

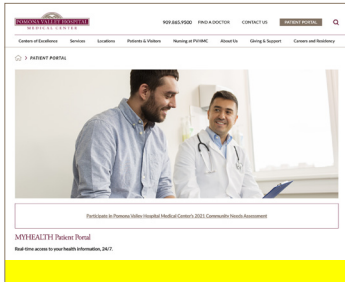


POMONA VALLEY  
HEALTH CENTERS

# PVHC News

Comprehensive. Convenient. Compassionate.

Summer 2023



**Access Your Healthcare Team  
and Manage Your Health  
Needs with the MYHEALTH  
Patient Portal**

**Here's what you can do:**



Privately View Lab and  
Imaging Results



Securely Message Your  
Healthcare Team



Instantly Access and  
Share Health Records



View and Pay Your Bills

**Get Started Today by**

Registering at

[\*\*pvhmc.org/patient-portal\*\*](http://pvhmc.org/patient-portal)

**Already registered?**

Download the HealtheLife  
App to access your  
MYHEALTH account from  
your phone.

Or Text MYHEALTH to  
474747 to receive a  
download link.

**Need help or have questions?**

**Please call 909.865.9995**



## Tips for Managing Your Asthma Symptoms

### Chronic Conditions

While most asthma cases are manageable, others can flare up, especially during the hot and humid summer.

**To manage your asthma symptoms,  
we recommend the following tips:**

- Create and follow your asthma action plan.
- Take prescription medications, including an inhaler, as prescribed.
- Avoid triggers such as allergens, smoking, and other irritants.
- Monitor your lung function with a peak flow meter.
- Stay hydrated, especially during the summer, by drinking plenty of fluids.

***If you need immediate care for asthma or an  
asthma attack, visit one of our three  
conveniently-located urgent care facilities.***

## Pain Isn't a Natural Part of Aging: When to Seek Care

### Senior Care

While some discomfort may accompany aging, persistent or worsening pain should not be ignored. If you experience chronic pain that interferes with your daily activities, limits your mobility, or affects your quality of life, it's time to contact your doctor.

At PVHC, we can help uncover the root cause of your pain. Depending on your diagnosis, various treatment options are available to manage and alleviate pain. Don't let age get in the way of living your best and healthiest life.

***We're here to help you feel your best,  
regardless of age.***



Jeff Ijadi, MD, CAQSM, specializing in sports medicine at our Claremont Primary Care office.



## Look What's Happening at PVHMC Rehabilitation Services

### Physical Therapy

We have a few exciting updates to share:

**Updated Weekend Hours:** Effective June 3rd, our Chino Hills PT Clinic now offers our adult patients Saturday appointments from 7:30 am to 2:30 pm.

**Hand Therapy is Now Available at PVHC:** If your physician recommends you see a Certified Hand Therapist (CHT), we now offer this service at both our La Verne and Pomona Outpatient Rehab Clinics.

**Long Covid Care Hit a Milestone Achievement:** Our COVID support group has hit its one-year mark. Over the past year, we've helped over 100 individuals experiencing prolonged COVID-19 symptoms. The group meets in person at PVHMC and virtually through Zoom, making it accessible to a broader audience. A referral from a physician diagnosing "Long COVID" and a screening evaluation at PVHMC's Rehabilitation Services Department is required to participate.

**For more information, please contact PVHMC's Rehab Services at 909.865.9810**

## Control Your Allergies for a Fun Summer

### Seasonal

Seasonal allergies are in full swing during summer. Managing them effectively is key to worrying less about symptoms and more about our next big summer adventure.

Some of the best ways to stay on top of your allergy symptoms include:

- Identify your triggers and take proactive steps to minimize exposure.
- Keep windows closed and use air conditioning to filter out allergens.
- Clean your living space to reduce indoor allergens.
- Wear sunglasses and a hat outdoors to shield your eyes and face from allergens such as pollen.
- Take an over-the-counter allergy medication when you experience symptoms.

**If you struggle with chronic allergies or your seasonal allergies are getting in the way of your summertime fun, discuss treatment options with one of PVHC's clinicians.**



**CHINO HILLS**

2140 Grand Avenue  
Chino Hills, California 91709

Family Medicine, Digital Radiology, Physical Therapy, Women's Health, Sports Medicine, Geriatric Medicine, Milestones Center for Child Development

**CLAREMONT**

1601 Monte Vista Avenue  
Claremont, California 91711

Urgent Care (No Appointments-Walk-In Only)  
Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy, Sleep Disorders Center, Women's Health, Geriatric Medicine, Sports Medicine, Milestones Center for Child Development

**CHINO HILLS CROSSROADS**

3110 Chino Avenue  
Chino Hills, California 91709

Urgent Care (No Appointments-Walk-In Only)  
Family Medicine, Occupational Medicine, Digital Radiology, Women's Health, Geriatric Medicine, Sports Medicine

**POMONA**

1770 North Orange Grove Avenue  
Pomona, California 91767

Family Medicine, Women's Health, Sports Medicine, Geriatric Medicine

**LA VERNE**

2333 Foothill Blvd.  
La Verne, California 91750

Urgent Care (No Appointments-Walk-In Only)  
Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy



Douglas Chiriboga, MD, specializing in family medicine at our Pomona Primary Care office.

## An Award-Winning Orthopedics Team Just What the Doctor Ordered

### PVHMC

Where does a doctor go when it's time for his hip replacement surgery? Primary care physician Douglas Chiriboga, MD, chose the award-winning orthopedics team at Pomona Valley Hospital Medical Center (PVHMC) to have his procedure.

Dr. Chiriboga is part of a walking club that often walks up to 15 miles on the weekends through historic areas of Los Angeles. He started to experience hip pain in 2019, which gradually increased during the pandemic. His discomfort led him to stand while eating dinner with his family, saying the movement from sitting to standing "felt like glue."

After years of discomfort, a simple X-ray revealed arthritis in his hips. Doctors recommended orthopedic surgery to help alleviate his pain. He knew he didn't have to look far. Colleagues recommended PVHMC orthopedic surgeon, Dr. Hrayr Basmajian.

Dr. Chiriboga's same-day outpatient hip surgery was seamless, and he received physical therapy at PVHMC, where staff taught him appropriate home exercises and helped him learn to use his walker.

"My recovery was quick and complication-free – just as I expected," said Dr. Chiriboga. From start to finish, the orthopedic surgery, rehabilitation, and recovery went smoothly.

The success of his surgery and recovery has granted him the ability to continue seeing patients, and he can now enjoy his favorite pastime of walking and exploring Southern California.

**For more information about Total Joint Replacement at PVHMC, call 909.630.7403**





POMONA VALLEY  
HEALTH CENTERS

# PVHC News

Comprehensive. Convenient. Compassionate.

Summer 2023

## Game-Winning Preparation Starts with a Sports Physical



Does your son or daughter play sports? Plan ahead for Fall with a sports physical at PVHC.

While sports physicals can be done any time of the year, school-aged athletes are encouraged (and often required!) to undergo a sports physical before their next academic school year to prepare them for their upcoming sport.

This quick and easy medical evaluation screens for injuries, illnesses, or underlying medical conditions that could increase their risk of harm during physical activity. They're also valid for one year.

***Give us a call to schedule an appointment with your primary care doctor, any PVHC Urgent Care Center, or with our sports medicine doctors at 909.413.0535***



**Urgent Care Clinic Welcomes Adults and Kids of All Ages. Immediate Care Available for:**

- Allergies
- Asthma
- Sunburns
- Bites and Stings
- Rashes
- Sports Injuries
- Sprains, Strains, and Fractures
- Minor Cuts and Lacerations
- Colds and Flu
- Children's Illnesses
- Infections
- Migraine Headaches
- And More

You can now reserve your spot in line at any PVHC Urgent Care via our new online check-in service. **Visit:**

**[mypvhc.com/services/urgent-care/](https://mypvhc.com/services/urgent-care/)**

**Walk-Ins Welcome**

**Please call 909.479.5148**

**Open every day, 365 days a year.**

For more information regarding our urgent care services and hours of operation, please visit us online at **MyPVHC.com**

**PVHC Urgent Care Locations:**

La Verne | Claremont | Chino Hills

**Most Major Insurance Accepted**

