


Health & Wellness

JULY - DECEMBER 2025



When Trauma Happens,
it's good to have a local team.

If a serious accident happens, chances of survival are much higher in a trauma center. Specially trained physicians, nurses, and technicians are ready to help.

Washington Health provides this service to our community — 2,200 injured patients received care the first year.
See pg. 4 for a special patient story.



Embracing Care

www.washingtonhealth.com



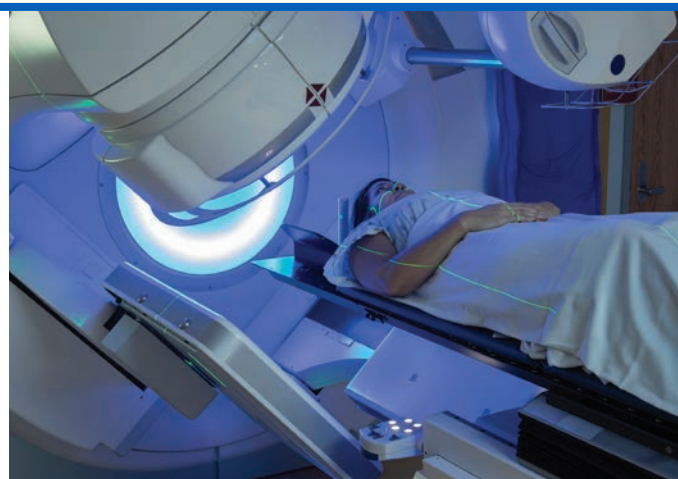
Community Health Seminars & Events

To register or for more information about community seminars, visit washingtonhealth.com/events or call 800.963.7070.

Wellness Wednesdays

As part of our commitment to community health education, our health system presents a series of online Health & Wellness seminars at 5 p.m. twice a month.

Watch these seminars at [Facebook.com/WashingtonHealth1](https://www.facebook.com/WashingtonHealth1) or [YouTube.com/@washington_health](https://www.youtube.com/@washington_health).



Radiation Treatments and Technology

When: Aug. 13, 5 p.m.

Presenter: Victor Chen, MD, Radiation Oncology

Learning that radiation will be part of your treatment plan is typically overwhelming. This presentation provides an inside look at what to expect.

Heart Health for South Asians

When: Aug. 27, 5 p.m.

Presenter: Meghana Bachu, FNP, Family Medicine

South Asians have a higher risk of heart disease. This talk will cover key risk factors, lifestyle changes, and screenings tailored to the South Asian community.

Understanding Peripheral Vascular Disease

When: July 9, 5 p.m.

Presenter: Rakesh Safaya, MD, Vascular Surgery

What is peripheral vascular disease (PVD) and how does it impact your health? This talk will cover the causes, symptoms, and treatment options for PVD.

Anterior Total Hip Arthroplasty: Facts and Fiction

When: July 23, 5 p.m.

Presenter: Erik McDonald, MD, Orthopedic Surgery

The direct anterior approach for total hip arthroplasty: learn a short history of the approach, the drawbacks and benefits, and when it's recommended.

Medicare: What You Need to Know

When: Sept. 10, 5 p.m.

Presenter: Kristi Caracappa, Health Insurance Information Service Coordinator

Medicare options: an overview of coverage provided by Medicare, an explanation of Medicare Advantage Plan (Part C), Medicare supplement insurance, and Medicare prescription drug coverage (Part D).

Suicide Prevention: Awareness, Support and Hope

When: Sept. 24, 5 p.m.

Presenter: Seema Sehgal, MD, Psychiatry

Suicide is preventable — knowing the warning signs can save lives. Recognize risk factors, offer support, and access resources for those in need.

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Breast Cancer Screening: The Impact of 3D Mammography

When: Oct. 8, 5 p.m.

Presenter: Sunil Upender, MD, Radiology

Celebrate Breast Cancer Awareness Month by learning the latest advancements in early detection.



Shingles: What You Need to Know About Prevention and Treatment

When: Oct. 22, 5 p.m.

Presenter: Magin Alexander, MD, Internal Medicine

Shingles can be painful, unpredictable, and even dangerous. The good news? It's preventable. Learn who is at risk, how the latest vaccines can offer protection, and ways to reduce complications.

Brain Health as You Age

When: Nov. 5, 5 p.m.

Presenter: Sandeep Walia, MD, Neurology

Protecting your brain health is just as important as caring for your body. This talk will explore ways to support cognitive function as you age and how to recognize early signs of memory decline.

Managing Gestational Diabetes: A Healthy Pregnancy Journey

When: Nov. 19, 5 p.m.

Presenter: Prasad Katta, MD, Endocrinology

Gestational diabetes can be overwhelming, but with the right tools, you can have a healthy pregnancy. Learn how to protect the health of you and your baby.

Endovascular Treatments for Stroke

When: Dec. 3, 5 p.m.

Presenter: Daniel Raper, MD, Neurosurgery

When it comes to stroke, every second counts. This seminar explores cutting-edge endovascular treatments that can quickly restore blood flow and improve recovery outcomes. New minimally invasive procedures are changing the future of stroke care.

Cutting-edge Treatment for Rotator Cuff Tears

When: Dec. 17, 5 p.m.

Presenter: John Costouros, MD, Orthopedic Surgery

The most common cause of shoulder pain is due to rotator cuff injuries. The pain can be debilitating and severely affect daily activities, as well as sleep. New treatments offer better outcomes to relieve pain, and restore strength and mobility.



Think Pink

When: Thursday, Oct. 16, 5 to 7 p.m.

Location: Tent Atrium, Washington West, 2500 Mowry Ave.

Think Pink is a special event to raise breast cancer awareness. Put on your pink and learn the latest information on breast cancer prevention and treatment.

COMMUNITY SERVICES & SUPPORT GROUPS

Please visit washingtonhealth.com/SupportGroups or scan the QR code for information on Diabetes Education, Palliative Care, Pulmonary Rehab, and many support groups.



Fremont Family Forever Grateful for Local Trauma Center



Skateboarding accident leads to traumatic brain injury

To know Daniel Olson is to like him. Always positive and friendly, he was a good student, football player, and varsity track and field athlete at Washington High School before graduating with his class of 2020. He then began attending Ohlone College while holding down a full-time job where he was a manager to a team of 32 people. But tragedy struck and Daniel's life was derailed in an instant.

While riding his electric skateboard near his home in downtown Fremont, Daniel crashed and hit his head on the curb. He was rushed to Washington Health Trauma Center, which had just opened earlier that month. Daniel is now sharing his courageous story about suffering a traumatic brain injury (TBI) and how sheer perseverance has helped him defy the odds through a grueling rehab process. He also has an important message everyone needs to hear.

One Saturday last July, a local pastor witnessed Daniel's accident. He saw Daniel riding his electric skateboard about 25 mph across the street. Though Daniel was an experienced rider, when the skateboard hit a painted area, it slipped out from under him and Daniel went down, hitting his head on the curb. Daniel was not wearing a helmet at the time. Seeing that he was unresponsive, the pastor called 911 and stayed with Daniel until the ambulance came.

Alpha Trauma Activation

Upon arrival at the Washington Health Emergency Department as a "Code Alpha" (the highest level of severity), a CT scan showed Daniel had a subdural hemorrhage, or a brain bleed that was increasing pressure on his brain. An intracranial pressure monitor showed the swelling was not being controlled by medications, so a craniotomy was performed. This entails removal of a portion of the skull to allow room for swelling. Daniel was in critical condition with a guarded prognosis in the early hours and days. Physicians could not tell Daniel's family whether he would wake up from the coma, and if he did, what quality of life he might have due to potential loss of physical and cognitive abilities. Thankfully, around day 15, things took a turn in the right direction.

The swelling in Daniel's brain decreased, and a tracheostomy and feeding tube were put in place. He was transitioned off the ventilator and began following commands, which was a very good sign. Once stabilized,

the trauma and critical care teams at Washington Health who had worked so closely with Daniel said their goodbyes as he was transferred to Kaiser Permanente, his family's health care provider. Daniel spent the next four months in several facilities, relearning basic skills and functions through intense physical, cognitive and occupational therapy.

On March 18, Daniel made a surprise appearance at a Washington Health trauma training session. Nurses who had worked with Daniel in the difficult days following his accident had joyful tears as they witnessed Daniel's hard-earned, and ongoing recovery. Though still walking with a cane at the time, Daniel was full of life, laughing and sharing his gratitude for the lifesaving care he had received. Daniel has no memory of his 25 days at Washington Health, but the physicians, surgeons, nurses and support staff there will always remember him. Perhaps it was fate that the only trauma center in Southern Alameda County had just opened and was right around the corner from where Daniel's accident occurred.

Daniel's Message

At one point it was unknown whether Daniel would walk again, but he dedicated himself to returning to the lifestyle he had before the accident. Now, through sheer perseverance and grit, he's back to work, walking without a cane, and has even been walking more than five miles around his home!

Daniel's story and endearing personality are inspiring, as is his message to others. "I never wore a helmet when riding my electric skateboard because my long hair would blow in the wind and I liked to have a perfect style that I thought the helmet ruined," he shared. But after his traumatic experience, Daniel's perspective on helmets has changed. He looks back on what he and his family have gone through and knows it could have been prevented. "It may take you 30 seconds to put on a helmet," he shares, "but it could save you from losing months of your life. It may even save your life."

Washington Health's level II trauma center in Fremont provides 24/7 specialized, lifesaving care for critically injured patients. For more information, go to [washingtonhealth.com/trauma](https://www.washingtonhealth.com/trauma).