BRUSHING YOUR TEETH CAN HELP YOUR HEART

We all know that a healthy diet and exercise can help prevent heart problems such as heart attacks or strokes. But there’s another healthy habit that may play a role in lowering your risk of heart disease, and it starts with brushing your teeth.

Studies have shown that poor dental health can also be a sign of poor heart health. The opposite is also true: a healthy smile and good dental hygiene may translate to a healthy body.

Gum (periodontal) disease causes bacterial infections that inflame your gums and tissue around your teeth. Research shows that these bacteria can also cause your blood vessels and arteries to become inflamed or narrowed — a risk factor for heart disease.

Although researchers are still looking for a direct connection between dental bacteria, inflammation and heart disease, maintaining healthy habits like flossing, brushing regularly and visiting your dentist twice each year can help lower your risk of other health complications. Doctors believe if you take care of your teeth, you’re more likely to have other healthy habits like not smoking, eating a well-balanced diet and exercising — all of which can lower your risk for heart disease. That’s something to smile about!

To learn more about the connection between dental and heart health and other health tips, visit blog.providence.org.
In Focus:

**PANCREATIC CANCER PROGRAM**

Pancreatic cancer is the third-leading cause of death by cancer in California and across the nation. Providence Holy Cross Medical Center is working to improve care by exploring options for earlier diagnoses, recruiting top oncology talent to our hospital and providing patients with support close to their homes.

Babak “Bobby” Eghbalieh, MD, FACS, who joined Providence Holy Cross Medical Center in 2017, is leading an exciting expansion of the Pancreatic Cancer Program that will improve service navigation for pancreatic cancer patients — from diagnosis to treatment to survivorship — and increase access to resources for patients and their families.

With an interdisciplinary approach that includes social workers, radiologists, nutritionists, surgeons, oncologists, and nurse navigators, our teams perform complicated surgeries through the use of robotic equipment as well as minimally-invasive procedures. They also offer genetic evaluations and pancreatic cancer screenings for high-risk patients and their family members.

Currently, Providence Holy Cross Medical Center is the only hospital in the Valley recognized as a partner of the Pancreatic Cancer Action Network, an organization supporting pancreatic cancer screenings for high-risk patients and their family members.

**PANCREATIC CANCER SUPPORT GROUP**

Fully-funded through philanthropic support, the Pancreatic Cancer Support Group, led by Dr. Eghbalieh at Providence Holy Cross Medical Center, is the only support group specific to pancreatic cancer in the San Fernando Valley. The program offers education, nutritional guidance, service navigation and social-emotional support for pancreatic cancer patients and their loved ones both during and after treatment.

**OUR PROGRAM INCLUDES:**
- Updates on the latest treatment options and community resources
- Dedicated cancer dietitian/nutritionist to provide counseling
- Access to American Cancer Society representatives
- Opportunities to learn from others living with pancreatic cancer
- Discussion of issues such as treatment options, coping with emotions, and treatment effects

The Pancreatic Cancer Support Group meets monthly and is free and open to all community members. For more information, call 818-496-7736.

**2019 NUTRITION CLASSES FOR PANCREATIC CANCER PATIENTS**

Proper nutrition and healthy eating are important both during and after cancer treatment. Providence Holy Cross Medical Center offers free nutrition classes on the third Wednesday of each month to help patients make informed choices about nutrition and how to achieve and maintain good health. Taught by registered dieticians, the classes are designed to address common diet and nutrition questions and concerns that are unique to patients undergoing treatment for pancreatic cancer and/or pre- or postoperative surgery.

**Little Miracles BIG IMPACT**

Providence Holy Cross Medical Center believes that everyone in the San Fernando and Santa Clarita Valleys deserves access to world-class healthcare close to home. We also believe that newborns who require extra help at birth deserve every advantage they need to thrive to have a healthy start in life.

Little Miracles is a $6.4 million initiative to expand and modernize our Level III Neonatal Intensive Care Unit (NICU) to better serve the thousands of new or growing families who rely on us for care each year. Newborns who arrive prematurely need the advantage they need to thrive to have a healthy start in life.

To honor his lifetime of service, a tribute project — spearheaded by the Maternal Child Health Unit staff and supported by generous donors — has been created to allow Dr. Gallivan’s memory to continue with his family, friends and colleagues at the hospital.

A beautiful hallway gallery in the Maternal Child Health Unit at Providence Holy Cross Medical Center honors his legacy and celebrates the new lives born at the hospital each day.

For more information about this program, please visit: california.providence.org/likemiracles