

DISTRICT HEALTH NEWS

Marin Healthcare District. Creating a Healthier Marin Together.

WINTER/SPRING 2014

Building a Better Hospital

We are thrilled to report that with the recent passage of Measure F, our community has voiced their support for the construction of a fully modern, seismically safe health care destination to serve our entire area. We are already in the planning stages for a new, improved, state-of-the-art facility. Designed by the renowned architectural firm Lee, Burkhardt, Liu, Inc., the new Marin General Hospital (MGH) will incorporate the best principles and standards for contemporary hospitals.

The Marin General Hospital campus will incorporate the following new and upgraded facilities and features:

- Increased parking for patients, visitors, physicians, and staff, as well as a dedicated bus stop on Bon Air Road
- A new 100,000-square-foot ambulatory services building
- A 265,000-square-foot hospital replacement building offering acute care services
- Renovated existing hospital wings, including the West Wing emergency department and surgery suite and non-acute outpatient care areas in the Central and East Wings



- Spacious, private patient rooms and generous use of natural light in public and patient areas
- Wayfinding for easy access and flow throughout the hospital
- New crosswalks and pedestrian walkways, as well as the addition of two traffic lights to improve public safety

Our vision is to create a healing environment for patients—one that is safe, efficient, and in line with the best practices in modern hospital design.

COUNTDOWN TO CONSTRUCTION

Construction activities for the new Marin General Hospital, including demolition of some existing buildings on campus, will be executed in a way that promotes and protects the health, safety, and convenience of the care we deliver. Medical services will remain uninterrupted throughout construction and plans are in place to provide adequate parking.

Phase I (2014–2015)

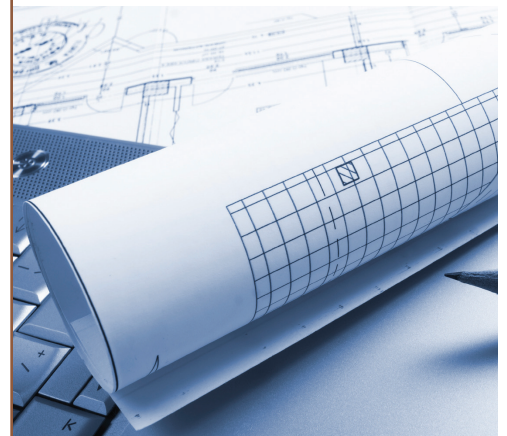
Project begins with parking improvements

Phase II (2015–2019)

Initial work on the West Wing, relocation of healthy palms and other plants, and construction of the hospital replacement building

Phase III (2019–2020)

Renovation of the West Wing emergency department and surgery suite



New Hospital: As Green as It Gets

Marin is an exceptionally green place, with a stunning natural setting and a community committed to sustainability and respect for the environment. The building materials and landscaping elements for the new Marin General Hospital campus will reflect our county's unique characteristics and celebrate its beauty. The new building's facade will consist of glass and metal panels, complementing the exterior of the existing West Wing. Informal landscaping throughout the campus will feature native plants, to enhance the character of the surrounding natural environment and take advantage



of views of Corte Madera Creek, hillsides, parks, marshlands, and Mount Tamalpais. A serene healing garden will be planted near the West Wing of the existing hospital across the street from Hal Brown Park, providing patients and visitors with a peaceful environment for reflection and relaxation. Green metal screen walls overplanted with climbing plants will camouflage the parking structures.

Construction of the new facilities is designed to achieve a rating equivalent to Leadership in Energy & Environmental Design (LEED) or Green Guide for Health Care (GGHC) accreditation. These ecologically conscious elements include:

- Storm water design
- Water-efficient landscaping
- Building systems operating at optimal efficiency
- Construction waste and air quality management plans
- Low-emitting materials, adhesives, sealants, paints, and flooring
- Emergency lighting used only during evening hours

To Your Health!

Tips for Healthy Living from Our Primary Care Physicians

It's New Year's resolution time again. Time to stop smoking, eat right, and lose weight. All worthy goals—especially smoking cessation—but the Marin Healthcare District Medical Care Centers would like to suggest a few additional resolutions you might want to make for a healthier 2014:

STOP PUTTING OFF YOUR YEARLY PHYSICAL

You'd be surprised how many "silent killers" there are. High blood pressure. Elevated cholesterol levels. Hypertension. Early stage cancers. A yearly check can detect them all. If you don't have a primary care physician (PCP) yet, call 1-855-830-6003 for a referral near you.

DO A YEARLY MEDICATION AUDIT

If you take supplements or multiple medications prescribed by several specialists, you should watch out for potentially dangerous medication interactions. As the doctor responsible for your overall health, your PCP can help you reconcile all your prescriptions to help keep you safe and well.

EXERCISE FOR YOUR BODY – AND YOUR MIND

Take your brain for a brisk walk. Two and a half hours of exercise per week—just 25 minutes a day—is enough to reduce your risk of heart disease, high blood pressure, stroke, cancer, diabetes, osteoporosis, depression, and even dementia.

PICTURE YOUR PLATE

Nutritional math is not just about counting calories. For a healthier diet, try practicing a little plate geometry. Imagine your plate is divided into halves. Fill one half with vegetables. Now divide the other half into two quarters. Fill one quarter with protein (fish, meats, beans) and the other half with whole grains such as quinoa, barley, or brown rice. This is the ideal food group balance for healthy living.



KNOW YOUR FAMILY HEALTH HISTORY

Do any health issues run in your family? This can help your doctor assess whether you might be at risk for a variety of medical issues. Family gatherings are a great opportunity to discuss this, especially with older relatives who may know about family illnesses that occurred before your time. Once you've gathered this information, the U.S. Department of Health and Human Services offers an online tool called My Family Health Portrait that can help you organize your family health information. To access the tool, go to www.hhs.gov/familyhistory/portrait. And of course, share this information with your doctor.

The Newest Additions to Our Network

Marin Healthcare District (MHD) is a publicly elected, nonprofit entity responsible for promoting the health and welfare of the people of Marin. In addition to owning Marin General Hospital in Greenbrae, we strive to maintain a high level of care throughout our community. To this end, we have established nine medical care centers throughout Marin County. The newest of these, which opened in 2013, are listed below:

Tamalpais Internal Medicine

The latest addition to our primary care network boasts an exceptional team of primary care physicians (PCPs). PCPs treat most common medical issues, liaison with specialists, coordinate essential screenings and regular exams, and give advice on healthy living. Tamalpais Internal Medicine provides easy access to the vast resources of Marin General Hospital and an exceptional network of specialists.



Sajot S. Grewal, MD



Elizabeth Lowe, MD

Marin Endocrine Center

The board-certified, fellowship-trained experts at Marin Endocrine Center provide state-of-the-art care for patients with endocrine and metabolic disorders. Services include education, prevention, treatment, and management of diabetes mellitus, glycemic issues, gland disorders (including those of the thyroid, pituitary, and parathyroid), and hormonal issues (including low testosterone and osteoporosis).



Richard I. Bernstein, MD, FACE



Jyoti Bhat, MD



Linda M. Gaudiani, MD, FACP, FACE

Marin Urology Center

The Marin Urology Center offers leading-edge urological care. Areas of expertise include benign prostatic hyperplasia, bladder cancer, kidney cancer, and prostate cancer. Known for surgical expertise, the Marin Urology Center's capabilities include urological reconstructive surgery, robotic surgery for urological conditions, and other sophisticated procedures. The center is one of very few places in the Bay Area to offer robotic surgery for cancers of the prostate, bladder, kidneys, and adrenal glands. These minimally invasive procedures enable the surgeon to locate and remove tumors with unmatched precision.



R. James Yu, MD



Marin Healthcare District Medical Care Centers offer access to primary and specialty care physicians conveniently located throughout Marin. Visit www.marinhealthcare.org to see office locations.

Cardiovascular Center of Marin
415-927-0666

Marin Endocrine Center
415-461-1780

Marin Internal Medicine
415-464-8169

Marin Urology Center
415-461-4000

North Marin Internal Medicine Specialists
415-897-3174

San Rafael Medical Center
415-256-1980

Sirona Vascular Center
415-925-8346

Tamalpais Internal Medicine
415-795-7000

West Marin Medical Center
415-663-1082



Marin Healthcare District Medical Care Centers
Your primary source for high-quality care



FollowMyHealth™ Patient Portal

We're excited to announce a secure, convenient way to manage your health online and communicate directly with your physician through FollowMyHealth.

FollowMyHealth enables you to:

- Obtain your health information including health history and personal health records online
- Complete and submit forms before your doctor's appointment
- Download, fax, and e-mail select health information
- View clinical summaries and lab work
- Request appointment times and medication refills

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