

March 2010

3751 Katella Avenue Los Alamitos CA 90720 562.598.1311 / 714.826.6400 losalamitosmedctr.com

March is Colorectal Cancer Awareness Month

FTC#001839491-C90BriC, expires 1/12/2011

A colonoscopy is a screening test to help detect polyps and cancer. During this procedure, a long, lighted tube, called a colonoscope, is used to look inside the rectum and colon for polyps, suspicious areas, or cancer. Polyps or tissue samples may be removed during a colonoscopy, which is recommended every 10 years. If you need to schedule a colonoscopy, call your physician or if you need a physician referral, call 800.548.5559.



Online patient pre-registration is available.

Go to the hospital web site (losalamitosmedctr.com) and select 'hospital pre-registration' on the front page.



Maternity Class Information

To sign up for a tour of our Birthing Center, call 1-800-548-5559. We have private birthing suites for your comfort and convenience.

Premier Advantage – Senior Program

Call to sign up for this free program. Nine Lunch and Learn lectures a year! 800-548-5559.

SUPPORT GROUPS

***Bereavement Support Group**
For more information, please call
(562) 799.3131

***Breast Cancer Support**

This is for women diagnosed with breast cancer or in treatment. For more information, please call (562) 799-3131.

***Strong and Healthy**

An exercise class for women in treatment for cancer. For information, please call (562) 799-3131.

**sponsored by The Cancer Support Foundation. ♦Some meetings are on hiatus from time to time. Subject to change without notice.*

Coumadin Patient / Family Instruction

Presented by Barbara Ailor, Pharmacist

The class may help those who are taking warfarin (Coumadin) to maximize the benefits of therapy yet avoid adverse effects. No charge to take this class.
When: 2:30 p.m. to 3:30 p.m. on the first Thursday of each month.

Where: 10861 Cherry Street, first floor conference room. Please call 562-799-3124 if you have any questions.

Crohns and Colitis Support Group

Last Monday of the month
6pm - 8pm in the upstairs conference room.
Call Darrin Pagenkopp for more info. 714-280-6377.

AA Meetings

Wednesday nights, in the upstairs conference room.