

# Care Connection



## The road to Long COVID-19 recovery.

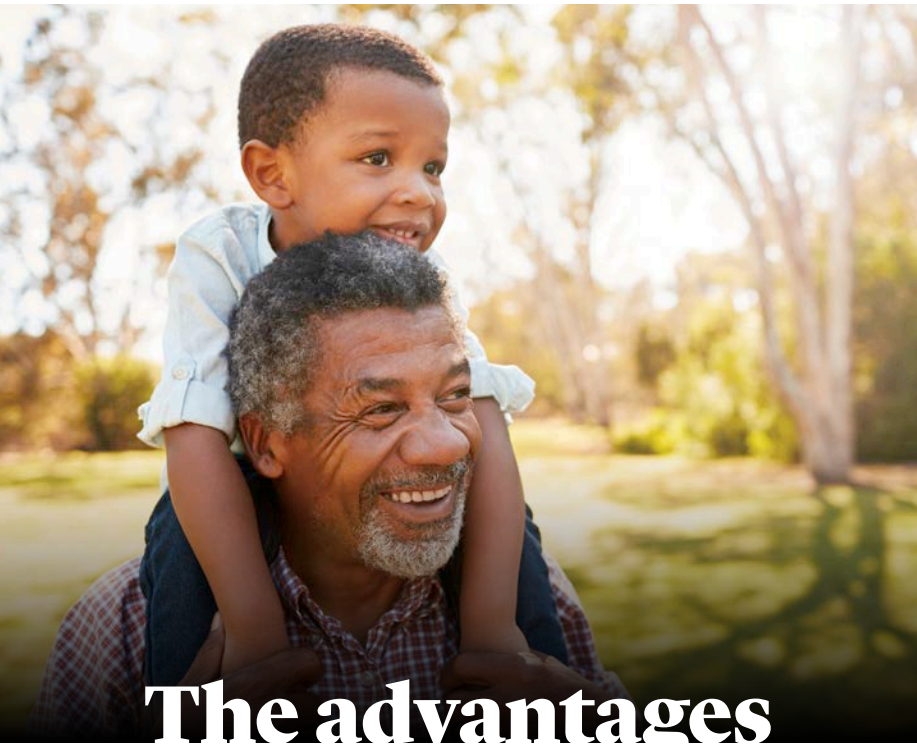
**A**fter spending three weeks at Huntington Hospital battling a severe case of COVID-19 in June 2020, Mark Nestlehutt returned home — but he was still in bad shape. “I had headaches almost every day, and I was so fatigued,” Mark says. “I assumed it was just the virus working its way out of my system.” As time went on, however, it became clear his symptoms were not going away.

“I’d never had high blood pressure,” Mark says, “but it skyrocketed and stayed there. I couldn’t

process information the way I used to or communicate clearly. I had to stop working.” Most COVID-19 patients recover within a few weeks. But others like Mark develop what is known as long COVID, meaning symptoms may remain for months or even years.

Mark’s challenges helped inspire Kimberly Shriner, MD, FACP, medical director of infection, prevention and control, to establish our Long COVID Recovery Clinic (LCRC). “Dr. Shriner led the amazing care team that kept me alive when I was hospitalized with COVID-19,” Mark says, “and

*continued >*



# The advantages of Medicare Advantage.

**W**e want to help you enjoy your golden years in good health. If you are 65 or older, you can enroll in a new Medicare Advantage health insurance plan or make changes to your existing plan until the Annual Enrollment Period ends on December 7.

Medicare Advantage plans offer quality care at a low cost, with many added benefits. Whichever plan you select, make sure your coverage includes the high-quality, patient-centered care that Huntington Health is known for. We encourage you to visit our website to find out what health plans we accept.

If you would like to learn more about Medicare, we invite you to attend a free webinar to learn about your coverage options. In these one-hour sessions, we will offer a basic overview of Medicare and a review of available health plans for 2023, as well as answer any questions. Visit our website for a schedule of dates and information on how to make a reservation. If you prefer, private consultations with knowledgeable agents are also available.

► Learn more: [huntingtonhealth.org/MA](https://huntingtonhealth.org/MA)

## The road to Long COVID-19 recovery. *continued from front page*

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she kept in touch after I was discharged. Back then, it was early in the pandemic and not much was known yet about long COVID, but she wanted to help.”

When Dr. Shriner eventually opened the LCRC, Mark was the first patient. Thanks to the comprehensive care he received, some of his symptoms have now improved — but his recovery continues to this day. For Dr. Shriner’s ongoing commitment to caring for Mark, he and his wife, Stacey Mauldin Nestlehutt, are deeply grateful. “I feel like she saved my life twice,” Mark says, “once in the hospital and again afterward — guiding me through my journey with long COVID.”

Today, Mark and Stacey are doing their best to return to normalcy and recently welcomed their third child into the world. To express their appreciation, they decided to honor Dr. Shriner and LCRC physician, Joseph Dellinger, MD, by naming their son Joseph Shriner Nestlehutt. “It’s one small way that we can show our gratitude for two very special doctors,” says Mark.

While COVID-19 has affected so many and caused so much sadness, “it has been a joy to celebrate baby Joseph and a new life coming into the world,” says Dr. Dellinger.

Dr. Dellinger and Dr. Shriner note that it has been an honor to bear witness to Mark’s grit, determination and courage — and that of other LCRC patients. “It reinforces our dedication to fighting COVID-19 and broadening our understanding of the disease and its possible treatments,” says Dr. Shriner. Dr. Dellinger and I will always treasure our lasting connection to Mark and his family through the naming of Joseph Shriner Nestlehutt.”



## Ask the doctor

### Q&A with Kimberly Shriner, MD.

All of us at Huntington Health want you to stay safe and healthy. We recently sat down with Kimberly Shriner, MD, medical director of infection, prevention and control, to get answers to common questions about recent infectious diseases. Read on to learn more.

**Q. RSV cases are rising across the country. What is your advice for parents of young children?**

**A.** We are seeing an increase in respiratory syncytial virus, or RSV, among our pediatric patients. RSV is a common respiratory virus that usually causes mild, cold-like symptoms: runny nose, decrease in appetite, coughing, sneezing, fever and wheezing. However, it can be serious in infants, with the potential to cause bronchiolitis and pneumonia. If you suspect your baby might have RSV, I recommend contacting your pediatrician for testing and care.

► To find a pediatrician:  
[huntingtonhealth.org/kidsdoc](https://huntingtonhealth.org/kidsdoc)

**Q. Are we nearing the end of the COVID-19 pandemic?**

**A.** While I am encouraged by the decrease in COVID-19 cases in our community and the number of patients who need to be hospitalized, the pandemic is not over. We must continue to take precautions and utilize the tools that have proven successful thus far — masking, testing, staying home if you are feeling unwell — so we can

prevent the spread of the virus, now and in the future.

Vaccination also continues to be an important tool. As with other diseases, you are best protected from COVID-19 when you stay up to date with the recommended vaccines. You are considered up to date with your COVID-19 vaccines if you have completed a primary vaccine series and received the most recent booster dose recommended by Center for Disease Control and Prevention (CDC).

You may have heard that updated, or bivalent boosters, are now available. These boosters target the most recent Omicron subvariants, BA.4 and BA.5, that are more contagious and more resistant than earlier strains.

Visit our website to learn more about the COVID-19 vaccine, including up-to-date booster information.

► Learn more: [huntingtonhealth.org/COVID-19](https://huntingtonhealth.org/COVID-19)

**Q. Do I need a flu shot?**

**A.** As we move into the 2022-23 flu season, getting vaccinated is the best way to avoid getting the flu and to protect those around you. The flu vaccine helps reduce

the risk of severe symptoms and hospitalization. Be sure to get vaccinated as early as possible in the fall, before the flu spreads in your community, especially since this year's strain of influenza is proving to be more contagious than years prior.

With few exceptions, annual flu vaccination is recommended for everyone 6 months and older. For people 65 years and older, the CDC recently issued new guidance that recommends the use of a high dose or adjuvanted flu vaccine. These shots can offer greater protection to older adults, who, due to immune system changes that happen with age, may not have as strong a response to vaccination. Be sure to talk to your doctor to get more information about which flu vaccine is right for you.

The flu and COVID-19 vaccines can be administered at the same time. If you aren't up to date on your COVID-19 vaccines, ask your doctor about getting both shots on the same day.

► Learn more:  
[huntingtonhealth.org/flu](https://huntingtonhealth.org/flu)

# Expert cancer care.

**W**e are happy to welcome nine specialists to our cancer program! These cancer surgeons and oncologists will bring their expertise to Huntington Cancer Center, an affiliate of Cedars-Sinai Cancer, and provide patients with innovative treatment options and access to Cedars-Sinai Cancer clinical trials.

Our expanding cancer center also just opened a new infusion center and as always, offers extensive support services, including an integrative oncology program. Enhanced cancer care, delivered with the compassion Huntington is known for.

► Learn more: [huntingtonhealth.org/cancer](http://huntingtonhealth.org/cancer)



Pictured front row (from left): Yuan Yuan, MD, Tina Wang, MD, Tiffany Shaw, MD, Ramona Kyaw, MD, and second row (from left): Jeannie Shen, MD, James Andersen, MD, Amy Polverini, MD, Alicia Terando, MD. Not photographed: Ruth Williamson, MD.



## Lifesaving breast cancer care.

**When Anita Chavez** found a lump during a breast self-examination, she knew immediately that it was cancer. “I had a history of developing cysts — and the lump I found felt different,” she says.

Anita’s physician referred her to the Jim and Eleanor Randall Breast Center. Diagnostic tests confirmed that the lump she had found was cancer. She went on to receive treatment at Huntington Cancer Center, undergoing breast surgery as well as radiation therapy and chemotherapy.

Over the course of her care, Anita took advantage of some of the many supportive services — including acupuncture and hypnotherapy — available to our cancer patients. She also turned to our Constance G. Zahorik Appearance Center for help managing the aesthetic side effects of cancer treatment.

“Huntington Cancer Center treats the whole person — mind, body, and spirit,” Anita says. “My entire care team was devoted to helping me fight breast cancer and I can’t thank them enough. I’m so grateful to be cancer free!”

# Huntington Collection has a new home!



**Huntington Collection** has moved to a new location at 2670 East Colorado Blvd. in Pasadena. The Collection is well known for its selection of high-quality resale goods — including vintage and designer items — at great prices.

Since 1984, all proceeds from the store have been designated toward Senior Care Network (SCN), a nationally recognized program that helps seniors and vulnerable adults live healthy, independent lives. To date, the Collection has raised more than \$10 million toward SCN's specialized services!

Huntington Collection is now open Monday through Friday from 10 a.m. to 3 p.m. Please note the entrance to the Collection is located off San Gabriel Boulevard.

► Learn more: [huntingtoncollection.org](http://huntingtoncollection.org)



## Advanced epilepsy care for our community.

**A** leader in neurological care, Huntington Hospital has long offered a comprehensive array of diagnostic, therapeutic and surgical services for patients who experience a neurological injury or disorder. To further advance the level of neurological care we offer, we recently opened a new Epilepsy Monitoring Unit (EMU) within our neuroscience unit.

While some epilepsy patients have symptoms that can be controlled with medication, those with intractable epilepsy have frequent seizures that are drug resistant. Some of these patients with intractable epilepsy can benefit from a certain type of brain surgery. Our new EMU specializes in identifying and monitoring candidates for this kind of surgical treatment. The EMU also supports the diagnosis of non-epileptic neurologic and psychiatric conditions that have been misdiagnosed as epilepsy.

Patients in our EMU are monitored under the trusted care of Huntington caregivers, including certified technicians and clinicians performing neurophysiology rounds.

We are deeply grateful to Josephine and Tony Yeh for their generous philanthropic contribution toward creation of our new EMU — and for helping improve the lives of epileptic patients in our community.

► Learn more: [huntingtonhealth.org/epilepsy](http://huntingtonhealth.org/epilepsy)



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**We speak your language.** We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (626) 397-5211。

# Huntington Heart & Vascular Center

## One year.

### 13,000 hearts helped.

It's our first birthday and we're thrilled to celebrate the 13,000 people we've helped live healthier, longer lives since we first opened our heart center. Our expert cardiac care and leading-edge technologies help you be there for the moments that matter most.

Learn more about our award-winning and innovative care options: [HuntingtonHealth.org/Heart](http://HuntingtonHealth.org/Heart)

