



In this Issue

- 1 Medical Executive Committee Approvals
- 2 International Self-Care Day - July 24
- 3 Women's Heart Symposium 2024
- 4 Medical Staff Assistance Program
- 5 SOS Program
- 6 TorranceMemorial-Staff Wifi for Device
- 7 Physician Luncheon - July 3
- 8 Physician Luncheon - July 10
- 9 Medical Staff Calendar
- 10 New Practitioners
- 11 Roster Updates



MEDICAL EXECUTIVE COMMITTEE APPROVALS

Items approved at the last Medical Executive Committee meeting can be viewed by using this website link and selecting the particular month:

<https://www.torrancememorial.org/for-providers/medical-executive-committee/>

If you have any questions, please contact the Medical Staff Services Department at (310) 517-4616.



July 24 is . . .

INTERNATIONAL SELF-CARE DAY

International Self Care Day will be celebrated on Wednesday, July 24, 2024. The day was established in 2011 by the International Self-Care Foundation (IFS), a UK-based charity, to promote self-care as a vital part of health and to encourage people to make it a part of their lifestyle. The World Health Organization (WHO) now recognizes the day as the conclusion of Self-Care Month, which begins on June 24.

Self-care can help improve both physical and mental health, and can even have a big impact when practiced in small ways throughout daily life. Some benefits of self-care include:

- **Reduced stress, anxiety, and depression**
- **Improved concentration**
- **Reduced anger and frustration**
- **Increased happiness**
- **Improved energy**
- **Lower risk of illness**

Here are some ideas for things to do on a self-care day:

- **Spend time in nature**
- **Exercise**
- **Get enough sleep**
- **Disconnect from technology**
- **Read a book**
- **Spend time with friends and family**
- **Practice meditation or mindful breathing**
- **Journal**

Women's Heart Symposium - September 6



Lundquist Lurie
Cardiovascular
Institute



Save the date:
September 6

Torrance Memorial Women's Heart Symposium 2024

For Physicians and Healthcare Professionals Only

*To Support the Vision of the
Lundquist Lurie Cardiovascular Institute*

Friday, September 6

Breakfast/Registration: 7 am to 7:45 am

Conference: 8 am to 12:30 pm

Torrance Memorial Hoffman Health Conference Center

3315 Medical Center Drive, Torrance, CA 90505

Conference will be also available virtually.

Zoom details provided in registration confirmation.

STATEMENT OF NEED: Cardiovascular disease remains the leading cause of death in women in the United States. One in three women will die from cardiovascular diseases each year and in some racial or ethnic minorities the death rate is even higher. The Torrance Memorial Women's Heart Symposium will be a half-day professional conference focused on promoting comprehensive understanding of heart disease in women. Topics will include risk factors, prevention, clinical presentation, treatments and outcomes of cardiovascular disease in women.

TARGET AUDIENCE: Cardiologists, internists, family practitioners, endocrinologists, cardiac surgeons, OB/GYN, electrophysiologists, emergency physicians, nurses and other healthcare professionals.

EDUCATIONAL OBJECTIVES: Upon completion of this program participants should be able to:

- Educate health care providers on gender-approaches in prevention, diagnosis and treatment
- Increase awareness of cultural disparities associated with cardiovascular disease risk, including ethnicity, age and gender
- Educate healthcare providers on the latest diagnostic tools and therapeutic options

FEES:

Torrance Memorial, Cedars-Sinai, Huntington Health Physicians, Nurses and Employees - \$50

Non- Torrance Memorial and Cedars-Sinai Health System Physicians, Nurses and Employees - \$75

Fees include lectures, continental breakfast, snacks and syllabus. Pre-registration is required.

A full refund will be given if this activity is cancelled. No refund will be given if participant cancels within 48 hours of the activity.

To register visit our website at <http://TorranceMemorial.org/womensheartssymposium> or call 310-891-6726. For more details please visit our website.

SPEAKERS

8:05-8:35: NADIA J CURRAN, MD -
Torrance Memorial - *Hormones & Cardiovascular Disease*

8:40-9:05: CYNTHIA WILLIAMS, MD -
Torrance Memorial - *Diabetes & Cardiovascular Disease*

9:10-9:35: CHRIS MATCHISON, MD -
Torrance Memorial - *Introduction to the Cardiogenic Shock Program*

9:40-10:05: JANET WEI, MD -
Cedars-Sinai - *Evaluation of INOCA/MINOCA*

10:30-10:55: BRENTON BAUER, MD -
Torrance Memorial - *Risk Factor Evaluation: Beyond the Lipid Panel*

11:00-11:25: KAROL WATSON, MD -
UCLA - *CVD Prevention*

11:30-11:55: MATTHEW OSTROM, MD -
Torrance Memorial - *Palpitations and the Utility of At-Home Rhythm Monitors*

12-12:30: MICHELLE KITTLESON, MD -
Cedars-Sinai - *Updates in HFpEF*



Endorsed by the American
College of Cardiology



California
CHAPTER



Torrance Memorial Medical Center is accredited by the Accreditation Council for Continuing Medical Education/ California Medical Association (ACCME/CMA) to provide continuing medical education for physicians..

Torrance Memorial Medical Center designates this live activity for a maximum of 4.5 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

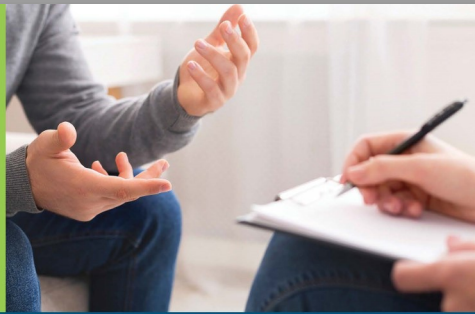
Provider approved by the California Board of Registered Nursing, Provider Number 300, for 4.5 contact hours.

MSAP and SOS Programs

MEDICAL STAFF ASSISTANCE PROGRAM



PHYSICIAN ASSISTANCE PROGRAM (PAP)



Physicians who are experiencing personal struggles and/or problems are eligible to receive up to ten free counseling visits per calendar year (Physician Assistance Program.)

PAP has been directed and coordinated by Dr. Moe Gelbart and provided by a team of therapists located at Torrance Memorial McMillen Medical Building and other locations throughout the South Bay, as well as telehealth visits.

- PAP provides short term counseling, assessment, and referral for:
 - personal, family, and work issues
 - chemical dependency
 - financial and legal issues
- All information is held in strictest confidence

NO REFERRAL NECESSARY

Call Dr. Moe Gelbart at x44935 (310-784-4935) or x75751 (310-257-5751) for an appointment

Please identify yourself as a Torrance Memorial employee or family member.



PHYSICIAN ASSISTANCE PROGRAM

McMillen Medical Building
3333 Skypark Drive, Suite 200, Torrance, CA 90505
Extension 44935 (310-784-4935) or x75751 (310-257-5751)

Eligible Medical Staff members may self-refer to the Program by calling **GELBART AND ASSOCIATES**

at (310) 257-5751

Inquiries will be held in strictest confidence.

Self-referrals are limited to up to ten (10) visits to program counselors. The program counselor may immediately refer clients to a qualified professional in the community for continued care after an initial assessment, if the counselor determines that more than ten (10) visits are necessary.

Torrance Memorial Medical Staff provides members of the Medical Staff with professional and confidential assistance through a Medical Staff Assistance Program (MSAP) at no cost to members for ten (10) crisis and intervention visits per calendar year. This service proves members with a constructive way to deal with personal problems which may be affecting behavior and clinical performance. It is the belief that dealing with these problems preemptively may alleviate issues related to clinical performance, clinical privileges and/or membership. However, member involvement in this or any other rehabilitation program does not excuse or limit the obligation of members to meet Torrance Memorial Medical Staff's Bylaws, Rules and Regulations and policies/procedures or standards.

SUPPORT OUR STAFF



Support Our Staff

- Need to talk through a difficult situation you have encountered? A case that is bothering you? Or perhaps a personal issue that has been difficult to process? **Help is only a call away!**
- The **S.O.S.** team is comprised of volunteers trained in critical incident stress management who will provide you with a “safe zone” to express thoughts and reactions to enhance coping.

Common reactions to a stressful life event include:

Physical Symptoms	Psychological Symptoms
<ul style="list-style-type: none">• Sleep disturbance• Difficulty concentrating• Fatigue	<ul style="list-style-type: none">• Fear• Grief• Depression• Self-doubt• Extreme sadness

- You’ve cared for our patients and community, now let us care for you! S.O.S. is confidential, FREE, and available 24/7.

Simply call 310-997-7444 or x79100 and leave a message (you will be called back within 24 hours)



Alternatively, you may contact:

DR. ZACHARY GRAY zachary.gray@tmmc.com at 310-869-3713 or

LAYNE KELLEY at layne.kelley@tmmc.com or 310-517-4719

to request S.O.S.



HELP IS ONLY A CALL AWAY!



Staff and Physicians must use this wireless network with any personal device

TorranceMemorial-Staff

1. Use your network credentials to authenticate and connect.
2. Once you have authenticated and connect, you will remain connected until you click "Forget This Network" in your device's Settings.
3. You should now use this new this network instead of the TMMC-Guest network.
4. Make sure you are on the TMMC campus before going through these instructions.





SUMMER BBQ

Please join us for our upcoming hosted

Physician Luncheon

WEDNESDAY, JULY 3

from 11am to 2pm

Sponsored by



**TORRANCE
MEMORIAL**

An Affiliate of
 **Cedars
Sinai**



KEBAB DAY

Please join us for our upcoming hosted

Physician Luncheon

WEDNESDAY, JULY 10

from 11am to 2pm

Sponsored by



**TORRANCE
MEMORIAL**



An Affiliate of
**Cedars
Sinai**

Medical Staff Calendar

July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1	2 8:00a Transitional Care Unit 12:30p Infection P&T Committee	3 7:00a CV Review Conference	4 	5 7:00a Thoracic Tumor Board
8 12:30p Credentials	9 6:00p Medical Exec. Comm.	10 7:00a Anesthesia Dept. 7:00a CV Review Conference 12:30p Medicine Department 12:30p C-Section	11 7:00a Cardiac PI 7:00a Breast Tumor Board 7:45a GI Tumor Board	12 7:00a Thoracic Tumor Board 12:30p Neurovascular M&M
15 7:30a IRB 12:00p Burn & Wound	16 12:30p EDIE Patient Care	17 7:00a CV Review Conference	18 7:00a Breast Tumor Board 7:45a CNS Tumor Board 8:00a Hunt Cancer Inst 8:30a Endocrinology WT- C 9:00a Emergency Dept. 12:30p Donor/Trans 12:30p Pediatric Department	19 7:00a Thoracic Tumor Board 7:00a Physician Resiliency
22	23 7:00a Cancer Committee 12:30p OB/GYN Dept.	24 7:00a CV Review Conference 12:30p Critical Care Committee	25 7:00a Breast Tumor Board 7:45a GI Tumor Board 8:00a Family Practice 12:30p Credentials 12:30p Stroke (In Person) RmD 5:00p Bariatrics Committee	26 7:00a Thoracic Tumor Board 7:00a Physician Resiliency
29	30 7:00a Cancer Committee	31		

 **CME CONFERENCES**
Date: Wednesdays, 12:30 p.m.
Location: Hoffman Health Conference Center

Torrance Memorial Medical Center is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians.

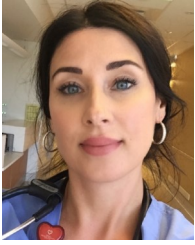
Torrance Memorial Medical Center designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For up-to-the-minute conference information call (310) 784-8776 or visit: http://www.torrancememorial.org/For_Physicians/Wednesday_CME_Conferences.aspx

- July 3, 2024**
To be announced
- July 10, 2024**
To be announced
- July 17, 2024**
To be announced
- July 24, 2024**
To be announced
- July 31, 2024**
To be announced



Welcome New Practitioners



Bella Albakova, PA
Physician Assistant
Cardiac Thoracic
Torrance Memorial Cardiothoracic Surgery
2841 Lomita Blvd 310
Torrance, CA 90505
Phone: (310) 784-6946
Fax: (310) 326-6005



Claire E. Brown, MD
Infectious Disease
UCLA Health Santa Monica
1245 16th Street, Suite 307
Santa Monica, CA 90404
Phone: (310) 481-4242
Fax: (310) 319-3877



Kurosh Majd, MD
Radiology
Torrance Radiology Medical Group
3330 Lomita Blvd. - Radiology Dept.
Torrance, CA 90505
Phone: (310) 517-4675
Fax: (310) 517-4745



Sridhar M. Reddy, MD
Interventional Cardiology
Epic Cardiology
501 E. Hardy Street Suite 315
Inglewood, CA 90301
Phone: (310) 419-8610
Fax: (310) 680-1919



Physicians/AHP Roster Updates

Address Changes

David Chan, MD

Oncology Hematology

Torrance Memorial Physician Network -
Cancer Care
3285 Skypark Dr
Torrance, CA 90505
Phone: (310) 750-3300
Fax: (310) 325-1060

Vanessa Dickey, MD

Oncology Hematology

Torrance Memorial Physician Network -
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3285 Skypark Dr
Torrance, CA 90505
Phone: (310) 750-3300
Fax: (310) 325-1060

Hugo Hool, MD

Oncology Hematology

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3285 Skypark Dr
Torrance, CA 90505
Phone: (310) 750-3300
Fax: (310) 325-1060

Andrew G. Horodner, MD

Oncology Hematology

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Syed M. Jilani, MD

Oncology Hematology

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3285 Skypark Dr
Torrance, CA 90505
Phone: (310) 750-3300
Fax: (310) 325-1060

Address Changes

Thomas E. Lowe, MD

Oncology Hematology

Torrance Memorial Physician Network -
Cancer Care
3285 Skypark Dr
Torrance, CA 90505
Phone: (310) 750-3300
Fax: (310) 325-1060

Annahita Pourmand, MD

Hospitalist, Internal Medicine

23639 Hawthorne Blvd #200
Torrance, CA 90505
Phone: (310) 370-4660
Fax: (310) 793-0710

Swati Sikaria, MD

Oncology Hematology

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3285 Skypark Dr
Torrance, CA 90505
Phone: (310) 750-3300
Fax: (310) 325-1060

Justin Wayne Tiulim, MD

Oncology Hematology

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Phone: (310) 750-3300
Fax: (310) 325-1060

Resignations

Maureen O'Neill, MD

Pediatrics

Morgan Renner, MD

Ophthalmology

Babak Shabatian, MD

Ophthalmology

Retirements

Arun K. Mittal, MD

Cardiothoracic Surgery

Leave of Absence

Jung H. Li, NP

Nurse Practitioner Adult

Anna L. Rourke, NP

Nurse Practitioner Cardiology

Tiffany V. Wang, MD

Otolaryngology

H. Tara Yawata, DO

Family Medicine

The Medical Staff Newsletter *ProgressNotes*

is published monthly for the Medical Staff of Torrance Memorial Medical Center.

Oren Zaidel M.D.

Chief of Staff

Layne Kelley, MA, CPHQ, CPMSM

Director, Medical Staff Services & Performance Improvement

MONTHLY MEDICAL STAFF NEWSLETTER

Progress Notes



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