

# For Your HEALTH

Committed to the Health & Well-Being of El Dorado County

SPRING 2023

A close-up, low-angle shot of a person's legs in athletic shoes walking on a path. The sun is low on the horizon, creating a warm, golden glow and lens flare effects. The person is wearing black and red athletic shoes. The path is made of gravel or small stones.

## The Mental Health Benefits of Walking



**MARSHALL**  
MEDICAL CENTER

It's about you

- ▶ Sit All Day? Prevent Common Injuries
- ▶ All About Cancer Clinical Trials
- ▶ Marshall to Expand in El Dorado Hills

# Sit All Day? How to Prevent These Common Injuries

Here are tips for preventing the aches and pains that come from your desk job.

Do you spend your day sitting at a desk and looking at a computer? Whether you work in an office or from home, you may notice that you experience uncomfortable or even debilitating aches and pains from your job. So what can you do (short of figuring out how to retire early) to avoid or alleviate the discomfort while still getting your work done?

Workplace injuries for desk jockeys (people who spend most of their time sitting at their desks for work) typically include back, hip, neck, shoulder, elbow, wrist and eye strain or pain. The good news is that you may be able to avoid discomfort by making a few changes to how you work throughout the day.

Here are some tips for preventing these common aches and pains:

- **Back pain.** The biggest complaint from many people who sit all day is that their lower back hurts. Whether you experience an occasional twinge or chronic pain, adjusting your posture and ensuring you have enough support are key. Your back should rest against the back of your chair and feet should be flat on the floor. Sitting upright with good posture helps keep your spine aligned so there's less strain on muscles and ligaments. Getting up often to move and stretch helps alleviate pain and stiffness. Doing core exercises, such as crunches, may also help.
- **Neck pain.** Feeling an ache in your neck or shoulders? That may be due to the placement of your keyboard and monitor. If they're too far away, your neck juts out and your shoulders tilt forward. Looking down at your phone can also cause the same problem. So does placing your monitor to the side, which forces your neck into an



awkward position. All of this causes your spine to be out of alignment, putting strain on muscles and ligaments. Improving your posture, positioning monitors properly and doing neck stretches can help.

- **Wrist pain.** Discomfort in your wrist may be caused by overuse (doing the same thing repetitively) and improper wrist positioning. Over time, wrist pain can lead to a more serious issue known as carpal tunnel syndrome. This refers to compression of a nerve in the wrist that causes pain, numbness, tingling and weakness. To prevent wrist issues, get a wrist rest for your keyboard and keep wrists in a horizontal position—not higher than your

hands or resting on your desk. Take breaks throughout the day and gently stretch arms, wrists and hands.

- **Eye strain.** Staring at a screen can take a toll on your eyes. If your monitor is too far or too close, it can cause eye strain because your eyes have to work harder to focus. Your eyes may also feel dry because people tend to blink less often when looking at screens. One of the best ways to ease eye strain is to follow the 20-20-20 rule. Every 20 minutes, spend at least 20 seconds looking at something at least 20 feet away. Also make sure monitors are positioned at a distance that makes it easiest for you to see clearly.

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## ABOUT MARSHALL MEDICAL CENTER

Marshall Medical Center is an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 111 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has nearly 220 licensed providers and a team of over 1,400 employees providing quality healthcare services to the residents of El Dorado County.

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**MARSHALL MEDICAL CENTER**  
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[www.marshallmedical.org](http://www.marshallmedical.org)

It is intended to provide information about health in general as well as healthcare services and resources available in El Dorado County. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

To reach the editor of For Your Health, contact Lourdes Edralin at 530-626-2675 or [ledralin@marshallmedical.org](mailto:ledralin@marshallmedical.org)

# All About Clinical Trials for Cancer Treatment



A cancer clinical trial compares standard treatment with new approaches that doctors hope will be even more effective. New cancer treatments are thoroughly tested in the laboratory, often for many years, before they become available to patients in clinical trials. Patients in clinical trials are closely followed by a team of top UC Davis physicians, researchers, nurses and staff, and receive, at a minimum, the most appropriate standard treatment.

A clinical trial is a research project conducted with men, women or children to determine if an experimental drug, device or procedure is safe and effective. It may also be referred to as a study, protocol, survey or experiment. Conducted in phases, if a new treatment is found to be superior, it becomes the new standard of care.

Participating in a clinical trial means you have access to new treatments even before they become available and you help others by contributing to medical research. Each clinical trial has a protocol, including a plan, benefits, and the risks of research. Participants are asked to record information about how they are doing and return for follow up visits to evaluate if the research is producing intended results.

California law requires most health insurers to cover the costs of cancer clinical trials.

And some trials may even pay patients for their time and transportation.

“The process for obtaining information and access to clinical trials is quick and smooth,” said Catherine Poggio, Clinical Research Coordinator at Marshall Cancer Center. Most clinical trials may be done on-site at the Cameron Park location, including study visits and lab work.

“What’s more, the clinical trials are open to any cancer patients in the community, not just Marshall patients,” she added.

### Talk with your doctor

The more you know about cancer clinical trials, the easier your choice will be. Have conversations with your doctor about all treatment options, including clinical trials. Ask questions such as:

- Is there a clinical trial going on right now for my type of cancer?
- Am I eligible for that trial?
- What drug or treatment is being studied?
- What are the potential risks and benefits compared to standard treatment?

The latest in cancer care is now available at Marshall Cancer Center, a UC Davis Health Affiliate. As a member of the UC Davis Health Cancer Care Network, Marshall’s patients have access to leading-edge medicines and treatments, including early-phase clinical trials of new therapies and treatment approaches.

For more information about cancer clinical trials at Marshall Cancer Center and UC Davis Health, contact Clinical Trial Coordinator **Catherine Poggio** at [cpoggio@marshallmedical.org](mailto:cpoggio@marshallmedical.org).



For more information about Marshall Medical Center, visit [www.marshallmedical.org](http://www.marshallmedical.org) or follow us on Facebook/[marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), [twitter.com/MarshallMedical](https://twitter.com/MarshallMedical), on YouTube, LinkedIn and on Instagram

# How Walking Affects Your Mental Health



Need a pick-me-up? Just lace up your sneakers and put one foot in front of the other!

There's no denying that there are numerous health benefits to walking. Walking has been linked to reduced cholesterol and blood pressure and improved heart health. It may lower your risk of type 2 diabetes and other chronic health conditions. A daily walk can help you lose weight or maintain

weight loss. And it may improve sleep and increase your energy. But that may only be the tip of the iceberg when it comes to the benefits this easy-to-do activity offers.

In addition to the physical health benefits associated with walking, there are also mental health benefits. In fact, simply lacing up your shoes and taking a walk may be one of the best things you can do for your overall well-being.

Here's how walking may improve your mental health:

- Boosts your overall mood
- Eases stress and anxiety
- Helps reduce symptoms of depression
- Increases mental alertness (and may slow cognitive decline)
- Improves self-esteem and body confidence



**GOLD  
COUNTRY  
HALF**  
HALF MARATHON +5K

Walk for Mental Health Awareness at the Gold Country 5K and Half Marathon presented by Marshall Medical Center. Sign up to walk or run at the annual event on Sunday, May 21, at the El Dorado Hills Town Center by visiting [goldcountryrun.com](http://goldcountryrun.com). If you'd like to support Marshall's efforts to provide mental health education, donate to the Marshall Foundation on the race registration site.

"Regular exercise, even something as simple as walking 15 minutes a day, directly impacts mental wellbeing by triggering the release of endorphins, or 'feel good hormones,'" says Marshall Medical Center Psychiatrist Maisha Correia, MD.

"The positive impact that regular exercise has on not only depression, but also anxiety and cognitive function, is also seen in activities that involve social engagement and/or mental stimulation. We are curious, social animals after all. Bonus points if you are able to find an activity that involves all three - like taking a dance class. Over time, any of these activities, either in isolation or in conjunction with one another, will lead to a mastery experience and as a result, enhanced self-esteem," adds Dr. Correia.

Walking in nature has been shown to be especially beneficial to your

mental health. If you have the opportunity, take a walk or a hike outdoors whenever possible. Getting some fresh air and being out in nature has more positive effects on your overall well-being than you may even imagine. Taking a stroll outside not only gives you unlimited potential to move your body and improve your lung capacity, but it's also the perfect antidote to a stress-filled life.

Take a moment or two to tap into all of your senses as you move one foot in front of the other. Look at the sights around you—the colors, textures and beauty of mother nature. Listen to the birds chirping, wind blowing or leaves crunching underfoot—or savor the silence of being unplugged and away from the hustle and bustle of everyday life. Pay attention to the air you're breathing. Do you smell flowers blooming nearby or freshly cut grass? Does the air feel crisp and clean? Warm and refreshing?

If you're like many people, it's hard to be in a bad mood for long when you're taking a walk. Even if you start out feeling angry, stressed or sad, the act of moving your body, getting your blood circulating and disconnecting from everyday stressors will likely make you feel at least a little better. Whether you prefer to walk alone and be in your own head, enjoy a lively conversation with a friend or bob to your favorite tunes, it feels good knowing you're doing something good for your body and your mind each time you put one foot in front of the other.

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# After orthopedic surgery, she finds herself Moving Confidently Toward Retirement



Years of sprains and strains due to decades of military training finally took their toll on Helen Nunez, Chief Warrant Officer with the Army National Guard. “I could no longer run. Injuries on my knee and ankle limited my ability to do the required training to be qualified as medically fit for duty,” she revealed.

In active duty, personnel are required to participate in monthly drills and to pass a minimum physical requirement of running two miles in under 20 minutes. “Running on different terrain and especially going up hills would cause my knee to swell,” she explained, “I could no longer do it.”

For years, Helen tried to strengthen the ligaments around her ankle, but due to continuous injury and age, physical therapy could not repair the elasticity. Her ligaments and tendons no longer held her joints in place.

“I felt concerned. As I was approaching retirement, I wanted to be fully functional. I love to travel, and plan to do more after I stopped working. My immobility was affecting not just my career, but my future,” Helen continued. She knew surgery would be the next step, one for her knee bursitis, and the other, a total ankle reconstruction.

After hearing rave reviews from friends, Helen asked her military physician for a referral to Marshall Orthopedics & Sports Medicine for knee surgery. There she met orthopedic surgeon, Brandon Beamer, MD.

“Dr. Beamer was very thorough in reviewing my diagnostic tests and recommending options. He made me feel comfortable with proceeding with the bursectomy. Because of my timeline for retirement, I knew I wanted to get it done,” she explained.

“Helen’s issue was very treatable. I understood her goals and was confident I could help her meet them,” said Dr. Beamer.

“I had no idea I would be walking right out of the procedure,” Helen said of her surgery, “It was one of the easiest surgeries I’ve had. I healed very quickly. I had no inflammation, no issues. All I thought was, why didn’t I get it done sooner?”

The positive experience gave Helen the confidence to get her ankle reconstruction surgery. “My ankle injury was the worst of the two. Now that I had the first great outcome, I wanted to stick with Marshall. I was referred to orthopedic surgeon Steven Cyphers, who impressed me, too. He was very thorough and took the time to

fully explain the procedure.”

Dr. Cyphers asserts that education is the most important thing doctors can provide for patients, stating, “Not knowing is the biggest barrier to confidence in surgery. I give patients the opportunity to ask questions because I want them to be informed. They have the right to know what’s going on with their bodies.”

Now fully recovered, Helen feels confident and renewed as she completes her 39-year military career this summer. She already has a full slate of domestic and international travel planned.

During her convalescence, Helen had the opportunity to reflect. “My Marshall doctors and care team were so accommodating. I felt heard and they alleviated my concerns. I really appreciate the outstanding medical care, but also the concern I received on a personal level. So now I tell my family, if something were to happen to me, take me to Marshall!”



March 30 is National Doctor’s Day. Take the time to recognize a clinician (including nurse practitioners and physician assistants) who have made a positive impact on your life. Visit [MarshallFound.org/thank-a-doc](http://MarshallFound.org/thank-a-doc) to recognize a Marshall Medical Center clinician.

# Here we grow!

Marshall Medical Center is expanding in El Dorado Hills, with the purchase of a building in Town Center West. Soon, more and varied medical services will be conveniently located in the heart of the El Dorado Hills community. Look for more information and a grand opening in the Summer of 2024.



## Women's Health

Caring for Women is our number one priority. Marshall OB/GYN providers are here to guide you through the many changes that come with life.

Introducing our new clinicians starting this spring. Visit [marshallmedical.org/find-a-doctor](https://marshallmedical.org/find-a-doctor) for more information on:

Paula Akin, DO

Rebecca Barlow, CNM

Kimberly George, CNM

Mark Lobaugh, MD

Jane Maloney, MD

Marshall OBGYN - Placerville  
1095 Marshall Way, Suite 201  
530-344-5470



## What is a Midwife?

Today's midwives are advanced practice nurses with a master's degree in OB/GYN care. They build relationships that start at prenatal visits, and they enhance the childbirth experience, offering guidance in natural childbirth. Marshall Medical Center is proud to now offer midwifery services, giving women more options in their care and birthing preferences. For more information, visit [marshallmedical.org/services/ob-gyn](https://marshallmedical.org/services/ob-gyn).



## Marshall Welcomes New Providers

For a complete list of healthcare providers, visit [marshallmedical.org/find-a-doctor](http://marshallmedical.org/find-a-doctor)

**Jye-Ping Tu, MD**  
**Marshall Family**  
**Medicine-El Dorado Hills**  
**5137 Golden Foothill**  
**Parkway Ste. 120**  
**530-344-5400**

Dr. Tu is a board-certified physician specializing in family and internal medicine. She earned her undergraduate degree in chemistry from John Hopkins University, graduating with honors. She went on to obtain her medical degree from the University of Cincinnati College of Medicine.

**Sabrina Turner, FNP**  
**Marshall Divide**  
**Wellness**  
**6065 Highway 193,**  
**Georgetown**  
**530-333-2548**

Sabrina is a board-certified family nurse practitioner caring for patients at Marshall Divide Wellness Center. Sabrina received her Bachelor of Arts in International Relations from UC Davis, followed by a Master of Science in Nursing from Samuel Merritt University.

**Sarah Husted,**  
**FNP-C, MSN**  
**Marshall Pediatrics**  
**4341 Golden Center Drive**  
**530-626-1141**

Sarah Husted is a family nurse practitioner at Marshall Pediatrics. She received her Bachelor of Science in Nursing from Point Loma Nazarene University, followed by a Master of Science in Nursing from Sonoma State University.

**NOW PRACTICING AT**  
**Marshall OB/GYN**  
**1095 Marshall Way, Ste. 201**  
**Placerville**  
**530-344-5470**

**Paula Akin, DO**

Dr. Akin is a board-certified OB/GYN physician who specializes in high-risk obstetrics and minimally invasive robotic laparoscopic gynecological procedures. She received two Bachelor of Science degrees, one in Chemistry from Loyola Marymount University the other in Nursing from Mount St. Mary's University. She earned her Doctor of Osteopathy degree from Kansas University of Medicine and Biosciences.

**Rebecca Barlow, CNM, MSN, BHS, RN**

Rebecca is a Certified Nurse Midwife who earned her Bachelor's Degree in Human Services from LeTourneau University in Texas, and a Masters of Science in Nursing – Midwifery from Frontier Nursing University in Kentucky.

**Kimberly George, CNM, WHNP-BC**

Kimberly is a Certified Nurse Midwife with a Bachelor's Degree in Nursing from Grand Canyon University and dual Masters Degrees in Nursing Education from Western Governor's University and the other in Nurse Midwifery from Frontier Nursing University in Kentucky.

**Mark Lobaugh, MD**

Dr. Lobaugh graduated with a Bachelor's Degree from University of California, Davis and went on to earn his medical degree from The Chicago Medical School. He completed his internship at Kern Medical Center in Bakersfield, and residency in Obstetrics and Gynecology at the University of Kansas, Wichita.

**Jane Maloney, MD**

Dr. Maloney is a board-certified physician in Obstetrics and Gynecology. She graduated from University of California, San Diego with a Bachelor's Degree in Psychobiology and earned her Doctor of Medicine Degree from Creighton University. She completed her internship at St. John's Mercy Hospital in St. Louis, MO and her Residency in Obstetrics and Gynecology at Kaiser Permanente in San Francisco.