

John T. Dearborn, M.D.
Orthopaedic Surgeon

September 2020

John G. Costouros, M.D.
Orthopaedic Surgeon

Dear Patients,

Kelly K. Haws, PA-C
Physician Assistant

We hope you are healthy and finding ways to appreciate the gift of life despite smoky air and the ongoing challenges surrounding the pandemic. We know some of you are unwell and some have even lost family members to COVID-19—we are sorry for every precious loss of life, and we grieve with you.

Dave Bryan, PA-C
Physician Assistant

Currently, the latest data shows the number of coronavirus cases in California began declining in mid-August—and there are other sources of encouragement. Our country has begun to acknowledge our many historical mistakes, and seized upon growing momentum fueled by an earnest resolve to put an end to systemic racism. Healthcare workers continue to willingly put themselves at risk as they expertly care for others. Access to COVID testing appears to be improving. Telemedicine has helped medical offices stay decompressed to allow for improved safety and social distancing, though we know it does not replace a face-to-face experience with your trusted physician.

Breane Wong, PA-C
Physician Assistant

Some important updates:

Our elective surgery schedule is fully operational. If your hip, knee or shoulder is keeping you from enjoying life, now is a great time to have your problem solved. Our unique, quarantined space adjacent to Washington Hospital allows the safest possible inpatient experience, however brief. Every patient is tested for COVID-19 five days before their surgery date, either close to where they live or at our hospital testing site. One family member is allowed into the care unit for a few hours on the day of discharge, to help with information transfer.

Our clinics are open Monday—Friday. We are committed to protecting patients and staff, which means we cannot see our regular number of patients. If you are due for an annual follow-up and are doing fine, we will complete your visit via telemedicine.

Our Peninsula Surgery Center construction is progressing on schedule—we anticipate completion by November 2020—with surgical cases beginning January 2021.

Dr. Dev Mishra, an orthopaedic surgeon specializing in nonoperative restorative medicine, has office hours on Friday morning. He is an expert in the latest injection technologies, including platelet-rich plasma, umbilical Wharton's jelly and stem cells.

Thank you for taking time to read this update. Please join me in continuing to pray for healing for those affected by COVID-19, for those working on a vaccine, and for our country to experience healing and unity as we embrace and celebrate our diversity.

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Blessings to you all,



John T. Dearborn, M.D.