

Urgent Health - Urgent Care



For the first time, Healthy Living magazine highlights the important work of the Eisenhower Urgent Care centers. Eisenhower Urgent Care centers are there to help you when you need it...every day, 8 a.m. to 8 p.m. (until 4 p.m. on weekends and most holidays). Now in three convenient locations — Palm Springs, Rancho Mirage and La Quinta, Eisenhower Urgent Care exists to treat Coachella Valley residents with non-emergent health concerns.

In the cover story, you will read about Andrew (John) Brown, who had been experiencing heartburn for some time. Mr. Brown had decided to treat himself with baking soda.... His chronic heartburn eventually worsened and deteriorated into acute abdominal pain. While Mr. Brown had not been to a doctor in 45 years, and had avoided the near occasion for physician intervention for years, intense stomach pain, and a close friend, finally persuaded him to seek help.

At the Eisenhower Urgent Care in Rancho Mirage, Eisenhower physician Dr. Colombini diagnosed Mr. Brown's gallstone — which turned out to be the size of a golf ball! After a minimally invasive laparoscopic surgery to remove the offending gallstone, John Brown is now fine...and a new fan of Eisenhower Urgent Care.

In a "Program Spotlight" of this issue, we present yet another patient's story...about an Eisenhower Executive Physical that saved a life! Dr. Jack Adams made an investment in his health at Eisenhower seeking a comprehensive executive physical. Comprised of state-of-the-art, extensive assessments, screenings, and tests, his Eisenhower Executive Physical revealed a serious condition. On an arterial ultrasound, Eisenhower's Stephen Steele, DO, FAOSM, Executive Physical Physician and Medical Co-Director of Eisenhower Primary Care 365, discovered a blood clot. After a minimally invasive surgical procedure to dissolve the blood clot, Dr. Adams is grateful. "It was worth every penny," exclaims Adams, "and I am telling everyone I know about it!"

In addition, in this Healthy Living, the "Cardiovascular Center of Excellence," spotlights the Eisenhower Renker Wellness Center. An indispensable asset for anyone needing cardiac or pulmonary rehabilitation, the Eisenhower Renker Wellness Center is much more than exceptional, medically-supervised rehabilitation programs. It is a state-of-the-art gym, with memberships for Coachella Valley residents, that focuses on wellness. Top-notch fitness instructors, personal trainers — and registered nurses — combine to assist the Eisenhower Renker Wellness Center members in attaining their very best health and fitness goals.

Wishing you excellent health, fine fitness and abundant energy,

G. Aubrey Serfling
President and Chief Executive Officer
Eisenhower Medical Center