

CF UPDATE

THE OFFICIAL E-NEWSLETTER OF SANTA BARBARA COTTAGE HOSPITAL CYSTIC FIBROSIS CLINIC



A Way to Stay Informed

We are starting a new way to deliver updates and news to our patients and families! Please read this newsletter to stay up to date with the changes at our clinic. As always, you can call us at the clinic with questions.

Santa Barbara Cottage Hospital (SBCH)
Cystic Fibrosis (CF) Clinic
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Covid Vaccine

Per the state of California, everyone 12 years and older is eligible for the Pfizer COVID Vaccine! You can register to get the vaccine at Goleta Valley Cottage Hospital by following this link to register: cottagehealth.org/myvaccine

Returning To Clinic

We are happy to see our patients in-person now. We are still seeing patients virtually, however we are asking to see you in clinic at least once a year.

Currently, we are doing a "hybrid" clinic, seeing half virtually and half in clinic. The first half of clinic will be in-person, and the second half will be virtual. If you would like to be seen in clinic, give us a call and we can try to change your visit. During your visit, we will do spirometry, throat swab or culture and you will see the whole CF team. It is important to remember, we need either a sputum or throat culture every year.

As always, our clinic is Tuesday afternoons.

“
Sometimes it's
okay if the only
thing you did
today was
breathe.

”

Cystic Fibrosis Foundation



Telehealth

We appreciate your patience this last year as we know it has been hard with many changes. Telehealth has been an amazing way to see our patients. In the near future, we will be trialing a new telehealth software. There is nothing you need to do. We will provide direction and can walk you through the changes. For now, we will continue to use this link:

cottagehealth.doxy.me/cfclinic

Home Spirometry

By now, most of our patients should have received a home spirometer. If you have not, please let us know and we can check eligibility and order you one.

It is so important to use your home spirometer and track your PFTs. Please download the MIR SPIROBANK app on your smart phone or tablet. Before each visit, we ask that you email your PFT results to Ronny, RT.

His email is r6martin@sbch.org.

“

Always remember
you are braver than
you believe, stronger
than you seem, smarter
than you think and twice
as beautiful as you've
ever imagined.

”

Dr. Seuss



Pediatric CF Clinic

We have welcomed Luke Noronha, MD, as our pediatric pulmonologist. With



that, he has started a Pediatric CF Clinic! This is a new development and we are working with UCLA and clinics around the south and central coasts to get the word out. If you would like to contact Dr. Noronha please call Grotenhuis Pediatric

Clinics at (805) 879-4240.

Staff Changes



Our beloved dietitian, Sharon, has retired. We have welcomed Stacey Bailey to fill her place. She is very excited to work with you all!

Reminders

The best way to contact us is through MyChart! Please sign up for MyChart to access your labs, notes and messages.

cottagehealth.org/patients-visitors/mychart/

“

Our greatest weakness lies in giving up.

The most certain way to succeed is always to try just one more time.

”

Thomas Edison

“

Failure will never overtake me if my determination

to succeed is strong enough.

”

Og Mandino

Current Staff



PHYSICIAN:
Richard Belkin, MD
(Adult CF Director and
pulmonologist)



**CF PROGRAM
COORDINATOR AND
NURSE:**
Cat Vance



PHARMACIST:
Karla Kilgore Smith



RESPIRATORY THERAPIST:
Ronny Martin



PHYSICAL THERAPIST:
Jennifer Thompson



**MEDICAL ASSISTANT,
FRONT DESK AND PATIENT
CARE COORDINATOR:**
Lety Quinones



RESEARCH COORDINATOR:
Katie Unzueta



SOCIAL WORKER:
Jody Giacobuzzi