



Palo Alto

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San Ramon

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San Ramon, CA 94583
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Fresno

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CSI TEAM

Joseph Roberson, M.D.
CEO and Managing Partner

Winston Vaughan, M.D.
Director California Sinus Institute

Ryan Rehl, M.D.
Associate

Kathleen Low, N.P.
Nurse Practitioner

Adelene Maniti
Medical Assistant

Reynold O. Bryan, Jr.
Chief Operating Officer

Monica Hellner
Executive Assistant

Gino LiBerati
Manager, Billing/Collections/Contracting

Philip Lowton
Accounting Manager

Hyacinth Reyes
Office Manager, Palo Alto

BREATHE AGAIN!!

Question: What's new at CSI ?

Answer: A lot of changes to improve the care of our patients.

One of the key missions of CSI is to care for our patients with the highest standards. Over the last 3 months we have undertaken several changes that we hope will demonstrate our standards. These include:

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CSI FRESNO



CSI- Fresno. For many years, our central valley patients have done the 2-3 hour drive (each way!) to get their sinus care in Palo Alto. These include patients from cities like Clovis, Visalia, Selma, Hanford, Bakersfield and Potterville. We know shopping in Palo Alto is often an excuse, **but now we come to you once a month. CSI staff depart from our Palo Alto office on the first**

Saturday of each month at 5:00am. We see up to 35 patients and get back by 7:00pm the same day. Yes – it's a long day – but for the patients of California's Lower Central Valley - we offer better access. The staff of the Baz Allergy and Asthma offices have been amazing in hosting us.



Yes – Adelene does sleep during the morning commute and Dr. Vaughan dictates on the way back from the "the Best Little City in the USA".

*Location: 7471 N. Fresno St , close to Highway 41 in North Fresno, CA 93720
Phone: 650-462-3131 – all contact done via our Palo Alto site*

The van to Fresno
"Did we forget anything
Kathleen?"

EMR UPDATE

Handheld Data Entry

At your next visit to our offices, you may be given a computer!– just for a few minutes. These are small, handheld computers that will allow you to enter your sinus symptoms directly into our Electronic Medical Record system. This not only will save time and trees – but will allow us to follow how you do from a scientific standpoint. The

questionnaire that is used has been standardized for outcomes research and has been shown to be a **valuable tool to measure "Quality of Life"**.

Translation: how you feel is important and it is the reason you come to CSI.

The various and multiple treatments offered can now be followed more easily, adjusted and hopefully continuously improved.



SINUPLASTY-A new device: Results are showing that it WORKS!

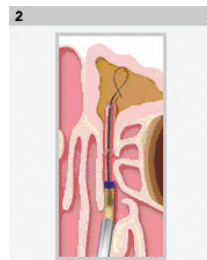
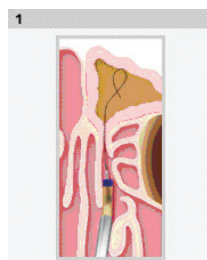
Several of our patients were the first in the World to participate in a study looking at the safety and effectiveness of small balloons to open sinus passageways. Many of you may have seen news / media segments on NBC, ABC, New York Times, Forbes magazine etc. concerning our work and our brave CSI patients who said: "Yes – I'll

try something new to change this disease".

Over 100 individuals, including 20 CSI patients have completed a multi-center USA based study over 24 weeks AND the results look extremely promising. The majority of our patients would have the procedure again and have also

recommended it to others.

The company that makes the Balloon is based in Menlo Park. See www.acclarent.com for more information.



AED & CPR TRAINING-We're prepared!

Safety and health issues are always our concern at CSI and CEI. With that in mind, we have obtained an Automated External Defibrillator (AED). These are devices that you may have heard about or seen on airplanes or in local malls. They can be used in life-threatening emergencies to provide cardiac defibrillation before local 911 emergency providers can

arrive. Numerous studies have shown AED's to reduce morbidity and mortality rates in sudden cardiac arrest. In addition, we have obtained other necessary emergency equipment for the office to provide immediate care. Kathleen Low, NP and our doctors are ready – just in case.



AED/CPR

DISEASES TREATED & SERVICES PROVIDED

Diseases Treated and Services provided include:

- Diseases of the sinuses and nose
- Epistaxis / Nosebleeds
- Endoscopic Sinus Surgery
- Frontal Sinusitis Management
- Sinusitis
- Nasal obstruction
- Computer Guided Surgery
- Mucocoeles / Abscesses
- Bacterial Infections
- Fungal Sinusitis
- Encephaloceles
- Revision Cases
- Balloon Sinuplasty
- Advanced endoscopic techniques to avoid external approaches and improve outcomes
- Culture directed medical management
- Prevention of increased antibiotic drug resistance by use of cultures to select treatment
- Orbital and Optic Nerve Decompression / Grave's disease/Sinus induced Eye infections
- Tear Duct surgery / endoscopic DCR for Watery eyes - Epiphora
- Sinonasal trauma management
- Choanal Atresia Repair
- Complications of Prior Surgeries
- Sinonasal tumors /polyps /masses
- Smell / Taste Problems
- CSF leak repair

BETTER WEBSITE- Go to www.calsinus.com

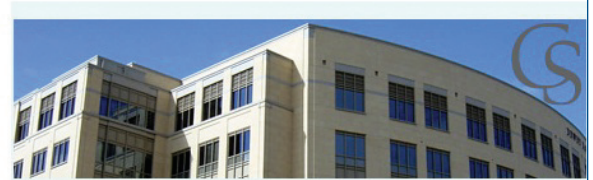
We have updated your sinus website. The CSI website now includes more educational material, additional office forms, information on compounded irrigations, post-surgical care and information on use of a new sinus surgery device, Balloon Sinuplasty™. It also has information on our staff, treatments and useful links and a New Appointment Center where you can

refer others to – or go yourself – to arrange appointments.

Go to **www.calsinus.com** and click on Appointment Center.

Welcome to the California Sinus Institute
Appointment Center

- [Call for an appointment at the location of choice](#)
- [Would you like us to call you and set up an appointment?](#)
- [What you should bring to your appointment](#)



RESEARCH

Our work continues with Allux and Acclarent

Our work with the Menlo Park company Acclarent, on the new "Balloon Sinuplasty"™ device for sinus surgery continues. We have placed links to the NBC story on www.calsinus.com

Dr. Vaughan performed the first sinus surgery using the Balloon Sinuplasty™ device in the United States more than a year ago and the results have been excellent in appropriately-selected patients. Results of the CLEAR (CLinical

Evaluation to Confirm SAfety and Efficacy of Sinuplasty in the PaRanasal Sinuses) study, a multi-center study to further evaluate the safety and efficacy of Balloon Sinuplasty, will be presented at the annual American Academy of Otolaryngology-Head and Neck Surgery meeting in Toronto, ON, this upcoming September. The findings from approximately 115 patients have been very encouraging and patient response has been good.

We are now working with another homegrown start-up company on a procedure to help alleviate nasal

polyps. The procedure adapts photorhinotherapy, which has been used successfully in the management of allergic rhinitis in Europe, to the treatment of nasal polyps. Ultraviolet (UV) light is used on nasal polyps to penetrate and reduce their size. The purpose of the study will be to evaluate the effect of UV light on certain inflammatory cells in samples of nasal polyp tissue. We began enrolling patients in a study involving this procedure in May.

NEWS: New staff at CSI

July heralds changes to the staff of CSI. Dr. Vaughan established the first rhinology and advanced sinus surgery fellowship on the West Coast several years ago and has since graduated four fellows: Chris Church, MD, assistant professor at Loma Linda; Alex Chiu, MD, assistant professor at the University of Pennsylvania, Ankit Patel, private practice in Chicago, IL, and Ed Hepworth, private practice in Denver, CO. Thank you to the many people who contributed greatly to their year with us.

We will be saying **good-bye and giving best wishes to our current fellow, Dr. Rhoda Wynn.** She will be

leaving us and going to work with the otolaryngology group at Kaiser Permanente in Redwood City. She will be a wonderful addition to their team. We wish her success in her many endeavors. We will miss her energetic personality and laughter that she brought to us on a daily basis.

The good news is that **Dr. Ryan Rehl will be joining the CSI team.** Dr. Rehl completed his training at the University of Illinois at Chicago. Outside work, he enjoys various athletic activities, but most appreciates spending time with his family- wife Angela, and his newborn

son, Lucas. Please welcome him to our team as you encounter him in our various offices.



Dr. Ryan Rehl and family

CME AT CSI

CSI has started offering Continuing Medical Education Programs in conjunction with the Let Them Hear Foundation's CME program. Additionally we have offered three mini-fellowships to physicians from Texas, Maryland and California. More details to come.

CALIFORNIA SINUS INSTITUTE

WWW.CALSINUS.COM

1900 University Avenue, Suite 101, E. Palo Alto, CA 94303

FEATURED STAFF

Dr. Ryan Rehl: will join CSI as our new sinus specialist in July. **He will have office hours at all our locations and can provide surgical care at both Stanford and Waverley surgery centers.** Dr. Rehl completed his training at the University of Illinois at Chicago, Ohio State University and Cornell University. He has received numerous awards during his training and has conducted research on sinonasal disorders.

Kathleen Low, RN, NP: is one of the first Nurse Practitioners in the Bay Area to focus in Otolaryngology. She obtained a Bachelor of Science in Nursing in Ohio and then completed a Masters at UCSF to become a NP. She worked as an intensive care nurse at Stanford then joined Dr. Vaughan and the ENT Dept. at Stanford in 1999. She coordinates the sinus research activities at CSI and **sees patients on Tuesdays and Fridays in our Palo Alto office.** Her special interests include the medical management of complex infections and patient education.

Adelene Maniti, CCMA: joined CSI in April 2005. She worked as a phlebotomist at the Mills-Penninsula Hospital then served as a medical assistant in the Allergy Dept at the Palo Alto Medical Foundation. She is currently pursuing work towards a Bachelor of Nursing from San Jose City College. Adelene also serves as the administrative assistant at CSI and coordinates courses, lectures and our fellowships.

MY CSI APPOINTMENT

What should patients bring to a CSI appointment?:

Health Insurance Card / Information

A friend or family member to take notes / help with questions

A list of all medications you are taking

A list of your questions /concerns

A copy of your XRAYs / CT scans (not the reports - get the actual films)

Copies of records from doctors related to your sinuses / nose / allergies / lungs.

Go to www.calsinus.com before your appointment.

Advanced Capabilities

Sinusitis

Bacterial Infections

Epistaxis

Nasal Obstruction

Allergic Fungal Sinusitis

Functional Endoscopic Sinus Surgery

Image Guided Surgical Navigation

Frontal Sinusitis Management

Revision Cases

Orbital and Optic Nerve Decompression

Epiphora

Sinusal Tumor and Trauma

Choanal Atresia

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