cry for change is felt in today's medical landscape.

This is where the telehealth model comes in. With the pandemic shutting down in-person healthcare services, we've witnessed a surge in telehealth as a necessity rather than a choice. The field of women's health and menopause was no exception. The growing options have not only ensured continued care, but they've also encouraged a different model than the standard women have grown accustomed to. Spurred on by a genuine desire for education and solutions around emotional, physical, and mental health in menopause, it's no surprise that advancements in menopause care have saturated the wellness market.

Telehealth is granting women more access

to services and information than ever before, and in doing so it has given a voice to women seeking alternative answers. Services range from 24/7 access to physicians via messaging, to online spaces to connect with other women via social platforms. Winona, a leading telehealth company for menopause, offers a free community group for women seeking support during the menopause transition, as well as peer-reviewed articles on numerous topics. These spaces encourage women to share their experiences, which in turn helps to deconstruct the narrative that many women have internalized and destigmatize this rite of passage.

Winona OB/GYN, Dr. Cathleen Brown, said, "So many of my patients had discussed how they previously felt dismissed by their physicians when they brought up perimenopausal symp-

toms...[and] patients repeatedly express gratitude for how Winona has helped them improve their quality of life."

This feeling of dismissal is shared by many and to some degree is born of the patriarchal lens through which women's healthcare has historically been viewed. Telehealth disrupts this paradigm by putting women back in the driver's seat. The ever-emerging choices give women the freedom to evaluate which providers are actually a good fit, and the remote nature of telehealth cultivates an opening where it feels safe to be authentic and candid.

The X Generation just wants to navigate this journey with grace, confidence, and the resources they need to show up for themselves. The question of "how" is becoming clearer, with telehealth as part of the equation. More women are stepping up to the plate, ready to take their health into their own hands and change the narrative around menopause. Being an advocate for yourself is something latch-key kids learned as a survival mechanism, and today it's serving them well as they traverse these uncharted waters. Having been left in the dark about what to expect and when, they have an insatiable desire for answers, options, and a rebirth of agency that involves real conversation and human connection. It's not a lot to ask. And now, it seems they may finally get what they've been looking for.

Angela Stubbs is a writer and content producer. Sarala Mahlin Korn is writer/managing editor at Outliant. Learn more about Winona via Winona.com.

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CAROL K. LUCAS

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Nominated by the Los Angeles Business Journal

WOMAN OF INFLUENCE: HEALTH CARE



New Study Reveals A.I.'s Effective Role in Treating Patients with Peanut Allergies

The Food Allergy Institute (FAI) in Long Beach announced this month that a peer-reviewed paper authored by its founder Inderpal Randhawa, MD, has been published by the clinical journal PLOS ONE. The paper, titled "Food Anaphylaxis Diagnostic Marker Compilation in Machine Learning Design and Validation," co-authored with data scientists Kirill Groshenkov and Grigori Sigalov, is the first peer-reviewed study to analyze the role and effectiveness of machine learning in actively treating patients with severe food allergies.

"We're gratified to share our work – truly a first in clinical medicine of any medical specialty to demonstrate the effective harnessing of machine learning – via the peer-reviewed PLOS ONE journal," said Dr. Randhawa. "The treatment technique used, the Tolerance Induction Program (TIP), is a clinical therapeutics model steeped in data science and innovations in machine learning to treat patients with severe food allergies. With over 8,000 patients now in remission from food anaphylaxis as a result, AI is at the core of each successful, unique patient treatment experience."

Since 2007, the institute's founder and CEO, Dr. Randhawa, has placed a priority on applied math, machine learning design and artificial intelligence, utilizing trillions of data points and data sets to establish tailored programs for each patient.



"We now have over a decade plus of machine learning and AI experience," said Dr. Randhawa. "The specific build and application of our AI to treat food anaphylaxis has had a remarkably consistent and clear result. Patients enter the process with anaphylaxis. And leave the program with what we call 'food freedom' – free of their previously deadly food

allergies – all thanks to constantly evolving machine learning."

The applied math and AI designed, analyzed, boosted and optimized at the Food Allergy Institute is a decade-plus effort resulting in the newly published study. Food Allergy Institute, which utilizes its proprietary, end-to-end data system, leads patients from the start

of the Tolerance Induction Program to years of remission, driven by the data assortment and dynamics that lead to a clinical experience that is enhanced daily.

"We often hear the phrase 'bench to bedside' to describe how science brings research to patients," added Dr. Randhawa. "With the TIP methodology we are pioneering at the Food Allergy Institute, our patients are directly integrated into our machine learning and AI systems, which overlay research science and clinical therapy simultaneously – every minute of every day – as our patients reach and maintain remission. It is rewarding to be able to demonstrate, via a published, peer-reviewed study, this cross section of where applied math meets medicine, and the tremendous quality of life improvements that our patients and their families are experiencing as a result."

"The publication of this study is a precursor to our pending FDA submission for approval of TIP as a medical treatment model," added Dr. Randhawa. "The 20 trillion data points we have collected allow us to formulate treatment plans that safely treat each patient's unique food allergies with an individualized treatment plan. We are excited to further explore the cusp of what we believe is a game-changing approach to clinical treatment of anaphylaxis and, ultimately, scores of other conditions."

Learn more at foodallergyinstitute.com.



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WOMEN OF INFLUENCE: HEALTH CARE

Women and Men have Different Obesity Drivers

Researchers use integrated imaging data to identify sex-specific brain signatures driving obesity

A new study from UCLA researchers finds sex-specific brain signals that appear to confirm that different drivers lead men and women to develop obesity. The study, appearing in the peer-reviewed journal *Brain Communications*, combined data from several modes of MRI with patients' clinical features and personal histories to identify sex-specific mechanisms in the brain underlying obesity.

"We found differences in several of the brain's networks associated with early life adversity, mental health quality, and the way sensory stimulation is experienced. The resulting brain signatures, based on multimodal MRI imaging, may help us more precisely tailor obesity interventions based on an individual's sex," said Arpana Gupta, PhD, a brain, obesity and microbiome researcher at UCLA and senior author of the study.

Gupta said this is believed to be the first study using a data-driven approach to predict sex-specific obesity status based on multimodal brain signatures. It builds on an earlier UCLA study in which Gupta and colleagues examined sex-related differences in the prominence and signaling of brain regions in obesity. In addition to finding that emotion-related and compulsive eating appear to play a major role in obesity in women, that study showed that men's eating behavior tends to be affected by

a greater awareness of gut sensations and visceral responses – those related to abdominal discomfort.

The new study supports and corroborates many findings from that and earlier studies and provides MRI evidence of differences in brain structure, function, and connectivity that may help researchers better understand obesity-related drives and behaviors. For example, alterations in certain brain networks suggest that compared to men, women with a high body mass index (BMI) may be more keenly aware of and drawn to highly processed foods, with an increased risk of developing cravings and food addiction.

"In designing treatment plans for females with high BMI, it may be important to focus on emotional regulation techniques and vulnerability factors," Gupta said.

The study, conducted through the G. Oppenheimer Family Center for Neurobiology of Stress and Resilience, Ingestive Behavior and Obesity Program at UCLA, included 183 participants, ages 18-55. Forty-two males had non-obese BMI, 23 males had high BMI, 63 females had non-obese BMI, and 55 females had high BMI. All participants filled out a battery of self-report questionnaires assessing childhood trauma, anxiety and depression, visceral sensitivity, food addiction, bowel symptoms, personality traits, and many other factors.

Each participant also underwent three different brain MRIs to assess structure, function and connectivity. Data sets from the three scans and from clinical information were

analyzed using an analytical tool that seeks to identify a limited number of variables from multiple data sets to predict an outcome.

The results show specific network connectivity changes associated with high BMI, regardless of sex. In females, the study identified brain regions and networks with alterations associated with early life trauma. These

condition.

"Although causality is unknown, the strong associations between clinical markers, such as anxiety, depression, obesity and neural signatures suggest the importance of the bidirectional mechanistic connection of the gut-brain axis," the authors said.

Ravi Bhatt, a PhD student at the Univer-

'We found differences in several of the brain's networks associated with early life adversity, mental health quality, and the way sensory stimulation is experienced. The resulting brain signatures, based on multimodal MRI imaging, may help us more precisely tailor obesity interventions based on an individual's sex.'

appear consistent with previous observations that females with obesity, compared to males, may have greater anxiety, lower resilience and difficulty integrating emotions with action-directed goal planning. Females also may be more susceptible to the sight, smell and taste of ultra-processed foods.

Importantly, the authors said the study identified associations, not cause and effect. Future studies will be needed to determine whether changes in the brain are a factor in the development of obesity or a result of the

sity of Southern California, is the paper's first author. In addition to senior author Gupta, authors include Svetoslav Todorov, Riya Sood, Soumya Ravichandran, Lisa Kilpatrick, Newton Peng, Cathy Liu, Priten Vora, and Neda Jahanshad, all of UCLA.

The research was supported by grants from the National Institutes of Health, the National Science Foundation Graduate Research Fellowship, and pilot funds provided for brain scanning by the Ahmanson-Lovelace Brain Mapping Center.

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