

Nosey news...



FOR THOSE WHO ARE ALSO NOSEY!

**Thank you for two years
and still growing...**

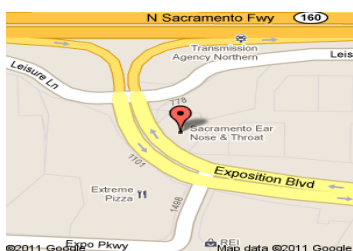
The California Sinus Centers celebrate our two-year anniversary!

It's hard to believe that two years have already flown by since we opened our doors in Atherton and Walnut Creek. Thank you to all of our patients, referring MDs and staff for your support and patience.

Both practices have grown this past year with the addition of new staff and new services. On-site CT scanners are now available at both the Atherton, Walnut Creek, and Sacramento offices to provide same day sinus CT scans when needed. We have also expanded our services to offices in Sacramento and San Francisco.

This past year has also seen the addition of a Physician Assistant, Sherry Derakhshandeh, who many of you have had the opportunity to meet at either the Atherton or Walnut Creek sites.

We continue to be available and ready to assist and are already looking forward to more changes in the coming years. We are always looking for new treatments and ways to be able to meet your sinus care needs. Read further for more information!



Sacramento and Fresno Central Valley Outreach clinics

Once a month, Dr. Vaughan holds a **Calsinus clinic at our partners' Sacramento Offices** (www.sacent.com). This includes endoscopy, CT scans and evaluation of both established and new patients. Appointments for this and all our sites can be made via www.calsinus.com or by calling 650-399-4630. Patients from as far away as Chico, Fresno and Reno now obtain sinus care in Sacramento. This has been a very successful site. Many patients from these areas also come to our Walnut Creek offices to see Dr. Fong or Vaughan.

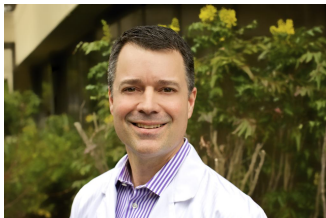
We are hoping to expand our **Central Valley outreach - to include the restart of our Fresno clinic!** Plans are now in the works for a late 2011 start date. This would be at the offices of the Baz Allergy group in North Fresno. We have done this in the past - for almost 3 years - usually one Saturday per month. Stay tuned on our website for more information.



Educating for the future

In continuing the tradition of their commitment to education, Drs. Fong and Vaughan are gearing up for their next fellow to arrive this July. Fellowship training is training performed after residency. Typically, this involves a year of "apprenticeship," and is a unique opportunity to learn from top-notch surgeons (i.e. Drs. Fong and Vaughan!). For the ENT subspecialty of rhinology, this usually entails a one-year training commitment in the management of sinus diseases.

Aside from patient care, these physicians are actively involved in clinical research in our field. Working in the Bay Area has many advantages, especially with industry to develop new and inventive ways to help our patients. You may see some of our new ideas floating around from time to time, so feel free to ask questions.



Every year we interview multiple outstanding candidates from around the country and Canada for this position. In July we will welcome Dr. Peter Killian with his wife Jennifer and children to the California Sinus Centers family. Dr. Killian comes after serving in the Navy.

This past year at the California Sinus Centers, many of you have met Dr. David Clark. David, his wife Ayse, and daughter Bella, will be moving back to Texas to join a large academic hospital outside of Austin. He would like to thank those that he has worked with. Over the past year, he feels he has been provided the extraordinary opportunity to help manage a wide spectrum of sinonasal diseases, from nasal polyps and allergies, to tumors of the sinus cavities. We wish him and his family all the best as they start to serve the community of Temple, Texas.



Educating others through The Sinus Care Foundation



The **Sinus Care Foundation** and California Sinus Centers held the 2011 Advanced Techniques in Endoscopic Sinus Surgery course in Scottsdale, Arizona on February 10th-13th, 2011. The annual course has been educating Sinus surgeons/physicians for over a decade. This year's course was well received and a great success judging by the positive evaluations.

Why do physicians come to the course? To obtain an up to date survey of diagnostic, treatment, and surgical techniques from a number of leading physicians in the rhinology field. In addition, they can view current techniques during a live surgery and practice in a dissection lab. Some of the topics included the use of CT scanners in the office, image guided surgical techniques, medical treatments, and revision surgery techniques. There were panel discussions on topics ranging from practice management to medico legal issues. Dr. Amin Javer presented an outline of the similarities and differences of Canadian and US healthcare and Dr. Rehl performed the live surgeries. There were participants from around the USA and world such as South Korea, Saudi Arabia, and Argentina. When not attending the course, the participants were able to take advantage of the golf courses, spas, shopping, and family activities.



Planning is already underway for the 2012 course. If you know of a physician that may be interested in the course, please have them go to www.sinuscare.org for more details.

New Treatments - Manuka Honey

Honey has been used since ancient times for medicinal purposes. Research has confirmed natural antibacterial and antimicrobial properties associated with honey. It has been effective in treating wounds infected with Methicillin resistant Staphylococcus aureus (MRSA), Pseudomonas, Staphylococcus aureus and Enterococcus. In recent findings, Manuka honey can make MRSA more sensitive to antibiotics. This may reverse antibiotic resistance making antibiotics more effective against drug-resistant infections. It can hamper the attachment of bacteria to tissues which blocks the formation of biofilms, an essential step in the initiation of acute infections.



Honey contains an enzyme that produces hydrogen peroxide, a proven antiseptic with antibacterial properties. It has been discovered that Manuka honey is a very unique honey found to have a high antibacterial potency up to 10-50 times greater. Unique Manuka Factor (UMF) is the name of the beneficial more powerful and stable antibacterial property, identified as Methylglyoxal (MGO™), found in some strains of Manuka honey. UMF is a phytochemical-derived property from the nectar of the flower; whereas the hydrogen peroxide property common to most honey is from an enzyme added to the honey by the bee. These two properties together have a synergistic effect.

Manuka honey is made from bees that gather nectar from the Manuka bush, commonly known as the New Zealand Tea tree (Leptospermum scoparium). It is native only to New Zealand and parts of southeast Australia where the Manuka bush is found.

Manuka honey is a treatment now available to use with nasal irrigations for sinusitis. All of the honey is 100% raw organic honey, free from chemicals and pesticides. Please see the website at www.honeydoc.org for further information.

What is my insurance saying/paying?

We have taken a few of the common terms insurance companies use and have given you their definition. Try to match the term and definition together. Answers below.

- 1: Allowable Amount
 - 2: Deductible
 - 3: COB (Coordination of Benefits)
 - 4: Co-payment
 - 5: Coinsurance
 - 6: Maximum Out-Of-Pocket Costs
- A: A specific dollar amount that your health insurance company requires that you pay yourself (out-of-pocket each year, i.e. \$1000, \$5000, etc.) before the insurance plan begins to make payments for you?
 - B: The amount that you are required to pay after you've satisfied any co-payment or deductible required by your health insurance plan. It is typically expressed as a percentage of the charge (10-20%) or allowable charge?
 - C: A specific charge that health insurance may require that you pay for a specific medical service or supply?
 - D: This is the money typically considered payment-in-full (by an insurance company) and a network of health care providers who contract with the insurance company?
 - E: An annual limitation on all cost-sharing for which patients are responsible. This limit does not apply to premiums, balance-billed charges from out of network health care providers or services that are not covered by the plan?
 - F: This is the process by the health insurance company determines if it should be the primary or secondary payer of your bills if you have more than one plan (e.g. Medicare and Aetna)?

Yes! We think it is "hella confusing" too—but that's our job.

4-C, 5-B, 6-E
1-D, 2-A, 3-F

Have a great summer—Your team at Cal Sinus