

FROM THE HEALTH EXPERTS AT NATIVIDAD MEDICAL CENTER

# INSPIRING HEALTHY LIVES

SALINAS VALLEY READERS' CHOICE 2022

## BEST HOSPITAL

IN THE SALINAS VALLEY

Salinas Valley  
Readers' Choice  
2022



Natividad is excited to receive first place for Best Hospital in the Salinas Valley by the Salinas Valley Readers' Choice Awards 2022. I am proud of our team and the care they provide our patients and community."

– Dr. Chad Harris, Natividad CEO

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FALL/WINTER 2023

## Thank You for Voting Natividad Best Hospital

Natividad is dedicated to improving and inspiring healthy lives. That commitment to high-quality care has earned the hospital and Level II Trauma Center the Salinas Valley Readers' Choice Award for Best Hospital!

The awards are chosen by local residents who vote for their favorite businesses and organizations in the Monterey Herald's annual ballot.

Congratulations to all of the Salinas Valley Readers' Choice winners! Read more by scanning the QR code. Find out more about Natividad's services at [natividad.com](https://natividad.com)



  
**Natividad**<sup>®</sup>  
Inspiring healthy lives



## Back Pain Is Common – And Often Disabling

Back pain can be frustrating and keep you from living a normal life. It's also a top reason people visit their health care providers. Back pain can range from a dull, annoying ache that comes and goes to pain so bad that you can barely move. And it's surprisingly common: between 8 and 9 out of 10 people in the United States will have back pain at some point.

Not only is back pain painful, but it can also cause disability and lost wages for an extended time. Every day, 2 out of 100 of people in the U.S. have such intense back pain they're disabled and unable to perform daily tasks.

At Natividad, Neurosurgeon Dr. Peyman Tabrizi sees a wide range of causes for back pain. He says work-related injuries tend to be the most common cause of chronic back pain requiring surgery. He said this often strikes people in their 40s and 50s. As you age, you're more likely to have back pain.

Many minor injuries, such as muscle strain, get better on their own with icing, heat, rest and over-the-counter pain medications within a few weeks. Sometimes, physical therapy is helpful. However, if your pain is longer lasting, or you don't know the cause, you may need specialty care. For example, wear and tear on the spine, including degeneration, disc herniations and disc protrusions, can require surgery.

So, what to do if your back pain won't go away? If you have back pain that hasn't improved after about a week of at-home treatment or if it's constant, intense

or causes numbness or tingling in the legs or other symptoms, make an appointment with your health care clinic, primary care provider or family doctor. They'll usually be able to help figure out the cause of your back pain and diagnose it.

Then, your doctor may order one or more tests, such as an X-ray, MRI or CT scan. From there, they can refer you to specialists. Sometimes, that includes a neurosurgeon like Dr. Tabrizi, who specializes in spinal surgery.

***"When I meet with patients for the first time, we talk about the procedure and the risks, which are typically low. We talk about success rates, which are typically high," Dr. Tabrizi said. "I also answer as many questions as possible."***

Dr. Tabrizi stresses that it's important that patients have a good understanding of their case and treatment options. Once you have surgery, you may need to spend some time in the hospital. After that, you'll be required to follow up with studies as needed in two, three or four weeks. You'll also need to commit to physical therapy.

For those wishing to avoid back pain altogether? Dr. Tabrizi said there's no silver bullet; the best thing people can do to reduce their risk of back pain is to improve their core strength. He also recommends stretching regularly.



## PEYMAN TABRIZI, MD, FAANS, FACS

### NEUROSURGEON

Dr. Tabrizi is a neurosurgeon at Natividad D'Arrigo Family Specialty Services. He specializes in spinal surgery, surgery for brain tumors and peripheral nerve damage needing surgery, including carpal tunnel or ulnar nerve release surgery. Dr. Tabrizi frequently helps patients find relief through spinal surgery for disc protrusions, disc herniations or degenerative changes involving the cervical, thoracic or lumbar spine.



Find out more about D'Arrigo Family Specialty Services at [natividad.com](http://natividad.com) or call us at (831) 755-4156.

## When to Get Emergency Care for Back Pain

# 911

Call 911 for emergency medical help or have someone drive you to the emergency room if you think you need emergency care. For example, you may need emergency care if:

- your back pain is severe and happens after a fall or accident
- you are unable to move an arm or leg or have associated numbness or tingling
- your back pain accompanies new bowel or bladder control problems

## D'Arrigo Family Specialty Services

Natividad offers a wide range of specialized care — all in the convenience of one office on our Salinas campus. Services include:

- Adult Congenital Cardiology
- Colorectal Surgery
- Gastroenterology
- General Surgery
- Gynecology/Oncology
- Hematology/Oncology
- Nephrology
- Neurology
- Neurosurgery
- Obstetrics and Gynecology (OB/GYN)
- Orthopedic Surgery\*
- Pediatric Cardiology
- Hand Surgery
- Podiatry\*
- Pulmonary Medicine
- Urogynecology
- Vascular Surgery

\*Service is available for pediatric and adult patients.

**Need expert  
specialty care?  
Ask your doctor for  
a referral or call us for  
more information at  
(831) 755-4156**



Cardiology Services also available,  
call (831) 796-1630 for details!

# 3 EASY STEPS to Strengthen Your Back

Get stronger abdominal muscles and a stronger back that's less prone to pain in just a few minutes a day. Before you get started, warm up a little with a quick walk or march in place. You can do lying down exercises on a flat surface that you're most comfortable with, for example, a bed or floor — grab a yoga mat or blanket to cushion yourself if needed. Consistency is key! You'll get the best results after at least several weeks of daily practice.

## **Lying Trunk Rotation** *A lying down exercise*

While keeping your shoulders and your feet on the ground or bed, bend your knees up. Then, while keeping knees together, slowly lower your knees to the right as far as you can comfortably while keeping your shoulders on the ground. Then, return to the center start position and lower your knees to the left, as far as you can comfortably. Aim for 3 sets of 10 daily.

## **Standing Child's Pose** *A standing up exercise*

Stand at a counter, table or desk that is a comfortable height for you. Reach out and place your hands on the counter. Keep your arms straight, then slowly walk backward to stretch your back and arms gently. You should bend at the hip, and your back should remain as straight as possible. Hold for 10 seconds. Aim for 3 to 5 sets of 10-second stretches throughout the day.

## **Bridge** *A lying down exercise*

Lie on your back and keep your shoulders and feet on the ground while you bend your knees. Lift your hips off the surface as far as you can comfortably go. Then, pause for a count of 6 seconds, squeezing your glutes. Gently lower hips back to the surface. Aim to start with 1 or 2 sets of 10 and work up to 3 sets of 10 daily.

**New to Exercise?** Talk with your health care provider before you start any new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health. A little soreness is normal. Pain is not.



## **BLAIR LIMON, PT, DPT** **MANAGER OF THERAPY SERVICES**

Blair Limon manages Natividad's Therapy Services. Outpatient rehabilitation services are provided for patients by referral and self-referral, including physical, occupational and speech-language therapies. Rehabilitation services provide evaluations and treatments for all ages and physical conditions. The goal of these services is to restore, maintain and improve the patient's optimum level of self-care, responsibility, independence and quality of life after experiencing an injury or illness.





Interventional Radiologist Dr. Hoang Anh Vo demonstrates a procedure.

# STATE-OF-THE-ART SURGERY MEANS QUICKER RECOVERY

Interventional radiology is the minimally invasive, image-guided treatment and diagnosis of medical conditions that used to require traditional surgery. Natividad provides a caring, compassionate environment for these procedures, offering shorter recovery time, less pain and reduced risk of complications compared to traditional surgical procedures.

Using the same innovative advanced imaging technologies we use in diagnostic radiology, Natividad's board-certified interventional radiologists can diagnose and treat complex conditions less invasively and with extraordinary precision. We offer these minimally invasive procedures for inpatients and outpatients. Most patients can return home the same day treatment is received.



**“At Natividad, our advanced technology used for interventional radiology procedures means less invasive procedures and quicker recovery times,” said Interventional Radiologist Dr. Juan Rodriguez. “It’s really a win-win for our patients.”**

## What Is Interventional Radiology?

Natividad offers minimally invasive interventional radiology procedures to treat:

- Cancer
- Arterial disease
- Venous thromboembolic disease
- Gastrointestinal conditions
- Genitourinary conditions
- Musculoskeletal conditions
- Biliary disease
- Procedures for dialysis access and venous access

These procedures offer shorter recovery times, less pain and reduced risk of complications when compared to traditional surgical procedures.

The range of conditions that can be treated with interventional radiology is extensive and new procedures are continually being added to the list.

# Natividad Speaks Your Language



154,652  
interpretations  
in 2022

To our patients, interpreting is more than words. It links cultures and fosters understanding between patients and physicians.

At Natividad, nearly half of our patients self-identify as Spanish speakers. Many are bilingual but prefer communicating with their health care team in their native language. In addition, more than 3% of our patients self-identify as speaking an indigenous language from Mexico.

“It’s vital that patients and doctors understand each other,” said Interpreter Services Manager Victor Sosa. “Listening in the right language leads to better outcomes for everyone.”

At Natividad, we have nationally recognized interpreters and a complex, reliable delivery system that is maintained and sustained at all hours, every day,

to provide equitable access to patients. Our bilingual Spanish interpreters hold national certifications from the Certification Commission for Healthcare Interpreters (CCHI). In addition, our providers and staff have training and value understanding our patients’ cultural and specific needs. Anyone who speaks a language other than English has a legal right to an interpreter when they receive health care services to help them understand treatments and discharge instructions (Title VI of CRA and Section 1557).

“If you or someone you love needs an interpreter, always ask for one,” Sosa said. “Our trained interpreters communicate the nuances of meaning and help Natividad’s doctors, nurses, administrators, and patients connect to improve care and speed healing.”

## WORKING @ NATIVIDAD

“At Natividad, great health care begins with our dedicated, knowledgeable and talented employees,” said Natividad Chief People Operations Officer Janine Bouyea. “From doctors, nurses and health care professionals to support staff, food services and management, there are countless opportunities to join our team.”

Natividad offers our employees:

- Career stability and opportunities for growth
- Excellent benefits, working conditions and sign-on bonuses
- Meaningful work that makes a real difference
- Equal opportunity employment and commitment to inclusion for all of our staff and patients

**93% of staff members said, “My work is meaningful,”**

according to a recent employee engagement survey by Press Ganey.



Scan the QR code to view current job opportunities and learn more about working at Natividad.

“

I love working at Natividad. Natividad promotes and works with you to have a healthy work-life balance. As a mother of young children, it’s important to be present as a role model for our children and attend school and sports events. My team works well together to make sure I can do just that.”

– Kristen Avilez,  
Nursing Assistant,  
Surgical Services

Natividad is a hospital and Level II Trauma Center providing compassionate, high-quality health care to everyone, regardless of their ability to pay or immigration status. Owned and operated by the County of Monterey, Natividad offers a wide range of inpatient, outpatient, emergency, diagnostic and specialty medical care for adults and children.



# EMBRACING THE ART OF BETTER HEALTH

Art can be pleasant and distracting, and often improves the well-being of patients, visitors and staff. In addition, research shows that the presence of art can also be beneficial for health outcomes, including reducing the length of stay and improving pain tolerance.

“Natividad Foundation has transformed the hospital into a warm, welcoming and healing environment that feels more like home,” said Natividad CEO Dr. Chad Harris. “The foundation has truly embraced its Art of Better Health program, which now touches nearly every public- and patient-facing area in our hospital.”

In the spring, five new installations and exhibitions opened in public areas on Level 2 of the hospital, made possible by generous donations to Natividad Foundation and our partners, including Kirk Kennedy, the Arts Council for Monterey County, SSB Construction, Monterey Bay Plein Air Painters Association, Heal Together and featured artists.

“This year, as Natividad Foundation celebrates our 35<sup>th</sup> anniversary, we recognize the partners and donors who have been instrumental in helping the hospital provide patient-centered care,” said Natividad Foundation President & CEO Jennifer Williams. “Art transforms the hospital experience at Natividad into a healing experience for everyone.”



**“The Rose River Memorial”** by Natividad staff, volunteers, Marcos Lutyens and Kirk Kennedy in Partnership with Heal Together.



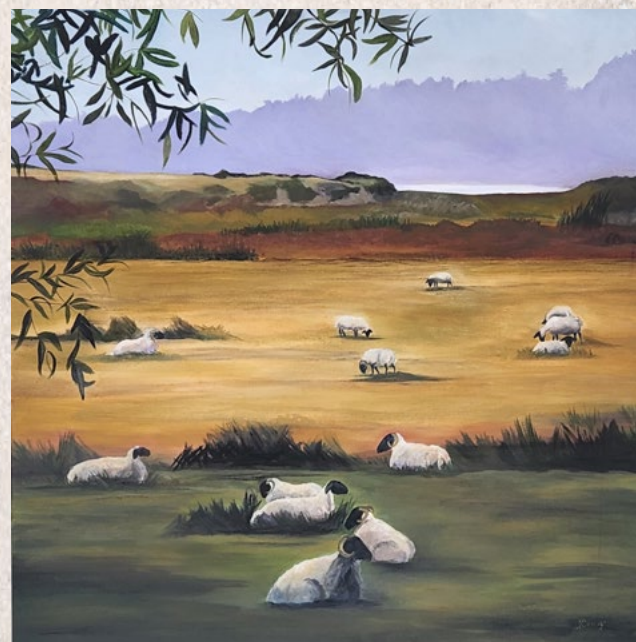
Monterey Bay Plein Air Painters Association exhibition, featuring paintings by 40 artists.



**“Historic Monterey Peninsula”** by Harriet Mayland and Kirk Kennedy.



**“Salinas Fog”** by Enid Baxter Ryce.



The Arts Council of Monterey exhibition, featuring 10 paintings by artists, including Annemarie Cassidy, Erin Lee Gafill and Lynn Zwagerman.



# Natividad Is Now a Blue Zones Worksite and Cafeteria



The Garden Café at Natividad is now a Blue Zones Project Approved® Restaurant! The Blue Zones Project is a community-wide well-being initiative aimed at helping make the healthy choice the easy choice.

Blue Zones Project Approved Restaurants demonstrate a commitment to offering smarter choices to their customers. The Garden Café at Natividad strives to provide a healthy variety of foods to our customers, supporting Monterey County's Healthy Food Policy and the Blue Zones Project.

Natividad also became a Blue Zones Project Approved Worksite in March 2022. Studies show that the small changes promoted by the program contribute to huge benefits for all of us: lowered health care costs, improved productivity, and ultimately, a higher quality of life.

## DID YOU KNOW?

Restaurant meals can weigh us down or lift us up. The typical entrée in an American restaurant weighs in at 1,000 calories. For the average adult, eating one meal away from home per week translates to gaining about two additional pounds a year.



## Easy Asian Wrap

By Ana Lopez, Natividad Cook

- 1 flour or whole wheat tortilla
- 4 tablespoons hummus
- 1 tablespoon dry chow mein noodles
- 4 tablespoons shredded cabbage and carrot mix
- Peanut dipping sauce

### DIRECTIONS

1. Spread hummus onto tortilla
2. Sprinkle other ingredients on top
3. Roll into burrito
4. Cut in half on diagonal
5. Serve with peanut dipping sauce on the side



The Garden Café at Natividad became a Blue Zones Project Approved® Restaurant in June. The nutritious and healthy food offered in Natividad's cafeteria is also offered to our patients.