



WHO'S WHO

On the Amazon
With a Sansum
Clinic Physician

3



POLYPMAN

Pays a visit to
Santa Barbara

7



BRILLIANCE

sansum CLINIC™ NEWSLETTER

Spring 2008

WELCOME TO BRILLIANCE!

Executive Message



We are eager to introduce you to Sansum Clinic's first issue of Brilliance. Ready to jump off the page with information, announcements and celebrations, we are energized by ever-new forms of Brilliance that occur at Sansum Clinic. Enjoy...

— Nancy K. Christel,
Vice President of Philanthropy

SANSUM CLINIC – IT'S PERSONAL

Spotlight on Our Community



My wife, Julie, and I consider ourselves very fortunate to live in Santa Barbara. In many ways, one of the wonders of our town is Sansum Clinic. As we grow older, the presence of this remarkable medical facility becomes even more important. One of the great advantages of Sansum Clinic is that all of the medical specialties you need are available under one roof. I had a complete knee replacement, which, unrelated to the surgery, was complicated by a staph infection one year later. My entire history was available to the Sansum Clinic infectious disease doctor. He was able to consult with my internist, surgeon and other specialists to give the best possible diagnosis and care, which enabled me to make a recovery. In

addition to the professional treatment, I found the doctors and staff to be caring, compassionate, and willing to take the time to answer all my questions. Despite the number of people who receive medical attention from Sansum Clinic, my issues were attended to expediently and with the utmost of care. I am hooked on Sansum Clinic. Among all of the donations we have made to

***"I am hooked on
Sansum Clinic."***

nonprofits, giving to Sansum Clinic has been a source of much satisfaction. We have seen our time and money benefit so many people through Sansum Clinic. At 84, I am into instant gratification. When I am being treated at Sansum Clinic, I can personally see how important our contributions are and how effectively they are used. There are few things more

cont. on page 4

CONTENTS

- 2 **WELL DONE**
Recognizing Fredy Dubon
- 2 **BRINGING WORLD CLASS PHYSICIANS TO SB COUNTY**
Building Sansum Clinic's Future
- 3 **TROPICAL MEDICINE GOES SOUTH**
Dr. Mary-Louise Scully
- 4 **EXCELLENCE**
Recognizing Outstanding Customer Service
- 4 **WE NEED**
Must Haves From the Budget
- 4 **HELPING OUR COMMUNITY**
Did you know?
- 5 **CONTRIBUTING TO HEART HEALTH**
Walking for Hearts
- 5 **CARING IN EPIDEMIC PROPORTIONS**
Moving Our Endocrinology Department in 2008
- 6 **A BREATH OF LIFE**
Sansum Clinic is Leader in Asthma Care
- 6 **SANSUM CLINIC EDUCATES**
Upcoming Sansum Clinic Classes
- 7 **WEALTH & HEALTH**
Providing the Gift of Healing
- 7 **SUPER COLON ARRIVES**
Strollin' through the Colon
- 8 **SAVING LIVES**
Virgil Elings
- 8 **TRIBUTE TO JIM SCHEINFELD**
Beloved Friend,
Chairman of our Board

BRINGING WORLD-CLASS PHYSICIANS TO SB COUNTY

Members of Partners Circle Build Sansum Clinic's Future

Sansum Clinic recognizes forward-thinking donors who give \$10,000 or more to endowment as members of Partners Circle. We are working to complete funding a \$1 million matching challenge grant to build our Physician Housing Assistance Endowment. Bringing the finest physicians to Santa Barbara County has distinguished Sansum Clinic for 87 years. Attracting and retaining the highest quality of medical and administrative personnel is a challenging funding priority. Through our Physician Housing Assistance Endowment, we have been able to hire new physicians who would not otherwise be able to consider coming to Santa Barbara.

Establishing a base of financial stability is a critical element for the long-term existence of an organization. Endowment is the platform upon which organizations rely to sustain them during times of financial hardship and strain. Building endowment happens through the generosity of grateful patients, faithful donors, and friends of Sansum Clinic.

If you would like to participate in the future of Sansum Clinic through a gift to endowment or planned gift, please call Nancy Christel, Vice President of Philanthropy at (805) 681-1810.



Fredy Dubon
Lompoc Maintenance Engineer

WELL DONE

Recognizing Excellence at Work

"I want to recognize and commend the recent work of Fredy Dubon. He has made possible reclamation of two rooms previously used only for random storage. Now, one functions as an additional patient room shared by Allergy, Rheumatology, Pulmonology and Urgent Care. The other is now an organized storage room in which it is easy and safe to access paper and patient care items. Though his skills are in high demand with multiple departments, Fredy is always ready to help. I personally value his effort in rehabilitating this added patient room. It improves my ability to care for my patients who often require extended time in an exam room to complete skin tests or treatments of acute asthma."

Sincerely,

Linda J. Gorin,
M.D.

**Good Job
Fredy!**

PARTNERS CIRCLE MEMBERS

Dr. and Mrs. Mortimer Andron *
Mr. and Mrs. Garrison E. Bielen
Bronwen Brindley, MD and John L. Warren
Leonard and Gretchan Broom
Lars E. Bruun-Andersen Family
Nancy K. Christel *
Mr. and Mrs. Charles Cox
Mr. and Mrs. Robert William Cox, Jr.
Nevill and Patricia Cramer
Joan and Roger Craton *
Robert G. and Elnora J. Cullier
Azile L. and Florence H. Currier
Dr. and Mrs. Wilton Doane
Dr. and Mrs. C. Christopher Donner
Dr. Gene and Ruth Ellis
Nancy Englander and Harold Williams *
Mr. and Mrs. J. Thomas Fly
Dr. and Mrs. H. Vernon Freidell
Timothy and Linda Gamble
Dr. Daniel and Jean Gibson
Gloria and Paul Griffin *
Ellie and Tom Harriman *
Paul and Felicie Hartloff *
Melville H. Haskell, Jr., MD
Vicki and Bob Hazard
Jeff and Judy Henley *
Harry and Joy Heron
Ardis O. Higgins
Vincent Jaccarino *
Paul and Jennifer Jaconette
Charles H. Jarvis
The Koper Family

Chuck and Rebecca Kaye *
Marion Crawley Lamont
Jon and Lillian Lovelace
In Memory of Eli Luria *
Lee Luria and Family
Raymond and Vicky MacGregor
Dr. Charles Markham *
Dr. James V. and Christine McNamara
Dr. and Mrs. George Messerlian *
Parker and Carolina Montgomery
John W. and Christine C. Morrisset
The Nadel Foundation *
Ben and Bernadette Newitt *
Mike and Dale Nissenson *
Mr. and Mrs. H.R. Peterson
Dr. and Mrs. Kurt N. Ransohoff
Drs. Ann and Mike Rice *
Ed and Bobbie Rosenblatt
Geoffrey Claflin and Alison Wrigley
Rusack Family Foundation
Richard and Maryan Schall
Jim and Elna Scheinfeld
Mark Scher *
Robert and Lynn Sinclair *
STW Fixed Income Management
Sean and Jennifer Thomas
Marsha and Bill Wayne
Samantha and Jeffrey Yim
Dorothy Wrightson
In Memory of Stella Zadeh *
David Gersh

* New in 2007



Dr. Mary-Louise Scully and Jean-Michel Cousteau

TROPICAL MEDICINE GOES SOUTH

On the Amazon With a Sansum Clinic Physician

Dr. Mary-Louise Scully is one of Sansum Clinic's specialists in Infectious Diseases and Travel and Tropical Medicine. She recently had the extraordinary opportunity to spend two weeks on the Amazon River with Jean-Michel Cousteau. Cousteau's Ocean Futures Society was filming a PBS special on the 25th anniversary of the original trek down the Amazon with his father, Jacques Cousteau. We interviewed Dr. Scully about her experience.

Q: The Amazon with Jean-Michel Cousteau! How did this come about?

A: The expedition's leader, Don Santee, initially came to me for pre-travel consultation, immunizations and malaria prophylaxis medications. We established an immediate friendship and he began sending other members of the team and eventually, Jean-Michel himself. Half-jokingly, Don invited me to come and be the team doctor. I said yes, and then they were stuck with me.

Q: What part of the expedition did you go on with them?

A: I joined the team in Tabatinga at the tri-border of Columbia, Peru and Brazil, and then traveled about 1,000 miles down the river to Manaus. The team included scientists, a dive team including Jean-Michel's children, Fabian and Celine Cousteau, and the camera and sound teams. Tim Trabon and Albert Falco, two of the original crew members from Jacques Cousteau's voyage twenty-five years ago kept us entertained with stories from the original expedition.

Q: Why a revisit to the Amazon?

A: The documentary explores what has happened over the 25 years with climate changes, deforestation, the fishing industry, and indigenous groups. The Amazon is a huge river, over 4,000 miles in length, and during the rainy season is sometimes as much as 28 miles wide. The people depend on the river for their food and living, but whether this is sustainable is questionable.

Q: Did you get to cure any tropical diseases while you were there?

A: No, I kept asking someone to come up with an interesting parasite for me to treat! The chef's assistant cut the tiny tip of her finger off, so I bandaged her up. And then there was a piranha bite.

Q: Piranha bite? That's exotic.

A: It was a pretty weak little piranha bite. One of the camera guys was filming the pink dolphins, and dangling his feet in the water just to keep cool, and a piranha took a nip of his toe. He was pretty lucky, especially since I'm a tropical disease doctor, not a surgeon!

Q: So you didn't do a lot of swimming in the Amazon?

A: Actually, pretty early in the trip, before I'd really thought about the piranhas or the caiman alligators or even the bacteria and parasites that might be lurking in the water, I did take a swim. Others were going in, so I didn't want to look too much like a chicken.

Q: Any other adventures?

A: Through a misunderstanding with the driver of a boat I was on, I got left on a small dock with just two reals (about \$1) in my pocket. I finally managed to hitch a ride with a lovely Brazilian couple on a little canoe – but their motor stalled three times while we were heading back up the river. It was pitch dark by the time we found the Ariau Acu. The team greeted me with, "Were you missing?"

Q: Would you like to go back?

A: In a minute. I regret I didn't have the chance to do any local medical work. Celine Cousteau and I learned that there is a high incidence of Hepatitis B amongst some of the indigenous tribes. With vaccination, Hepatitis B is completely preventable. We're still discussing this, but we've identified one tribe in particular that we're trying to raise money and governmental support for, so that we can go back and vaccinate them.

Q: What did you most take from this trip?

A: I loved how focused Jean-Michel and the team were, and their passion for the environment. Also – and why I love to travel – the more we experience and understand other cultures, the more we find we are more similar than different.

WE NEED

Must Haves from the Budget

The New Year regularly welcomes resolutions to get back in shape. There is no better antidote for good health than diet and exercise. In this issue, our “We Need” column features needs from our budget that are in the spirit of good health.

- 9 Treadmills, various locations, for cardiology and other health studies \$200,000
- Pulmonary exercise equipment for our Pueblo location \$50,000
- 8 New Exam Tables for Pediatrics \$24,160
- Telemetry Monitoring System for Cardiac Rehabilitation \$47,390
- Upgrade to Bone Density Machine \$30,000
- Digital Retinal Camera for Ophthalmology \$35,000
- 2 Hologic Selenia Digital Mammography Units \$640,681

If you would like to bring good health to our community by helping to purchase any or part of these items, please note the item of interest and make your gift of any amount payable to Sansum Clinic.

Thank You!



EXCELLENCE

Recognizing Outstanding Customer Service

Outstanding Customer Service awards are presented to departments that receive at least 5 patient compliments and no complaints during a quarter. **Lompoc Family Practice** was the Top Performer in 2007. Other departments receiving awards included:

Internal Medicine at Pueblo • Endocrinology
• Neurology • Lompoc Urgent Care

Congratulations!

CHECK OUT OUR WEBSITE

Did you know that our website www.sansumclinic.org has a directory of Sansum Clinic physicians and services? It's a handy way to locate and learn about your healthcare providers and recent honors our physicians have received. You can also keep up to date on the latest news, newest technology, and classes being offered at the Clinic. Visit Sansum Clinic online. We are here ... for your good health!

HELPING OUR COMMUNITY

Did you know? . . .

In 2007, Sansum Clinic donated more than 30,000 pills with a retail value of over \$12,000 to Doctors Without Walls – a local organization of local providers trying to help with the care of the homeless in Santa Barbara.

COVER STORY

continued from page 1

important to my wife and me than our health. We like to enjoy the latest technology in our recreations. We certainly deserve to reap the advantages of 21st Century medicine. Sansum Clinic has it all there in one place for the benefit of the citizens of Santa Barbara.

Jack Nadel



CONTRIBUTING TO HEART HEALTH

Sansum Clinic Benefits Our Community

Sansum Clinic providers and staff teamed up to walk in the Santa Barbara American Heart Association's Heart Walk September 21, 2007. Sansum Clinic also provided free preventative health screenings in the Heart Health Area for over 300 participants at the event.

CARING IN EPIDEMIC PROPORTIONS

Moving Our Endocrinology Department in 2008

Our Endocrinology Department treats diabetes and a number of other endocrine disorders. As health concerns in this area are growing into epidemic proportions, care, education, and first-rate medical treatment are vital to the good health of our community. Sansum Clinic is the only care facility between the LA Basin and the Bay Area that provides this extensive diabetes treatment and education under one roof. Though unbudgeted, new facilities are planned to provide needed space and enhanced services in 2008.

To help make this a reality, please call Jackie Laughton at (805) 681-7762.

CURRENT SPACE	NEW SPACE
2,535 square feet	3,375 square feet – 33% more space
Exam rooms and offices are separate from educators	Combined space for medical and educational facilities
No classroom space	2 Classrooms
No dedicated room for procedures	Procedure Room
Approximately one exam room for every physician	Approximately two exam rooms for every physician



Jerry and Geri Bidwell - above with Dr. Kurt Ransohoff, CEO and President, and Trustee Paul Hartloff - made the first gift toward improved space and facilities for Sansum Clinic's Endocrinology Department

- Approximately 14,000 patient visits annually.
- 7 diabetes classes are taught in Santa Barbara. Refer to chart on page 6.
- 3 additional classes are taught in Spanish.
- A set of diabetes classes is also taught in Lompoc.
- A glucose clinic is offered weekly and an insulin pump support group meets monthly.

Do you have diabetes or know someone who does?

Seven of every 100 people have diabetes. The Sansum Clinic Live Well with Diabetes education program helps people with diabetes to have a long and healthy life. Recognized by the American Diabetes Association, Live Well with Diabetes includes individual and group programs to learn about diabetes, nutrition, blood sugar monitors, current treatments, and even tips on shopping, cooking, and dining out.

To learn more about this program, or to participate, please call (805) 681-8976.

These tips for healthy eating will help anyone who is concerned about diabetes:

- Choose drinks with no calories
- Eat fruit in moderation
- Eat more vegetables of all colors
- Eat only small servings of bread, cereal, grain products, corn and potatoes
- Choose sweets less often
- If you are overweight, cut calories

SANSUM CLINIC EDUCATES

Upcoming Sansum Clinic Classes



A BREATH OF LIFE

Sansum Clinic is Leader in Asthma Care

Sansum Clinic has been designated a key partner by the local chapter of the American Lung Association to participate in a “Live Well Breathe Well” grant to enhance asthma education for adults in our community. The financial grant is a credit and testimonial that the American Lung Association continues to look to Sansum Clinic as the local leader in asthma care and asthma education.

For many years, children in Santa Barbara County have benefited from Sansum Clinic’s Camp Wheeze and other asthma education programs for youth.

“This grant will allow Sansum Clinic to provide new asthma education resources with a fresh focus on adult population and will dovetail beautifully with our existing asthma education program.”

Myron Liebhaber, MD
Asthma & Immunology Department

SANTA BARBARA	Start Date	Day	Time	Fee
Hip or Knee Replacement	03/07/08			
	04/04/08	Fri	1:00 - 2:30 pm	\$0
Byetta Instruction	03/10/08	Mon	5:00 - 6:00 pm	\$0
Diabetes Essentials	03/10/08			
	04/14/08	Mon	5:15 - 6:45 pm	\$8
Diabetes Blood Sugar Control	03/11/08			
	04/08/08	Tues	5:15 - 6:45 pm	\$8
Diabetes Education, Spanish Part 1	03/11/08			
	04/08/08	Tues	5:00 - 6:45 pm	\$8
Coumadin/Warfarin: Everything You Wanted To Know	03/12/08			
	04/09/08	Wed	10:00 - 11:30 am	\$0
Diabetes Nutrition	03/12/08			
	04/09/08	Wed	5:15 - 6:45 pm	\$8
Cholesterol Management (2 weeks)	03/17/08			
	04/21/08	Mon	5:15 - 6:45 pm	\$10
Diabetes Treatments	03/18/08			
	04/15/08	Tues	5:15 - 6:45 pm	\$8
Diabetes Education, Spanish Part 2	03/18/08			
	04/15/08	Tues	5:00 - 6:45 pm	\$8
Byetta Instruction	03/24/08			
	04/14/08			
	04/28/08	Mon	5:00 - 6:00 pm	\$0
Pre-Diabetes	03/24/08	Mon	Noon - 1:30 pm	\$8
Pre-Diabetes	04/30/08	Wed	5:15 - 6:45 pm	\$8
Weight Management Strategies	04/16/08			
	04/23/08	Wed	5:15 - 6:45 pm	\$10

Location:

Sansum Clinic, 215 Pesetas Lane, 3rd floor conference room, Santa Barbara
Advanced registration required. Call (805) 681-8976.

LOMPOC	Start Date	Day	Time	Fee
Cholesterol Management	03/06/08	Thur	5:30 - 7:00 pm	\$8
Cholesterol Management	04/03/08	Thur	Noon - 1:30 pm	\$8
Stress Management (4 weeks)	03/06/08	Wed	6:00 - 8:00 pm	\$0
Byetta Instruction	03/13/08			
	04/10/08	Thur	3:00 - 4:30 pm	\$0
Diabetes Essentials	03/13/08	Thur	5:30 - 7:00 pm	\$8
Diabetes Essentials	04/10/08	Thur	Noon - 1:30 pm	\$8
Diabetes Nutrition	03/20/08	Thur	5:30 - 7:00 pm	\$8
Diabetes Nutrition	04/17/08	Thur	Noon - 1:30 pm	\$8

Location:

Sansum Clinic, 1225 North H Street, 1st floor conference room, Lompoc
Advanced registration required. Call (805) 737-8700.

WEALTH & HEALTH

Providing the Gift of Healing

Sansum Clinic is moving into 2008 with gusto. We are excited about providing excellence in comprehensive health care through teamwork, community collaboration, research and education. Providing the gift of healing is a community effort. It is through the philanthropic heart of our community that Sansum Clinic is able to give of itself to the residents of Santa Barbara County. As we strive to assist with replenishments to our budget through fundraising, we are already energized by preliminary successes.

If you would like to be a part of the gift of healing, please call Jackie Laughton at (805) 681-7762

SUPER COLON ARRIVES

Strollin' through the Colon

The ultimate human body adventure, this 20-foot long, 8-foot high inflatable replica of the human colon presents an unbeatable visual learning tool for kids, young and old. Strollin' through the colon, visitors got a close-up look at both healthy and unhealthy tissue. Sansum Clinic doctors Hahn, Hobson, and Petrini guided tours through the Super Colon's larger-than-life-sized colon polyps and various stages of colon cancer, and answered questions about diseases such as Crohn's and Colitis.



Dr. Hobson educates the public as they go Strollin' through the Colon.



Dr. Petrini and Polyypman strike a pose.

WE WILL...

...continue to invest in the good health of our community

WELLBEING

Colon Cancer Screening

Q: When should a person get screened for colon cancer?

A: Generally, at age 50 for average risk patients.

There are a number of different screening methods to use. The important thing is to have screening done. Over 90% of people diagnosed with colorectal cancer are older than 50.



Virgil Elings and Dr. John Petrini

SAVING LIVES

A Saved Life Saves More Lives

Virgil Elings has partnered with Sansum Clinic to provide free colonoscopies for individuals who would otherwise be unable to receive this preventive screening. Through the generous gift of Mr. Elings, Sansum Clinic physicians will perform free colonoscopies for 100 individuals in 2008. Through this partnership, we hope ultimately to provide 1,000 free colonoscopy screenings. This is truly a gift that will save lives. Mr. Elings believes a colonoscopy saved his life. His gift may save your life.

TRIBUTE TO JIM SCHEINFELD

Remembering James David Scheinfeld

November 11, 1926 - December 8, 2007
Beloved friend, remarkable man.

Sansum Clinic Trustee since 1990.
Honorary Trustee in 2007.
Chairman of the Board 2005-2007.

Served on the following committees:

Finance & Audit, Long Range Planning,
Executive, Nominating & Governance,
and Advisory.

Co-Chair of Marketing & Development
Committee.

He made a difference.



GIFTS MADE IN MEMORY OF JIM SCHEINFELD

Margje Becker
Ms. Nancy K. Christel
Mr. and Mrs. J. Thomas Fly
Michael and Susan Freeman
Madeline E. Gandy
Ursula Greditzer

Lynn Winter Gross and
Martha Gross
Jane and Norman Habermann
Bob and Vicki Hazard
Edward Levy
Mrs. Leatrice Luria

Audrey Mann
Mr. and Mrs. James L. Pattillo
Mr. and Mrs. Ed Rosenblatt
Mr. and Mrs. Dick Schall
Edith and Paul Sobel
Maureen and Bernard White



Nancy K. Christel
Vice President of Philanthropy

Lorna Berger
Director of Development

Mark Ortgies
Marketing & Business Development

Jackie Laughton
Development Coordinator

Additional Contributors:

Kim Hurley, RN
Director of Nursing

Joanne Wall, RN
Clinical Resource Manager

Margaret Weiss, MPH
Director, Health Ed

Sharon Mollan
Quality Management Mgr

Sansum Clinic Philanthropy

470 South Patterson Avenue
Santa Barbara, CA 93111
(805) 681-7762

A nonprofit organization
All gifts are tax-deductible
to the extent allowed by law.
Tax ID #: 95-6419205

MISSION

Excellence in comprehensive health care
through teamwork, community
collaboration, research and education.

OUR VALUES

Integrity, Trust and Accountability
Compassionate Care
Committed to Superior Service
Teamwork and Respect
Individual Worth and Diversity



Design by Idea Engineering