Dr. Gokhale not only sees patients with all types of congenital heart diseases, but patients with irregular heartbeats, racing heartbeats, chest pain and fainting, as well... – continued inside
Early interest in pediatric cardiology brings subspecialist to the field

Bay Area native Janaki Gokhale (pronounced go-clay) is a new pediatric cardiologist in the John Muir Health + Stanford Children’s Health partnership. Dr. Gokhale sees patients at 106 La Casa Via in Walnut Creek three days each week and also offers limited evening appointments.

Dr. Gokhale received her medical degree from the University of Pittsburgh School of Medicine and completed a fellowship at Nationwide Children’s Hospital in Columbus, Ohio. She is affiliated with Stanford Children’s Health.

“I was lucky to be exposed to pediatric cardiology as an undergrad at UCLA through a campus job I had in a CT surgery office,” she says. “The surgeon let us shadow medical school lectures and see surgeries. As a molecular and cell biology major, I was especially interested in how structural heart defects occur. I knew I’d still be interested in the field 20 years later.”
Dr. Gokhale sees patients from birth to 18 years old and follows patients until they are 21 years old.

With the John Muir Medical Center in Walnut Creek across the street, it’s easy for her to see a patient in the NICU or nursery quickly. “There are many other subspecialists onsite or nearby, so if a patient has additional issues, we have access to broad expertise. We often collaborate with genetics, endocrinology, pulmonology and gastroenterology. In patients with complex structural heart disease, we collaborate with many specialists to deliver optimal care.”

**Philosophy of honesty**

“I am very honest and up front when I work with families and their pediatricians,” she notes. “I try to treat each child as if they were my own and not use a lot of medical jargon when discussing more difficult or complex diagnoses. I also keep open lines of communication with the pediatrician who knows the patient the best.”

“I definitely enjoy this challenging field and working with my patients — it’s why I’m an MD and not working at a lab bench! Collaborating with and learning from other physicians is great, as it helps me be a better doctor for my patients.”

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Lucile Packard Children’s Hospital Stanford has received a gift of $50 million from Gordon and Betty Moore to deliver exceptional patient care and advance research for children with heart disease.

In honor of this gift, Packard Children’s internationally renowned Children’s Heart Center will be named the Betty Irene Moore Children’s Heart Center.

For more information, please visit: heart.stanfordchildrens.org
John Muir Health + Stanford Children’s Health was the major sponsor of the Walnut Creek Chamber of Commerce’s East Bay Women’s Conference, a sold-out event held on March 6 at the San Ramon Marriott. The keynote speaker was award-winning actress and social justice activist Ashley Judd. Attendees enjoyed breakout sessions on many topics, ranging from impacting change to preparing girls for STEM (Science, Technology, Engineering and Math) careers.

The conference aims to provide women with an opportunity to gather and participate in a day of personal and professional enrichment, growth and networking.

“It’s a great place to network and to have our partnership represented, as these women are the mothers, grandmothers and health plan members who need to know we are here,” says Janaki Gokhale, MD, a pediatric cardiologist with the John Muir Health + Stanford Children’s Health partnership. “The talks involving women’s issues and grassroots programs were really inspiring. When you are talking about global health, it puts things into perspective to realize what we are able to provide for the children in our own environment.” Dr. Gokhale and several other physicians and administrators from both organizations were in attendance.

“This is a perfect place to put us front and center as we deliver our message to women that John Muir Health and Stanford Children’s Health have teamed up to deliver outstanding children’s specialty services close to home,” says Beth Lannon, executive director of Children’s Specialty Services at John Muir Health. “Some women aren’t aware that their children can now receive care at John Muir Medical Center in Walnut Creek, not only from John Muir Health pediatric staff but from Stanford Children’s Health specialists, as well.”

“Our partnership was excited to take the lead in sponsorship. We are part of this community and proud to share the message that we offer our families even more in terms of pediatric specialty care,” adds Lannon. “The ability to see a Stanford Children’s Health specialist at convenient locations in Walnut Creek was great news to many.”

THE 500-PLUS WOMEN AT THE CONFERENCE HAD THE CHANCE TO CHAT WITH JOHN MUIR HEALTH + STANFORD CHILDREN’S HEALTH REPRESENTATIVES, WHO PROVIDED ATTENDEES WITH INFORMATION ABOUT THE PARTNERSHIP.
PEDIATRIC CARDIOLOGY EVENING LECTURE

Pediatric myocarditis: When should their chest pain give you chest pain? with Janaki Gokhale, MD

Wednesday, May 17, 2017  □  6:00 p.m. – 8:00 p.m.
Location: Forbes Mill Steakhouse, 200 Sycamore Valley Road West, Danville, CA 94526
To RSVP, contact:
Beth Lannon — beth.lannon@johnmuirhealth.com or Sandra Stone — sandra.stone@johnmuirhealth.com, or call (925) 941-4148.

Pre-conference: The role of the PCP in transgender health care
July 20, 2017
Location: The Frances C. Arrillaga Alumni Center Stanford University

25th Annual Pediatric Update
July 21 – 22, 2017
Location: The Frances C. Arrillaga Alumni Center Stanford University
For registration and more information, please visit: www.cme.stanfordchildrens.org
Contact: Marifin Besona, CME Coordinator — lpchcme@stanfordchildrens.org, or call (650) 498-6757.

John Muir Medical Center
1601 Ygnacio Valley Rd, Walnut Creek, CA 94598

April
20  PICU CME/M&M
*27  Pediatric Latent Tuberculosis, Brian Lee

May
*11  Radiology Risks, Shlomo Leibowitz
18  Perinatal CME/M&M, Kristin Hubert, MD, and Rosa Won, MD

June
*6  Abx Stewardship, Sruti Nadimpalli, MD

*Webinars | Webinars are available via the internet starting at 7:30 a.m.
To access navigate to: https://johnmuirgm.globalmeet.com/CMEConcord
Cardiology
Janaki Gokhale, MD
Stafford Grady, MD
Phone: (925) 295-1701
Fax: (925) 295-1704
Monday – Friday
106 La Casa Via, Suite 220
Walnut Creek, CA 94598

Critical Care
Budi Wiryawan, MD
Phone: (925) 941-4580
PICU Main Number:
(925) 947-5230
John Muir Medical Center
1601 Ygnacio Valley Rd
Walnut Creek, CA 94598

Dermatology
Jennifer Sorrell, MD
Phone: (800) 995-5724
Fax: (650) 721-2884
Wednesday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Endocrinology
Suruchi Bhatia, MD
Cristina Candido-Vitto, MD
Phone: (415) 600-0770
Fax: (415) 600-0775
Monday, Thursday, Friday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Gastroenterology
Sabina Ali, MD
Kelly Haas, MD
Anita Sharma, PNP-BC
Diane Valmossoi, FNP
Maryann Christofas, MS, RD, CSP
Johanna Kammerer, RD
Phone: (925) 239-2900
Fax: (925) 932-2456
Monday – Friday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Hematology/Oncology
Byron Smith, MD
Phone: (925) 947-5272
Fax: (925) 947-3337
Jay Balagtas, MD
Joan Fisher, MD
Sadie Hannah, NP
Phone: (925) 941-4144
Fax: (925) 947-3208
Monday – Friday
John Muir Medical Center
3-East, 1601 Ygnacio Valley Rd
Walnut Creek, CA 94598

Hospitalist Services
(Pediatrics)
Lyn Dos Santos, MD
Office: (925) 941-4588
Pediatric: (925) 876-0489
Newborn: (925) 952-2903
John Muir Medical Center
3A-P, 1601 Ygnacio Valley Rd
Walnut Creek, CA 94598

Infectious Disease
Sruti Nadimpalli, MD
James McCarty, MD
Referral: (800) 995-5724
Fax: (650) 721-2884
Friday
106 La Casa Via, Suite 250
Walnut Creek, CA 94598

Neonatology
Kristin Hubert, MD
Nick Mickas, MD
Phone: (925) 947-5350
John Muir Medical Center
NICU, 1601 Ygnacio Valley Rd
Walnut Creek, CA 94598

Nephrology
Elizabeth Talley, MD
Phone: (650) 721-5807
Fax: (650) 721-2884
Thursday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Neurology
Candida Brown, MD
Jonathan Hecht, MD
Dawn Saborit, RN, PNP
Phone: (925) 691-9688
Fax: (925) 691-9820
Monday – Friday
400 Taylor Blvd, Suite 306
Pleasant Hill, CA 94523
Neurosurgery
David Hong, MD
Gerry Grant, MD
Camly Slawson, NP
Phone: (925) 239-2705
Fax: (650) 721-2884
Monday & Thursday
106 La Casa Via, Suite 250
Walnut Creek, CA 94598

Orthopedics & Sports Medicine
Charles Chan, MD
Scott Hoffinger, MD
James Policy, MD
Stephanie Pun, MD
Referral: (650) 497-8263
Fax: (925) 322-8492
Physician Contact: (510) 549-8480
Monday, Tuesday, Thursday, Friday
106 La Casa Via, Suite 240
Walnut Creek, CA 94598

Christy Boyd, MD
Charles Chan, MD
Referral: (844) 416-7846
Fax: (650) 497-8891
Monday – Friday
5000 Pleasanton Ave
Pleasanton, CA 94566

Otolaryngology
Christi Arnerich, MD
Referral: (925) 239-2900
Fax: (925) 932-2456
Monday, Tuesday, Friday
106 La Casa Via, Suite 100
Walnut Creek CA 94598

Physical Therapy
Center for Sports Medicine
Rehabilitation and Sports
Physical Therapy
Phone: (650) 736-2000
5000 Pleasanton Ave
Pleasanton, CA 94566
Physical Rehabilitation Center
Phone: (925) 947-5300
3480 Buskirk Ave, Suite 150
Pleasant Hill, CA 94523

Pulmonary
Nancy Lewis, MD
Phone: (925) 239-2900
Fax: (925) 932-2456
Tuesday – Wednesday
Karen Hardy, MD
Manisha Newaskar, MD
Rachna Wadia, MD
Eric Zee, MD
Phone: (844) 724-4140
Fax: (510) 457-4236
Monday, Thursday, Friday
106 La Casa Via, Suite 100
Walnut Creek CA 94598

Rheumatology
Imelda Balboni, MD
Dana Gerstbacher, MD
Referral: (650) 723-3877
Fax: (650) 721-2884
Wednesday
106 La Casa Via, Suite 250
Walnut Creek, CA 94598

Surgery
Thomas Hui, MD
Christopher Newton, MD
Wolfgang Stehr, MD
Wendy Su, MD
Phone: (925) 239-2900
Fax: (925) 932-2456
Monday Afternoons
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Urology
William Kennedy, MD
Cathy Costaglio, NP
Sarah Oppenheim, NP
Referral: (800) 995-5724
Fax: (650) 721-2884
Physician Contact: (650) 732-9779
Tuesday
106 La Casa Via, Suite 100
Walnut Creek, CA 94598

Jeremy Lieb, MD
Phone: (925) 609-7220
Fax: (925) 689-3298
2222 East St, Suite 250
Concord, CA 94520
INTRODUCING

CINDY EPPSTEIN, PHYSICIAN LIAISON

Cindy Eppstein’s role as a physician liaison with Stanford Children’s Health brings her career full circle. Cindy started her career working for a pediatrician in Oakland, and she has spent the past 26 years serving the dental community in various roles.

For help with physician referrals or for more information about John Muir Health and Stanford Children’s Health pediatric specialty services, please contact Cindy by email at: ceppstein@stanfordchildrens.org or by phone at (650) 646-1518.

ABOUT OUR PARTNERSHIP

Through our partnership, patients can now see Stanford Children’s Health specialists locally in the East Bay. When hospital-based care is needed, patients can be treated at John Muir Medical Center in Walnut Creek. It all adds up to: your patients can receive excellent quality specialty pediatric care, close to home.

johnmuirhealth.stanfordchildrens.org  johnmuirhealth.com/ChildrensSpecialty