

# Staying Healthy

SUMMER 2019

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## Wish Project – comfort for the dying

WHEN THERAPIES END,  
A WISH CAN STILL COME TRUE

BY DOLORES FOX CIARDELLI

Sometimes a wish is all a patient has left.

Even with advances in medicine, death can become an impending reality, and Stanford Health Care-ValleyCare started the Wish Project last year to celebrate the patient's life and passions, while also easing the grief for others.

"The wishes are generally small and low-cost but can be extremely meaningful to the patient and their families and friends," said Betts Cravotto, lead volunteer with the Wish Project.

"Wishes can be as simple as providing a few pints of gourmet ice cream to the patient, getting permission for a pet to lay in the patient's lap during their final day of hospitalization, arranging for a special meal, framing the patient's heartbeat, creating a 'word cloud' framed piece, or playing the person's favorite movie or music."

Recently Cravotto met with Ronaldo to discuss the wish of his mother, Romelia, who had been given only a few weeks to live. (ValleyCare withheld the family's name for privacy reasons.)

"After discussing various ideas with Betts," Ronaldo said, "I thought a mariachi band would be very special for my mom. She loves mariachi music."

Cravotto and Dr. Minh-Chi Tran of Stanford-ValleyCare had just a few hours to make the necessary arrangements to bring Romelia outside during such a fragile time and to find the mariachi band and arrange for its 45-minute performance.

The family — and passersby — enjoyed the music.

"Coming to terms with my mother's declining health has been difficult, but sitting here with my family on this beautiful day, listening to a live mariachi band, has brought joy to my mother and us," Romelia's daughter Nancy said.

"The mariachi band performance was our most visible and public wish so far," Cravotto said. "We are thankful to the family for allowing us to share the experience with other patients and members of our hospital community."

About 25% of patients in the United States die in acute care settings, places that hold no special meaning for the patients and their family members. Stanford-ValleyCare launched the Wish Project as a means of easing the grieving process for patients and families and to let staff members provide support to their patients when they're unable to offer medical care and interventions in the traditional sense.

"I remember when I went through this with my mother," Dr. Tran said. "Having someone you care about die in the hospital is such a painful and lonely experience.

"I did not like the idea of having so many patients of mine and their families share that same ordeal," she continued. "I started this project to try to bring some honor to these people and hopefully leave their loved ones with a positive memory at the end.

"We think these small acts will continue to foster our small, caring community. We are honored to bring this project to our patients and their loved ones."

Since the launch in June 2018 with a gift from ValleyCare Charitable Foundation and support from clinical team members and volunteers, the Wish Project has granted about



20 wishes to patients.

"As a community hospital, we've had a longstanding tradition of providing compassionate and personalized care to the residents of the Tri-Valley," foundation executive director Shaké Sulikyan said. "ValleyCare

Charitable Foundation and its donors helped create this important program because we know that the dying process and memories of the experience can have long-lasting effects on the patient's loved ones as well as on the care team." ■



CONTRIBUTED PHOTOS

Romelia and her family — including children, children-in-law, grandchildren and sister-in-law — enjoy the mariachi band in front of Stanford-ValleyCare, which arranged the performance as part of its Wish Project.

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# New Kaiser medical complex advances Tri-Valley medical care

Provider's first 24-hour urgent care center in California among highlights of Dublin facility

By JULIA BAUM

Kaiser Permanente members in the Tri-Valley don't have to drive as far for health care needs since Kaiser's Medical Offices and Cancer Center complex in Dublin opened its doors last month.

The medical facility just off Interstate 580 celebrated its grand opening with a May 13 ribbon-cutting ceremony attended by hundreds of Kaiser staff and public officials, following a May 11 open house that drew

more than 5,000 visitors from all over the Tri-Valley.

"How incredible for Kaiser Permanente to have foresight that 12 years ago we bought this property, knowing that some day it would have businesses and communities living here," Janet Liang, president of Kaiser Permanente Northern California, said in a speech at the grand-opening.

A plethora of services are now available for Kaiser patients at the brand-new, three-story,

220,000-square-foot facility at 3100 Dublin Blvd., including a pharmacy, cancer treatment, physical therapy, x-rays and lab tests, and Kaiser's first 24-hour urgent care center in the state.

The new Medical Offices and Cancer Center "supports the care Kaiser Permanente members receive from their primary care physician and is an addition to the existing Kaiser Permanente medical offices in Pleasanton, Livermore, and San Ramon," according to representatives for the organization. So residents can still "access the care they need, when and where it is most convenient to them," including the medical offices on Owens Drive near Stoneridge Shopping Center.

The Pleasanton Minor Injury Center is still open by appointment-only, but Kaiser closed the Livermore Minor Injury Center in November, making the new Dublin 24-Hour Urgent Care Center a valuable local option for medical care that's not a life-or-death emergency but still needs immediate attention.

The urgent care center treats illnesses and injuries, offers both scheduled and walk-in appointments, and has 30 beds for patients with problems that don't require a trip to the emergency room. Kaiser's closest emergency rooms are located at their Walnut Creek and Antioch hospitals.

Kaiser patients who call the advice line nurse, available 24 hours a day, will either be referred to the Dublin 24-Hour Urgent Care

Center, or directed to the emergency room at a Kaiser hospital if their symptoms are serious enough. The advice nurse can also reach a doctor if more advice is needed. Walk-ins at the urgent care center are accepted 24 hours, 7 days a week.

Six operating rooms at the Dublin site are dedicated to ambulatory surgery, which are operations not requiring an overnight stay in the hospital with patients sent home that same day. Specialists in areas such as cardiology, gastroenterology, gynecology, neurology, obstetrics and orthopedics are also stationed at the new facility.

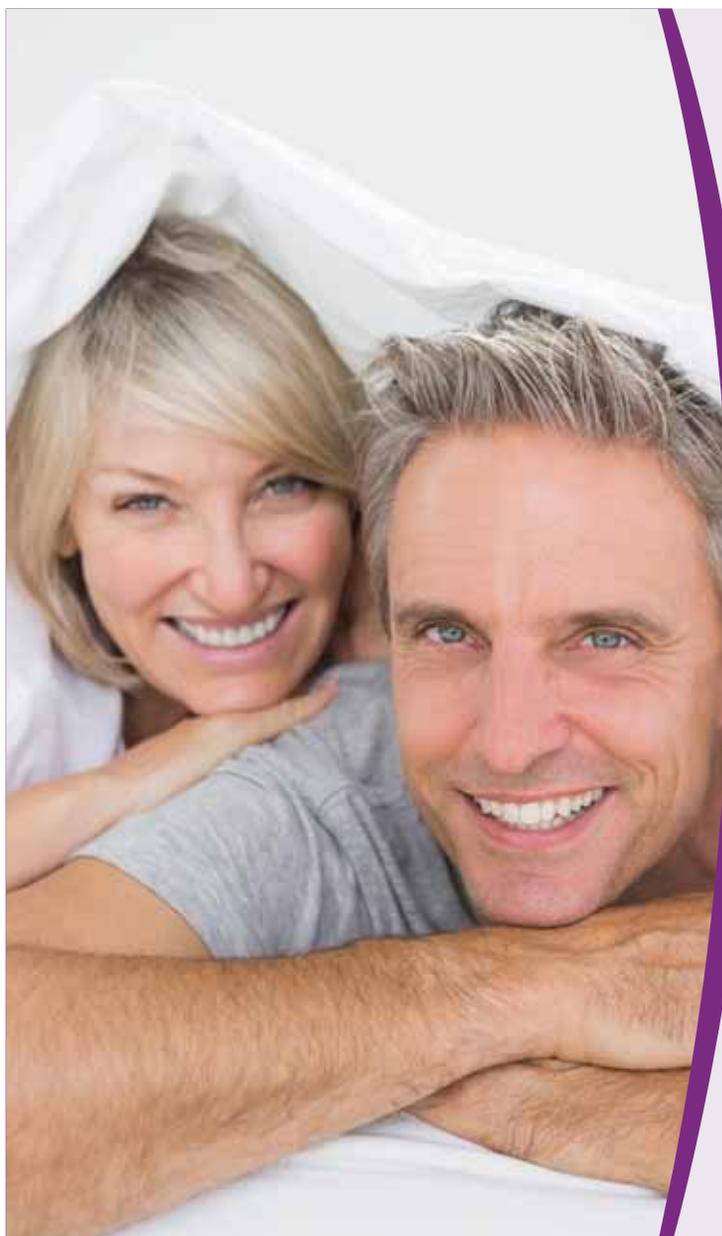
More than 140,000 Kaiser members from the Tri-Valley are expected to heavily use the multi-specialty hub, which also has 900 parking spaces and room to grow in the future.

"Our goal is that you never have to be in a hospital, that what you need here, from primary care to the highest specialty care and specialty treatment, and urgent care at the highest levels we haven't seen in this community," Liang said.

Many of the 500 staff members recruited from other Kaiser locations in Alameda and Contra Costa counties to work at the new complex said they anticipate delivering a new unmatched level of patient care that's now made possible by the cutting-edge facility's centralized design. With multiple specialists at the same site, there's less room for error in communication and patients avoid



Hundreds of people attended the grand opening of the Kaiser Medical Offices and Cancer Center complex last month in Dublin.



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The new Kaiser Permanente Medical Offices and Cancer Center in Dublin features the latest in cancer therapy treatment and Kaiser's first 24-hour urgent care facility in the state. The multi-specialty medical hub has been open since May 20.

wasting time driving to various locations for different appointments.

Enhancing convenience is especially helpful for patients undergoing treatment at the cancer care center, which offers radiation, chemotherapy, radiology hematology, medical and radiation oncology, imaging services, counseling, nutritionists and clinical trials.

The TrueBeam linear accelerator, an advanced radiotherapy system that meticulously targets tumors and destroys cancer cells while leaving healthy tissue unharmed, is the cancer center's crowning jewel, located in a room with concrete walls between three to seven feet thick known by staff as "The Bunker."

"We can treat actually within less than a millimeter precision of the tumor we are targeting," Yildirim Mutaf, chief of physics for Kaiser, said at the grand-opening. "This sub-millimeter precision is provided by a machine that weighs about 12,000 pounds."

The unit "doesn't look like a traditional CAT scanner" but pulls double duty by allowing staff to simultaneously image a patient and administer radiation.

"We can actually image the patient before

we treat, identify why we are treating, pinpoint the tumor and basically produce the radiation that will be directed at that location with very high precision," Mutaf added. Only 12 of such machines are in California, and "four in this facility alone."

"We are very, very lucky and fortunate to be able to provide this to our patients in our service area," he said.

Dublin Mayor David Haubert, Vice Mayor Melissa Hernandez and Councilwoman Jean Josey, San Ramon Mayor Bill Clarkson, Pleasanton Councilwoman Julie Testa, and representatives from Rep. Eric Swalwell and State Sen. Steve Glazer's offices were among the recognizable names at the grand-opening ceremony on May 13.

The high-profile event also featured a live musical performance by local "American Idol" contestant Lindsay Wall, an outdoor juice bar and catered lunch served beneath colorfully decorated canopies.

The Kaiser Permanente Dublin Medical Offices and Cancer Care Center complex is located in Dublin at 3100 Dublin Blvd. For more information about hours, services and more, visit [kaiserpermanente.org](http://kaiserpermanente.org). ■



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The new Kaiser Permanente medical offices in Dublin features bright, airy walkways and modern artwork along with state-of-the-art medical technology and resources.



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# 24-hour Relay for Life

Cancer never sleeps — and neither do fundraisers

By DOLORES FOX CIARDELLI

The American Cancer Society's Relay for Life of Tri-Valley on June 22-23 is a 24-hour event — held round the clock to recognize that cancer never takes a break and neither can the fight against it.

"It started in 1985, with Dr. Gordon Klatt — he was an oncologist — and he circled the track at University of Puget Sound in Tacoma, Washington," said event manager Anh Nguyen of the American Cancer Society. "He said he'll walk around the track for 24 hours to raise money for cancer, and it eventually grew into a nationwide movement."

This year's Tri-Valley event is being held on the football field at Granada High School, and teams have been forming and fundraising for months.

"One team did an Easter fundraiser," Nguyen said. "There have been fundraisers, and individuals email friends and families to ask for donations."

This Saturday, Relay for Life enthusiasts will be in the Livermore Rodeo Parade, as a way to engage with the public. Then on June 15 look out for the purple ribbons on Main Street as volunteers Paint the Town Purple — the event's signature color — in both Pleasanton and Livermore to publicize the Relay for Life.

It is not too late to form a new team or join an existing team for the relay, Nguyen said. Go to [www.relayforlife.org/trivalleyca](http://www.relayforlife.org/trivalleyca).

## Activity schedule

- 10 a.m. to 7 p.m., Face painting/arts and crafts in Kids Camp
- 11 a.m., Water musical chairs
- 1 p.m., Frozen T-shirt contest
- 2:30 p.m., Hot potato water balloon game
- 4 p.m., Plastic egg race
- 5:30 p.m., Tug of war
- 6:30 p.m., Lip sync/karaoke
- 7 p.m., Road to Recovery Race
- 7:30 p.m., Bean bag toss
- 8:30 p.m. Lawn bowling
- 11 p.m., Ring toss
- 12 a.m., Midnight birthday/dance party
- 2 a.m., Kid-friendly movie.

People also can just show up the day of the event.

"Everyone who comes to the event ... will be asked to register," Nguyen said. "If people are survivors or caregivers, we want to know. But everyone is more than welcome to just come."

Registration begins at 8 a.m. June 22, and the relay kicks off at 9 a.m. with an opening ceremony and a celebratory survivors lap followed by a caregivers lap. Then the fundraising teams take to the track, and for 24 hours each will have a member walking.

At the event, teams set up tents for their home bases. As of last week 23 teams had signed up, but Nguyen said the event also attracts last-minute entries.



CONTRIBUTED PHOTOS

Cancer survivors walk the first lap in last year's Relay for Life of Tri-Valley, which raised \$130,000. Everyone is invited to participate in this year's event June 22-23.

"It's a big field, we can accommodate a lot of people," she said.

Festivities continue all day, with live music, games and food for sale to generate contributions. Fun activities include a frozen T-shirt contest, where each walker grabs a block of ice from a freezer and tries to thaw, unravel and put on the T-shirt while doing the lap.

"Whoever reaches the finish line with the T-shirt on first wins," Nguyen said.

Around 9 p.m. the luminaria lap will take place, to counteract the darkness of fear a patient feels after a diagnosis. Participants can dedicate luminarias to their loved ones for a donation (\$10 suggested) to celebrate survivors, commemorate those lost, and tell those affected that they are not alone.

The event ends Sunday morning June 23 with a fight-back ceremony reminding everyone of the reason for Relay for Life.

Last year Pleasanton, Livermore, Dublin, San Ramon and Danville combined their events for the first joint Relay for Life of Tri-Valley, held at Dublin High, and raised \$130,000. Participants become part of an organization of 2.5 million survivors, patients, advocates, volunteers and caregivers doing



everything they can to fund research and support for those affected by cancer.

At that first event, Dr. Gordon Klatt walked and ran for 24 hours, more than 83.6 miles, and raised \$27,000. Since then Relay for Life has become the largest volunteer fundraiser in the entire world, held at venues around the country. In 1996, it became a global movement, and is now held in more than 20 countries. ■

## Why purple?

Purple is the color for the American Cancer Society and the Relay for Life event. Mr. Mirura, a lung cancer survivor and the founder of Relay for Life in Japan, says this color resonated with him. He recalls looking out the window just before the sun rose, when he felt most alone, and seeing the most beautiful purple in the world for just a few seconds between night and morning. He noted this is the color that all cancer patients wait to see — proof they have lived through one more night.

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# Reducing blood loss during surgery

Hospital's conservation efforts aim to protect patients' health, beliefs

By RYAN J. DEGAN

For many people, blood and surgery may seem like they go together hand in hand, but at San Ramon Regional Medical Center, physicians realize that in some cases, significant blood loss is not a viable option for patients.

That's why the hospital offers a series of blood conservation — or bloodless medicine — programs for many of its procedures.

For more than 20 years, San Ramon Regional has offered programs that include surgical techniques, medications and technology aimed at minimizing blood loss during procedures for patients who need to avoid blood transfusions due to religious beliefs or medical concerns.

"Bloodless surgery is beneficial to the patient as it prevents the necessity of the added risk associated with receiving a blood transfusion. Having performed over 10,000 spine surgeries in my career, I have been able to reduce blood loss during spine surgery to a minimum despite a practice that sometimes involves major deformity correction (scoliosis, kyphosis, fractures)," Dr. Robert A. Rovner, an orthopedic spine surgeon at San Ramon Regional, said.

Hospital officials say they have a dedicated staff skilled in blood conservation techniques that replace the traditional necessity of replacing blood lost during surgery with banked

blood from donors.

"It is quite rare for us to require a blood transfusion," Rovner said. "We are very meticulous with controlling the bleeding and have a cell saver available for the rare case where there is atypical bleeding."

In addition to conducting minimally invasive surgery when possible, methods used at San Ramon Regional to increase blood conservation include:

- Blood salvaging, or recycling blood through a machine that cleans blood and returns it to a patient's body.
- Specialized surgical devices such as the harmonic scalpel, argon beam coagulator and electrocautery — also known as thermal cautery — that seal blood vessels and minimize bleeding.
- Certain medications can be used to regulate the clotting and control bleeding. The genetically engineered hormone EPO (erythropoietin) for example can be used to have a patient's body replace lost blood at a faster pace.
- Conservation techniques can also be used in the laboratory, where both before and after surgery physicians can conduct blood tests using a minimal amount of blood through a process called "micro-sampling."
- Stressing the importance of good nutrition, patients can be proactive in ensuring



SRRMC

San Ramon Regional Medical Center has become a destination hospital for patients seeking bloodless surgery procedures, which they may need in order to accommodate religious beliefs or special medical conditions.

their blood and bodies are as ready as possible for surgery by asking physicians about proper nutritional measures leading up to their procedures.

Hospital officials say San Ramon Regional is a destination hospital for patients seeking bloodless surgery. While the techniques have developed for people who need bloodless surgery mainly for religious reasons, many of the practices have become standard procedure.

"These procedures make us better surgeons," said Dr. Murali Dharan, a cardiothoracic surgeon at San Ramon Regional. "We have done hundreds of bloodless surgeries

and procedures with excellent results."

Speaking as to why patients needed bloodless surgery in the first place, Dharan said "The main reasons typically include religious beliefs or medical concerns, such as risk of infection. However, blood products are screened very well and the risk is extremely low."

"At San Ramon Regional Medical Center, we respect and care about our patients and their individual values, beliefs and preferences," chief Strategy Officer Pam Yoo said. "People travel to our hospital for our bloodless medicine program, as well as the experts and compassionate care we provide." ■

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# Take a lot of pictures, leave the deadly diseases

Public health officials urge vaccination before international travel

By RYAN J. DEGAN

Prior to travel, any expert globetrotter knows to write up a checklist preparing for the journey ahead, and that any checklist worth its salt should include things like a camera, sunscreen, toothbrush, and of course, up-to-date vaccinations.

With schools letting out for the summer, many Tri-Valley families will be heading to vacation destinations all across the world. But with world travel comes a certain amount of preparation, particularly when traveling to places with heightened cases of potentially dangerous diseases.

It is recommended by the U.S. Centers for Disease Control and Prevention that travelers talk to their doctors about travel immunizations at least four to six weeks before departing on a trip in order to receive information about recommended medicine and vaccinations.

"Travel medicine and travel vaccines are really important," said Amy Pine, Alameda County Public Health Department's director of immunization. "We definitely recommend full measles disease protection for all travelers."

Pine said that while there are a variety of diseases that travelers should be aware of, recently the measles virus has made a particularly concerning resurgence, and the

United States is currently seeing its highest number of measles cases in 25 years.

"We have sent several announcements lately to various audiences (schools, providers, employees) about the importance of anyone traveling this summer, especially internationally, to have two doses of MMR (measles, mumps, rubella) vaccine, which is the measles vaccine," she said, adding that each documented case of measles in the Bay Area — cases have recently been documented in Berkeley, Livermore and Walnut Creek — have been associated with international travel.

Measles is so serious that, according to Contra Costa County Health Services, if one person has it, an estimated 90% of the people close to that person who are not immune will also become infected. And an infected person is capable of spreading the disease to others before showing any symptoms.

Common symptoms of measles include fever, cough, runny nose, red eyes and a rash.

Pine also recommended that residents who are unsure of their vaccination status should speak with their doctor or simply receive another dose of MMR, which she stresses is perfectly safe to do.

At the moment, measles can be found on



Recommended vaccines for travelers can be found on the CDC website at [wwwnc.cdc.gov/travel](http://wwwnc.cdc.gov/travel).

every continent, however travelers should be aware it is most common in the Philippines, Israel, India and the Ukraine, according to Contra Costa officials. While of particular concern this year due to the high number of cases reported, measles is not the only disease travelers should be aware of.

Malaria, for example, is still a danger in large areas of Africa and South Asia as well as parts of Central and South America. The CDC also noted that Zika can still be found in some South American and Southeast Asian countries.

Alameda County Health Services doesn't have a designated travel vaccination clinic within its public health services, but travel vaccines can be found by making an appointment with your local doctor or by taking a trip to the travel clinic in Contra Costa County.

"Measles is a serious disease," said Dr. Chris Farnitano, Contra Costa County's health officer. "It's critical to get vaccinated, both to protect ourselves and the people in our community who can't receive the vaccine for medical reasons."

The Contra Costa Public Health Travel Clinic is located in Martinez at the Vista Oaks Occupational Health Clinic, 10 Douglas Drive, Suite 110, and available by appointment only so be sure to call ahead at 313-6488.

At the travel clinic, physicians can give recommendations on what vaccines may or may not be needed depending on where the patient is traveling, as well as administer vaccines.

Prices vary depending on the vaccinations required, but patients in need of the MMR vaccine should know that it costs \$160 for two doses — vaccination requires two doses administered over a period of one month. Contra Costa Health Plan members can receive shots as a part of their plan.

Malaria prescriptions and medications are not provided through the county clinic so residents in need of them will need to make an appointment with their own health care provider prior to traveling abroad.

More information on recommended vaccines for travelers heading to specific countries can be found on the CDC website at <https://wwwnc.cdc.gov/travel>. ■

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