



IMPACTReport



Welcome Supporters!



THANK YOU for your support of world-class health and emergency care. If you are receiving this report for the first time,

a special welcome to you! As a donor, you will hear from us each spring and fall with stories and updates that delight and inspire. We want you to know exactly how your support keeps VMC ready with lifesaving technology that saves and improves patient lives.

I am particularly excited about the progress we are making on the Women & Children's Center at VMC. This project is progressing well, with great interest from the community. I'd like to extend a big thank you to the many donors who have contributed to the project, and a specific thank you to Silicon Valley Creates and the Women & Children's Center Steering Committee for their leadership in keeping the project moving forward.

I invite you to contact me for more information about this, or any of our projects – 408.885.5299 or christopher.wilder@hhs.sccgov.org.

Once again, many thanks for your ongoing support!

Chris Wilder, Executive Director

SCVMC Provides Specialized Care for the Most Complex Medical Issues

Siobhan and Ryan McNamara became concerned when, on a Saturday in late February, their energetic eight year-old son Henry, became lethargic. He was coughing too, but even more concerning were his lips, which were swollen. Doctors at a local emergency department tested for strep throat and flu and sent Henry home with antibiotics and steroids.

On Sunday, they returned to the hospital as Henry was not responding to the drugs. Henry's lips were now, as Siobhan describes, "huge." Further tests continued with no answers. Siobhan called her father who had contacts in the medical community. They urged the McNamaras to take Henry to VMC.

Once at VMC, the medical team immediately sedated and intubated Henry. In the flurry of activity, Siobhan recalls being taken aside and told it was likely Stevens Johnson Syndrome – or SJS – a rare and serious disorder that affects the mucous membranes. Despite this news, she recalls being comforted when that was followed by, "Now, here's what you can expect."

Henry spent nearly a month in VMC's Burn Center, where staff has the skill and equipment to manage the unique needs of SJS patients. Siobhan recalls that staff from a long list of departments were instrumental to his care, "...from Dr. Steve Harris in pediatrics to urology, plastic surgery, ophthalmology, dermatology and physical and occupational therapy!"

Henry is back in school and has regained the eleven pounds he lost during his illness. The McNamaras credit VMC for a speedy diagnosis of this rare disorder, and their ability to provide the special care he needed. We thank our donors who support specialty units – like the VMC Burn Center – keeping them fully equipped and ready to treat patients, like Henry!

“I've never felt so helpless in my entire life, but I knew that Henry was going to be okay at VMC. They were equipped.”



Henry with parents, Siobhan and Ryan

Dr. Dennis Low's Special Mission

Did you know that 16% of American men between the ages of 18 and 35 eat pizza every day? This is just one example of how people in developed countries are eating diets high in red meat, high-fat dairy products (like cheese), sugar and refined grains. It seems fitting that the acronym for the Standard American Diet is SAD.

Newly retired VMC physician, Dennis Low, is on a mission to help us understand the toll SAD eating is having on our health, our waistlines and our longevity. Recently, Dr. Low spoke to VMC doctors about how eating this way is contributing to the obesity epidemic.



Dr. Low shared an alarming finding: adipose tissue around our bellies acts like an organ, producing and releasing hormones that drive us to eat more. This might explain why it seems difficult for many of us to lose weight. Dr. Low's recommendation to his medical colleagues was to encourage patients to start simply by adding colorful, fresh veggies and fruit to each meal.

We applaud Dr. Low's work. Since 2004, we have supported programs that promote better eating and increased physical activity – an on-campus Farmers' Market, the Turning Wheels for Kids program, the Pediatric Healthy Lifestyle Center and the annual Soda-Free Summer campaign.

If you have specific questions about turning your own diet from SAD to healthy, feel free to contact Dr. Low directly at dennislow@comcast.net.

Thank You!

103 VMC employees joined the VMC Foundation's **Give a Booster Shot** campaign this year, pledging more than \$160,000. Funds ensure that everyone has access to top-quality care, regardless of ability to pay. VMC employees are dedicated and believe deeply in VMC's mission.

Dr. Kazuko Shem – a long-time donor and supporter – proudly displays an I ♥ VMC sweatshirt.



The Lucy Medina Family Support Fund Helps Families in Their Time of Greatest Need

One of the most heartbreaking experiences for parents is the loss of a baby. The compassionate maternity care staff wanted to do something to help those families who need financial assistance for funeral arrangements. They established the Lucy Medina Family Support Fund – named in honor of a beloved retired VMC maternal child social worker. Over the past year, donations collected through this fund helped 14 families pay funeral and burial expenses.

“Because of your gifts we can lighten the burden for these families. We would like to extend our appreciation to all who have donated and to those who continue to support this work, which would not exist without your compassion and generosity.” Lydia Briones, Lucy Medina Family Support Fund Distribution Manager

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