

the HealthSource

A HEALTH NEWS AND EDUCATION RESOURCE FOR INLAND NORTH COUNTY

May - August 2005

PPH goes for Women

Fighting Back Against Heart Disease

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PALOMAR
POMERADO
HEALTH

Welcome!

Dear Friend of PPH,

Welcome to *The HealthSource*! This new health-education guide is published every January, May and September by Palomar Pomerado Health (PPH) and replaces our former *WellSpring* publication and quarterly community education calendar. Inside, you'll find a wealth of information about upcoming PPH News, special events, support groups, health screenings, our wide array of health-education classes, and the latest facts on important health topics. Plus, there's a handy calendar to keep you up to date on all that PPH has to offer.

Also included in this two-in-one guide is *The BabySource*, a unique health resource designed specifically for new and expecting parents. If you or someone you know is thinking of starting or growing their family, *The BabySource* is a great place to start.

We hope you'll find *The HealthSource* and *The BabySource* to be informative and useful as you strive to live your best life.



In Good Health,

Michael H. Covert, F.A.C.H.E.
President & Chief Executive Officer
Palomar Pomerado Health

the HealthSource Class Locations

Poway

Pomerado Hospital
15615 Pomerado Road
Poway, CA 92064

Women's Health Connection
Gateway Medical Building
15725 Pomerado Road
Suite 100
Poway, CA 92064

San Marcos

The HealthSource
120 Craven Road
Suite 103
San Marcos, CA 92069

On the Cover...

Robert Stein, M.D.,
board-certified cardiologist
and medical director of PPH
Cardiovascular Services

Barbara Buesch, R.N., B.S.N.,
quality management nurse

Escondido

Palomar Medical Center
555 East Valley Parkway
Escondido, CA 92025

Redwood Town Court
500 East Valley Parkway
Escondido, CA 92025

OASIS
Westfield Shoppingtown
Robinson's May South*
280 East Via Rancho Parkway
Escondido, CA 92025
760.432.0635

Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic. Call **858.675.5372** for more information.

*Health Education classes offered at Robinson's May South are provided by **OASIS** through sponsorship by Palomar Pomerado Health. To register for an **OASIS** class, call **760.432.0635**.

the HealthSource

Volume 1 – Issue 2

May – August 2005

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EDUCATION

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Check out our latest programs and register today!
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Stay up to date on the latest PPH events.

The HealthSource retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations.

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis

Thursday, July 7, 1 – 2:30 p.m.
Redwood Town Court

Bipolar Disorder & Depression

Every Wednesday, 6:30 – 8 p.m.
Palomar Medical Center

Caregiver Support Group

1st Wednesday of each month, 10 – 11:30 a.m.
Poway Adult Day Health Care (858.748.5044)

Chronic Fatigue Immune Syndrome and Fibromyalgia Syndrome

2nd Tuesday of each month, 1 – 3 p.m.
Women's Health Connection

Circle of Caring: Adult Bereavement Support Groups

Sponsored by The Elizabeth Hospice. Call **800.797.2050** for dates, times and locations.

Crohn's & Colitis Support Group

2nd Thursday of each month, 7 – 8:30 p.m.
The HealthSource San Marcos

Diabetes Support Group

2nd Tuesday of each month, 7 – 8:30 p.m.
Palomar Medical Center

Domestic Violence Support Group

Call **760.739.2140** for dates, times and locations.

Head Injury, Trauma and Spinal Support System (HITSS)

Every Saturday, 9 – 10:30 a.m.
Graybill Auditorium
Palomar Medical Center

Menopause Information & Support

Thursday, June 16, 12:30 – 1:30 p.m.
Thursday, August 18, 12:30 – 1:30 p.m.
Women's Health Connection

Speech Communication Support Group

Every Tuesday, 3 – 4 p.m.
Rehabilitation, Palomar Medical Center

Women's Cancer Support Group

2nd and 4th Tuesdays, 6:30 – 8 p.m.
Redwood Town Court

1st and 3rd Wednesdays, 10:30 a.m. – Noon
Women's Health Connection

PPH goes Red for WOMEN

The color red evokes passion and confidence – and it signals change. Palomar Pomerado Health (PPH) is committed to making a change for the better as it joins forces with the American Heart Association (AHA) as a sponsor of the “San Diego Goes Red for Women” movement, part of the American Heart Association’s national “Go Red For Women” campaign. The exclusive local partnership will help support the AHA’s national call to women of all ages to become more aware of their risk for heart disease and learn what they can do to reduce their risk.

“Heart disease and stroke are the number one killers of women – claiming more lives each year than the next seven causes of death combined, and nearly twice as many as all forms of cancer, including breast cancer,” says Robert Stein, M.D., a board-certified cardiologist and medical director of PPH Cardiovascular Services. “We believe our involvement with *San Diego Goes Red for Women* is a significant step in the right direction toward increasing women’s awareness of this problem and increasing appropriate treatment.”

Through the campaign, women can learn tips and information on healthy eating, exercise, and risk-factor reduction including smoking cessation, weight maintenance, blood pressure control and blood cholesterol control.

PPH’s role in the campaign includes helping to spread the health message to the San Diego community, providing cardiac health experts to speak on the subject and participating in AHA events such as the Heart Walk in September. Other activities will be developed during the year. To join the *Go Red for Women* movement, visit www.pph.org



Silva Mann, R.N., shares a smile with cardiac patient Gloria Ginese. Ginese is happy to have the spring back in her step following the excellent care she received at Palomar Medical Center.



How You Can “GO RED”

Wear a Red Dress – The fashionable red dress pin is showing up across North County. It’s easy to get your free pin. Just call **1-888-MY-HEART** or order online at www.americanheart.org.

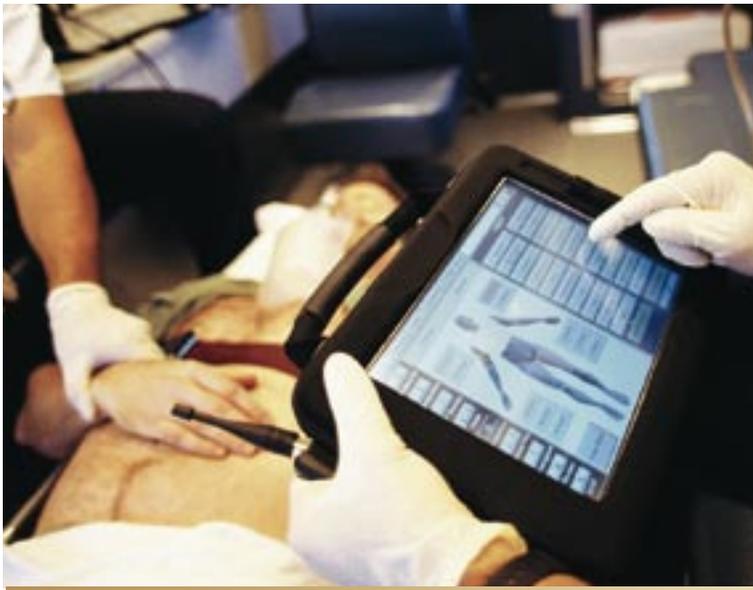
Take Charge, Know Your Numbers – The AHA *Go Red for Women* web site, www.americanheart.org, includes vital information about cholesterol and blood pressure. You’ll also find the *Top 10 Go Red Tips* for reducing your risk for heart diseases.

You have the power to keep your heart healthy – start now:

- Learn the warning signs of heart attack and stroke, they can be different for women and men.
- Schedule regular checkups and follow your doctor’s advice.
- Keep track of your blood pressure, cholesterol and weight.
- Don’t smoke. If you do smoke, stop.
- Eat a balanced diet that is low in saturated and trans fats and sodium.
- Be physically active.

6 Risk Factors for Heart Disease

- High Cholesterol
- High Blood Pressure
- Smoking Tobacco
- Physical Inactivity
- Overweight and Obesity
- Diabetes



Partners in*Excellence*

*When the American Heart Association (AHA) was looking for a health-care partner in San Diego County for the **Go Red for Women** campaign, they didn't have to look far.*

"We are pleased with the opportunity to partner with Palomar Pomerado Health. They have long been recognized in the community for high quality of care to patients," says Teri Skinner, executive director of the San Diego chapter of the AHA.

Last year, Palomar Medical Center (PMC) was the first in San Diego among participating hospitals to receive a 12-month Performance Achievement Award as part of the AHA's *Get with the Guidelines – Coronary Artery Disease Program*.

"Heart disease in women is vastly under-treated," says Robert Stein, M.D., board-certified cardiologist and medical director of PPH Cardiovascular Services. "Get with the Guidelines is a clinical program that focuses on aggressive risk reduction therapies of patients who are admitted with coronary artery disease. The addition of *Go Red for Women* serves to raise awareness among women that they need to take action to reduce their risk for heart disease."

Hospitals who receive the Performance Achievement Award must demonstrate that at least 85 percent of their coronary patients are treated following the AHA's recommended guidelines. The AHA determined that 95 – 100 percent of all coronary artery patients at PMC were treated by their guidelines.

"Patients with coronary artery disease can be assured that the treatment they receive at Palomar Medical Center is the most appropriate, current and consistent standard of care available," says Dr. Stein.

Dr. Stein is president-elect of the San Diego chapter of the AHA.

Cardiac*Alert* Saving Minutes, Saving Lives

When a heart attack happens, every minute counts. That's why Palomar Medical Center (PMC) and paramedics have teamed up to provide North County residents with a Cardiac Alert program designed to decrease the time it takes for heart patients to receive life-saving treatment.

Initiated last year, it is the first program of its kind in San Diego County. Cardiac Alert starts in the field with paramedics using 12-lead EKG machines to transmit information through a cell phone directly to a cardiologist at PMC.

"The cardiologist is able to determine whether or not the patient is truly having a cardiac emergency," says Poway firefighter/paramedic Daniel Bertucelli. "The Cardiac Alert program helps patients get to life-saving treatment much sooner."

Dennis Leahy, M.D., board-certified interventional cardiologist, and Robert Stein, M.D., a board-certified cardiologist, were instrumental in developing the program. Participating fire departments include Escondido, Ramona, Poway, Julian, San Marcos and Valley Center.



PALOMAR
POMERADO
HEALTH





Check out the latest programs available and register today!

Cancer

I Can Cope

Pomerado Hospital

Mondays, June 6, 13, 20, 27 &
July 5, 11
10:30 a.m. – Noon

Oncology nurse Kay Kimball leads this FREE series of educational classes for people confronting a cancer diagnosis. Open to patients and families through the collaborative efforts of the American Cancer Society and PPH Cancer Resource Centers.

FEE: Free

Look Good, Feel Better

Palomar Medical Center (Bilingual)

Mondays, June 27 & August 29
5 – 7:30 p.m.

Pomerado Hospital

Mondays, June 27 & August 29
1 – 3:30 p.m.

A class designed to help women cope with the appearance-related effects of cancer treatment. All cosmetics and skin-care products are complimentary. Sponsored by the American Cancer Society and Palomar Pomerado Health.

FEE: Free

Cancer Conference

Pomerado Hospital

First & Third Thursdays
12:15 – 1:15 p.m.

Palomar Medical Center

Fridays, 12:15 – 1:15 p.m.

*For retired and employed health professionals.
One CME. Lunch provided.*

FEE: Free/PPH Employees

\$5/ non-PPH Employees

Heart Health

Cardiac Rehabilitation

Palomar Medical Center

Call **760.739.3566** for dates, times and fees.

Medically supervised program for those recovering from a cardiac event.

Lung Health

Pulmonary Rehabilitation

Palomar Medical Center

Pomerado Hospital

Call **760.739.3685** for dates, times and fees.

Education and physical conditioning for those suffering from any form of pulmonary disease.

Wigs, Wig Products & Protheses

Wigs, wig products and protheses are available at discounted prices from the PPH Cancer Resource Centers and the Women's Health Connection Boutique. Please call for more information.

PPH Cancer Resource Centers:

858.613.4044 (Poway)

760.739.3943 (Escondido)

Women's Health Connection Boutique:

858.613.4894 (Poway)



Kick the Habit: Smoking Cessation

**Palomar Medical Center,
Graybill Auditorium**

Eight-week series
Wednesdays, May 25 - July 13
5 - 6:30 p.m.

PPH's new smoking cessation class, led by oncology nurse Kay Kimball, explores the challenges of "quitting" and provides the tools and support necessary to help you kick the habit. This eight-week series meets on Wednesday evenings and includes six sessions of information followed by two weeks of support group meetings for those who quit.



Among the many learning objectives are:

- Effects of smoking on health
- Benefits of quitting
- Personal reasons for smoking and reasons to quit
- Financial cost of smoking
- Minimizing the effects of quitting
- Coping skills
- Relapse prevention
- Support group establishment

All participant concerns and challenges will be addressed during the program.

FEE: \$150/participant

Meet the INSTRUCTOR

Kay Kimball
RN, MSN, OCN

Kay Kimball facilitates PPH's new smoking cessation class, "Kick the Habit." Kimball, a 25-year PPH employee, oversees the Cancer Resource Centers at Palomar Medical Center and Pomerado Hospital and leads numerous cancer support groups and wellness classes. A former smoker, Kimball understands the challenges of quitting. With her program, she provides class attendees with the tools to quit, even if they don't succeed the first time.



Blood Pressure SCREENINGS

OASIS

Second and Fourth Mondays
Noon - 2 p.m.

Pomerado

Hospital Lobby

Second Tuesday of each month
Noon - 2 p.m.

Palomar Medical Center Lobby

Third Thursday of each month
11 a.m. - 1 p.m.

Women's Health Connection

Monday, Tuesday, Thursday, Friday
9 a.m. - 5 p.m.

Wednesdays,

11 a.m. - 7 p.m.

(Call **858.613.4894** for an appointment.)



*Check your blood pressure
regularly at no charge.*

PPH Salutes its VOLUNTEERS

With nearly 99,000 hours of service to their credit during 2004, Palomar Pomerado Health is proud to recognize its more than 600 student and adult volunteers who generously donate their time to the Palomar Medical Center and Pomerado Hospital Auxiliaries.

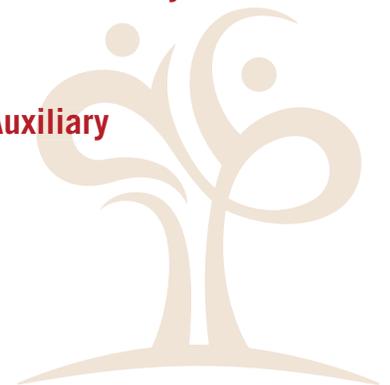
As the largest health-care provider in Inland North County San Diego, PPH offers numerous volunteer opportunities for all ages in a variety of facilities. For more information on how you can become a PPH volunteer, please contact one of our Auxiliary offices.

Palomar Medical Center Auxiliary

Escondido
760.739.2616

Pomerado Hospital Auxiliary

Poway
858.613.4659



CPR/First Aid

American Heart Association Basic/Advanced Life Support and HeartSaver First Aid Courses

Courses are offered through the Palomar Pomerado Health/American Heart Association Training Center. Onsite group training is available with a minimum of six participants. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

Basic Life Support Courses

Call **800.628.2880** for dates, times, locations and registration information on the following classes:



CPR for Family and Friends

This course teaches basic life saving techniques including how to relieve an obstructed airway. It is suggested for the lay rescuer such as new parents, babysitters, caregivers or anyone who is preparing to help others in distress but does not need certification.

FEE: \$25 / participant

HeartSaver CPR

This class provides CPR certification and is designed for the layperson who may serve as a rescuer in the workplace such as flight attendants, teachers, daycare providers and security personnel.

FEE: \$40 / participant

BLS for the Health-Care Provider

This class provides CPR certification for the health-care professional, paramedic, lifeguard or nursing student and includes instruction on one- and two-man adult, child and infant CPR; relief of an obstructed airway; and use of an AED and ambu bag.

FEE: \$40 / participant

HeartSaver First Aid

This four-hour class includes instruction on the general principles of first aid, as well as medical, injury and environmental emergencies. Topics covered include choking, chest pain, fainting, seizures, low blood sugar, bleeding, burns, shock, bites, stings, poisoning and more. This course complies with OSHA regulations and is open to anyone.

FEE: \$40 / participant

(Note: Participants who enroll in both HeartSaver CPR and HeartSaver First Aid are eligible for a combined discounted fee of \$65.)

Advanced Life Support Courses

Call **858.613.4444** for dates, times, locations and registration information on the following classes:

HeartSaver AED

This class provides certification in Adult CPR and the use of an AED (Automated External Defibrillator). Classes are offered to groups who either have or would like to purchase an AED.

FEE: \$50 / participant

ACLS

Advanced Cardiac Life Support for the health-care professional, physician, respiratory therapist and paramedic. Renewal and provider classes are provided.

FEE: \$40 / participant

PALS/PEPP

Pediatric Advanced Life Support for healthcare professionals, emergency personnel, MD's.

FEE: \$40 / participant

NRP (American Academy of Pediatrics)

Neonatal Resuscitation is for the health-care professional that would resuscitate a newborn.

FEE: \$40 / participant

Diabetes

Diabetes Education

**Palomar Medical Center
Pomerado Hospital**

Classes offered weekly.

Call 858.613.4164 for dates, times and fees.

DiabetesHealth education classes are designed to help individuals with diabetes and their families improve their health status and quality of life. Classes range from a core education series to specific needs that focus on self-blood glucose monitoring, nutritional meal planning, carbohydrate counting, oral medications and gestational diabetes. DiabetesHealth is certified by the American Diabetes Association and accredited by California's "Sweet Success" program for gestational diabetes.

LifeLine

Palomar Pomerado Health's Lifeline Personal Emergency Response Service is designed to summon help when a subscriber has a sudden illness or injury and is unable to get to a telephone to call for help. Simply press the waterproof personal help button worn as a pendant or on a wristband and within seconds you'll be connected to a highly trained Lifeline operator who can quickly summon the appropriate help.

for more information about
LifeLine call **858.675.5371**

Transforming My Life:

HOW PPH'S 2005 WOMEN'S CONFERENCE RENEWED MY COMMITMENT TO BETTER HEALTH

By CeCe Wilkens

The brochure for Palomar Pomerado Health's 2005 Women's Conference was inviting. It asked, "Does your mind, body and spirit need rejuvenating?"

"Well, of course it does," I thought. As a 55-year-old woman – as an "any-age" woman – I knew I could benefit from the newest in health information and screenings, inspiring presentations and the priceless strength of joining other women who share my goal of regaining a sense of self. Indeed, the April 9 conference at the California Center for the Arts Escondido radiated abundant energy from the sold-out crowd of more than 500 women.

Naomi Judd, the featured celebrity speaker, displayed humor, optimism, faith and emotional honesty as she revealed her life's challenges. These include surviving domestic violence and Hepatitis C, which she said would cause four times more deaths than AIDS in the United States in the next decade. She believes the best indicator of health, happiness and longevity is self-esteem, which comes from peace of mind and the ability to deal with the challenges of life.



After Judd's inspiring conference opener, participants attended educational discussions by Palomar Pomerado Health (PPH) physicians and health educators. It was more than difficult to select one topic from the five different programs offered during each of three sessions.

I was attracted to "Makeover Madness" by Dennis Bucko, M.D., because "if I'm going to transform myself, this is a good place to start." However, I ultimately decided to learn the latest about "The Heart of the Matter" from Dennis Leahy, M.D, because I had read in a PPH newsletter that heart disease is the number-one killer of women.

"Exercising regularly – at least 30 to 40 minutes three or more times a week – will reduce your risk by 50 percent. It's the most important intervention you can take, it's free and it has very good side effects," Dr. Leahy said. (Please see related articles on pages 4 – 5.)



For the next session, I was torn between learning "Simple Steps for Looking Skinsational" by Nancy Chen, M.D., "Making Your Workout Work" by Ann Jaburg, certified fitness instructor, and "A Joint Decision" by James Bried, M.D. Because of family history, I decided to "Arm Myself Against Cancer" by Elizabeth Salada, M.D. She packed a lot of facts about the most common female cancers into her 50-minute presentation.



What I learned:

- **Lung cancer is the leading cause of cancer-related deaths in women. From 1990 to 2003, there was a 60 percent increase in new lung cancer cases among women while the rate remained stable for men. Surprisingly, 25 percent of women nationwide still smoke. I was happy to learn that PPH offers a new cessation program to help smokers quit.**
- **Although breast cancer is the most common cancer in women and the second leading cause of cancer-related deaths, more women than ever before are living as breast cancer survivors.**
- **Colon and cervical cancers are virtually preventable, primarily because of the effective screening tests for these cancers.**

Whew! Time is going fast and my head was filled with facts and reminders that transforming myself requires fueling my body with nutritious foods in appropriately sized servings, moving my body a lot more often than I have been, having recommended health screenings and reporting unusual symptoms to my physician.

Now, it was time to harmonize and balance my inner self. For the third session, I learned how to "Transform My Life with Feng Shui" by Terah Kathryn Collins, the founder of the Western School of Feng Shui. More than 120 women packed the room to learn how to enhance our health, relationships, creativity and more through the practical application of feng shui.

Between sessions, I stopped by several of the more than 50 health screening, health information and exhibit booths. It was a one-stop shop to check my risk for stroke; ask the doctors, dentists and pharmacists questions about my health; purchase both healthy and "feel good" items; and learn more about the multitude of health services PPH offers throughout North County.

Feeling like I'd had a mental workout, I welcomed the healthy lunch and another keynote presentation by Kelly Ferrin, gerontologist. She informed, entertained and inspired us to remember, "Age is just a number! It's not about how long you live, it's about how well you live."

Ferrin introduced us to the upside of practicing what we had spent the day learning. My own inspiration is now personified in Stephanie McGraw, a vibrant 100-year-old woman who was attending the conference.

The energetic glow from this centenarian deepened my resolve to apply the lessons from the 2005 PPH Women's Conference as I rejuvenate my mind, body and spirit.



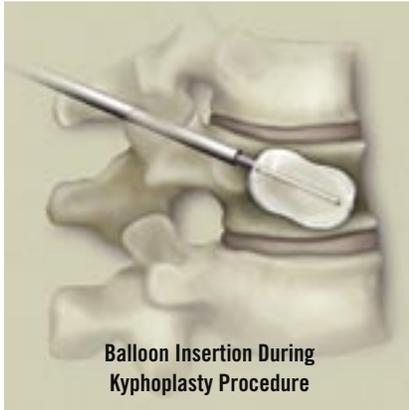
Stephanie McGraw
is 100 Years Young!

Osteoporosis

..... in the Spine:
High-Tech Treatment Options

Ten million Americans – men and women – have osteoporosis, according to the National Osteoporosis Foundation. Each year, porous bones in these individuals are responsible for more than 1.5 million fractures or cracks; 700,000 of these fractures occur in the vertebrae or spinal bones. Compression fractures result in loss of height and kyphosis – an excessive curvature of the spine more commonly called humpback.

Today, kyphoplasty and vertebroplasty are the procedures most frequently used to treat vertebral fractures. During kyphoplasty, a balloon is inserted by a needle into the vertebrae. The balloon is carefully inflated to create a cavity or hole in the bone, restoring the spine to its original height and correct position. After deflating the balloon, a special type of cement is pushed into the cavity. The placement of the cement effectively treats the pain that comes from the broken spine, creates stability for the broken bone and restores height. During vertebroplasty, bone cement is injected without using a balloon.



Balloon Insertion During Kyphoplasty Procedure

Both procedures are usually performed using local anesthesia and, depending on the number of bones to be treated, take less than an hour. Most patients experience complete or significant pain reduction almost immediately.

Kevin Yoo, M.D., a neurosurgeon and director of Palomar Neurosurgery Center, and Bassam Georgy, M.D., a board-certified interventional neuroradiologist at Valley Radiology Consultants, perform these high-tech procedures.

“Traditional surgery, if the patient could tolerate it, would require large incisions, removal of all broken bones and the replacement of bones with metal instruments,” says Dr. Yoo. “With kyphoplasty, the surgery is done under local anesthesia and completed in one or two hours.”

“Kyphoplasty and vertebroplasty can significantly improve the quality of a person’s life by reducing or eliminating the pain associated with osteoporotic fractures in the spine,” says Dr. Georgy, who has performed more than 1,000 of these procedures.

“Before vertebroplasty and kyphoplasty, most patients with spinal fractures had to rely on medications to relieve their pain,” says Dr. Georgy. “These treatments are very safe and have few risks. There is a very short recovery time and patients can usually go back to their normal activities the next day.”

Palomar Pomerado Health and the Women’s Health Connection offer resources and information about osteoporosis, including classes, lectures and an Osteoporosis Support Group. For more information, call The HealthSource at 800.628.2880 or visit www.pph.org.

Osteoporosis

Get the Hard Facts on Osteoporosis Diagnosis and Treatment

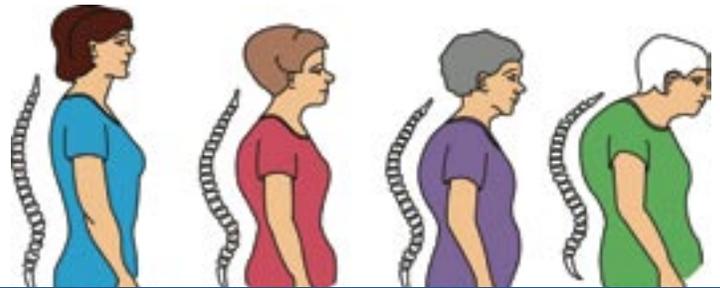
OASIS

Wednesday, August 10
10:30 a.m. – Noon

Did you know that osteoporosis strikes every third woman after age 45 and every tenth man after age 50? This illness causes considerable suffering and disability to many people. Radiologist Allen Nalbandian, M.D., and Kathy Lunardi, R.N., M.S.N., will discuss the latest in diagnosis and treatment as well as the importance that diet and exercise play in preventing osteoporosis.

FEE: \$2/participant

To register, call OASIS at 760.432.0635



Osteoporosis Awareness

May is National Osteoporosis Awareness & Prevention Month – do you know your risk factors? You are more likely to have osteoporosis if you are female, have a thin or small frame, are past menopause and are over the age of 50.

Risk Factors

- Family history of osteoporosis
- Abnormal absence of menstrual periods
- Anorexia nervosa
- A diet low in calcium and vitamin D
- Certain medications, such as corticosteroids and anticonvulsants
- An inactive lifestyle
- Cigarette smoking
- Excessive use of alcohol
- Being Caucasian or Asian

Prevention Tips

- A balanced diet rich in calcium and vitamin D
- Weight-bearing exercise
- A healthy lifestyle – no smoking or excessive alcohol intake
- Bone density testing and medication, when appropriate

If you think you might have osteoporosis, talk to your doctor about treatment options.

Source: National Osteoporosis Foundation, www.nof.org

Exercise & Nutrition

Get Fit and Stay Strong

OASIS

Halt osteoporosis! Your bones will thank you for it. This fitness class using bands and weights will increase your bone density, strength and endurance – all while you're having fun

Tuesdays & Thursdays

May 10 – June 2

June 7 – 30

July 5 – 28

12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.

FEE: \$32/8 sessions

Tuesdays & Thursdays

August 2 – 30

12:30 – 1:30 p.m. or 1:45 – 2:45 p.m.

FEE: \$36/9 sessions

*New participants start at the beginning of each session. To register, call **OASIS** at **760.432.0635**.*



Keep On Exercisin' The HealthSource, San Marcos

Tuesdays and Thursdays
9 and 10 a.m. sessions

Join Ann Jaburg as she teaches low-impact aerobics, stretching exercises, and how to use light weights for building muscle strength and endurance.

FEE: \$24 per month /participant

New participants start at the beginning of each month.

Adult Fitness

**Palomar Medical Center
Pomerado Hospital**

Call **858.613.4631** for dates, times and fees

A medically supervised exercise program for anyone.

Westfield Walkers

Westfield Shoppingtown North County

Tuesdays and Thursdays

8:30 a.m.

*A free walking program co-sponsored by Palomar Pomerado Health. Meets near the concierge kiosk on the lower level. **Registration is not required.***

Westfield Walkers Anniversary Breakfast

**Westfield Shoppingtown, North County
2nd floor conference room**

Thursday, May 19, 9:45 – 11:45 a.m.

Whether you're a seasoned walker or would like to become one, join in the fun and festivities as we celebrate another anniversary for the Westfield Walkers. You can share program ideas and receive timely tips from Mary Kinsella, walking program facilitator. Bring a friend! Door prizes and breakfast available, and it's all FREE.

To register, call 800.628.2880.

General Health

Senior Resources in San Diego County

OASIS

Wednesday, May 18

10:30 a.m. – Noon

*Whether you're confronted with health issues, caregiver issues or just general questions about your personal situation as a senior citizen, there are numerous resources in San Diego County that may answer your specific need. Attend this informative presentation and learn the facts to assist you in remaining an independent individual during some of your most challenging moments. To register, call **OASIS** at **760.432.0635**.*

FEE: \$2/participant

Tinnitus and Other Hearing Challenges

Women's Health Connection

Thursday, May 19

10 a.m. – Noon

*Tinnitus is one of the most elusive mysteries facing audiologists and other hearing health-care professionals. It is commonly described as a hissing, roaring or ringing and can be perceived in one ear, both ears or in the head. As many as 50 million adults experience tinnitus, but only about 10 million seek help for the condition. Audiologist David Illich will discuss known causes of tinnitus, prevention, new therapies and other hearing issues. Space is limited. To register, call **The HealthSource** at **800.628.2880**.*

FEE: FREE



Facial Rejuvenation

Women's Health Connection

Friday, May 20

9:30 a.m. – Noon

*Join consultants from Dr. Dennis Bucko's office for an informal discussion about the latest advancements in facial cosmetic surgery. Discover how to look your best at every age with surgical and non-surgical techniques. Observe a Belladerma Peel demonstration as part of this special morning. Space is limited. Refreshments will be served. **To register, call 858.487.7889.***

FEE: FREE

General Health

Staying On Your Feet (HealthStages)*

OASIS

Wednesdays, June 1 & 8 (2 sessions)
10:30 a.m. – Noon

Designed for active seniors, this two-part course discusses the potential risks of falling, including physical condition, health, medications and safety hazards in the home and community. Kathy Lunardi, R.N., will explore what you can do to take charge of your life and decrease your risk of falling. To register, call OASIS at 760.432.0635.

FEE: \$8/participant for 2 sessions

End of Life Issues

**The Joslyn Senior Center of Rancho Bernardo
18402 West Bernardo Drive, San Diego**

Thursday, July 14
10 – 11:30 a.m.

How prepared are you for a life-threatening incident? Have you informed your family of your final wishes in the event of unexpected health issues? End of life issues are not age specific and many people are not aware of the steps to be taken now that will help avoid confusion later. Kathy Lunardi, R.N., will discuss the necessary documents and decisions that should be in place for physicians, emergency response teams, family members and legal protection. Space is limited. Register today.

FEE: FREE

Hearing Loss & Hearing Technologies

OASIS

Wednesday, June 29
10:30 a.m. – Noon

Are you increasing the television volume, asking friends and family members to repeat themselves or experiencing a ringing in your ears? Audiologist David Illich, M.S., CCCA, will discuss hearing loss issues, causes and the latest technologies available for hearing correction and improvement. To register, call OASIS at 760.432.0635.

FEE: \$2/participant

Thyroid Dysfunctions

OASIS

Wednesday, August 24
10:30 a.m. – Noon

The thyroid gland is responsible for producing hormones that are important for the functioning and maintenance of all cells in the body and for metabolism. More than five million Americans suffer from hypothyroidism (the underproduction of thyroid hormones). Join Nurse Practitioner Michelle Turk as she explores the symptoms, diagnosis and treatment options for thyroid irregularities. To register, call OASIS at 760.432.0635.

Fee: \$2/participant

*OASIS HealthStages Classes are developed by The OASIS Institute and designed for seniors to learn to develop skills for making healthy lifestyle choices.

TalkTime

Do you have questions for your doctor that you always forget to ask? Are you confused by a general health issue and need more explanation? Get the answers you need during Talk Time, a new health-education opportunity featuring relaxed, informal chats with physicians and other wellness professionals. Join us in the inviting atmosphere of the Women's Health Connection and take advantage of this unique opportunity to chat with an expert. Light refreshments will be served. Space is limited, register today!

Talk Time with Lynn Herring, M.D.

Women's Health Connection

Monday, June 13
2 – 3:30 p.m.

A pediatrician for many years, Dr. Herring believes in forming a partnership with the families of her patients. She takes the time to educate parents and children about their health so that they understand why pediatricians make certain recommendations. Join Dr. Herring in a relaxed, casual discussion as she addresses the concerns and questions of attendees. Please note: This is not an appropriate event for children.

FEE: FREE

Talk Time with Kay Bradshaw, P.A.C.

Women's Health Connection

Tuesday, August 23
3 – 4:30 p.m.

Kay Bradshaw, a family practice physician's assistant, is returning to Talk Time by popular demand for a follow-up session. Bradshaw addresses many health issues in her practice and encourages patients to take a natural approach when dealing with medical concerns. Join her at this informal discussion as she discusses the various health challenges faced by women today.

FEE: FREE

Finding the Right Doctor is Easy at PPH

Looking for a physician and don't know where to start? At Palomar Pomerado Health, we make it easy to find the doctor that's right for you. Just call **The HealthSource** at **800.628.2880**, and one of our friendly representatives will help you to select the doctor who best fits your needs. Our more than 600 affiliated physicians are committed to providing you and your family with top-quality clinical care in a caring environment.



Depression:

the *Mind/Body* **CONNECTION**

May is Mental Health Month and this year's theme is *MIND Your Health*, which focuses on the mind-body connection. Research has shown a clear link between mental and physical health, indicating the importance of taking care of your mind and body for overall well-being.

"A behavioral disorder, such as depression, negatively affects the ability of a person to recover from other physical health problems, such as heart disease," says Betsy Burns, Ph.D., program manager for Pomerado Hospital's Behavioral Medicine Center and Psychiatric Outpatient Program. "Therefore, it's most beneficial to treat the mind and body together."

"I often see patients whose poor mental health is manifested by both mind and body symptoms," says Alan Berkowitz, M.D., a board-certified psychiatrist and medical director for Pomerado's Behavioral Health Services. "A classic example is chronic stress, which can make a person anxious or depressed, as well as experience breathing, digestive, back and sleep problems."

"Stressors that can lead to depression may include financial, marital or work problems, and even a chronic or acute medical condition," says Dr. Burns. "Twice as many women than men become depressed and 20 percent or more of older adults have symptoms of depression. There is no reason for someone with depression to suffer needlessly. From the first comprehensive assessment throughout the continuum of care, our goal at PPH is to restore both mental and physical wellness."

PPH's Behavioral Health Services includes comprehensive inpatient services provided at Palomar Medical Center and Pomerado's Behavioral Medicine Center. These services integrate medical and psychiatric treatment for adults with both an acute psychiatric disorder and an acute or chronic medical-surgical diagnosis. Outpatient services, crisis intervention and partial hospitalization are available to assist adults.

For more information about these services or the bipolar and depression support groups, please call Behavioral Health Services at 800.336.2000 or visit www.pph.org.



Depression: Know the Signs

If you experience five or more of the following symptoms for longer than two weeks, you might be clinically depressed.

- Persistent sad, anxious or "empty" mood
- Changes in sleep patterns, appetite or weight
- Loss of interest in once-enjoyable activities
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment
- Difficulty concentrating
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

Source: National Mental Health Association, www.nmha.org

PPH's Depression Screening: Confidential Self-Assessment

Depression is a treatable illness affecting more than 19 million Americans. Unfortunately, few people seek treatment. Don't be one of them. If you suspect that you or a family member might be depressed, take a moment to complete the free screening today.

To help individuals determine if they might be clinically depressed, Palomar Pomerado Health's Behavioral Health Services offers a confidential online screening for depression. To access the screening, visit www.pph.org, click on the link to Palomar Pomerado Behavioral Health and scroll down until you see "click here" to complete the screening.

"This 5-minute test is anonymous and can be taken in the comfort of your own home," says Arlene Cawthorne, M.C., Community Resource Specialist for PPH's Behavioral Health Services. "Once you have completed the test, results will be provided indicating whether you may have depression. You can take the results to your physician."



PPH Receives

MAXIMUM ACCREDITATION

During On-Site Survey

In March, the Joint Commission on Accreditation of Health Care Organizations (JCAHO) conducted a comprehensive on-site survey of Palomar Pomerado Health facilities.

The focus was on evaluating our system of patient care in order to measure the quality and safety of the care we provide," says Mary Oelman, R.N., associate chief nursing officer at Pomerado Hospital

"We did exceptionally well," Oelman says. "On one of the days of the survey we had as many as 13 surveyors at Palomar Medical Center, which means there was an intense focus on our care and processes."

While the JCAHO survey is voluntary, most hospitals participate as a way to obtain an objective, third-party evaluation of their service and provide a comparison with other hospitals nationwide.

JCAHO surveyors made on-site visits to Palomar Medical Center, Pomerado Hospital, PPH Home Health, PPH Behavioral Health, Villa Pomerado, Palomar Continuing Care Center and Escondido Surgery Center over nine days. At the conclusion, they provided immediate results that granted PPH with the maximum three-year accreditation.

"Our performance, as measured by JCAHO standards, means the community can be really confident that we are meeting or exceeding national standards for patient safety and quality," Oelman says.



Considering Weight Loss SURGERY?

Explore your options through the Surgical Weight Loss Program at Pomerado Hospital. Join us at one of our general education seminars to learn more.

Topics covered include:

- General concepts of obesity and its treatment
- The normal GI tract and its function
- Surgical procedures for obesity
- Details of gastric bypass and Lab-band procedures
- Physiological consequences of gastric bypass and Lap-band procedures
- Complications associated with gastric bypass and Lap band procedures
- Office protocol for consultation, diagnostic testing, insurance authorization, etc.

The general education seminars are held in **Dr. Charles Callery's office lobby, 15725 Pomerado Road, Suite 203A** in Poway on **Tuesday evenings** from **5:30 to 8:30 p.m.** Reservations are required.

For more information, or to reserve a space at the next seminar, please call Dr. Callery's office at 858.675.0883.

Palomar Pomerado Health Board of Directors



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Front row (l-r): Nancy Scofield; Nancy L. Bassett, R.N.; Linda Greer, R.N.

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May 2005						
Su	M	T	W	Th	F	S
1/29	2/30	3/31	4	5	6	7
May is Mental Health Awareness Month.						
8	9	10	11	12	13	14
Escondido Street Fair					Facial Rejuvenation Class (See page 11)	
15	16	17	18	19	20	21
			Kick the Habit Smoking Cessation Class Begins			
22	23	24	25	26	27	28

June 2005						
Su	M	T	W	Th	F	S
/26	/27	/28	1/29	2/30	3	4
RB Alive	June is Men's Health Month.					
5	6	7	8	9	10	11
	Talk Time with Lynn Herring, M.D.					
12	13	14	15	16	17	18
19	20	21	22	23	24	25

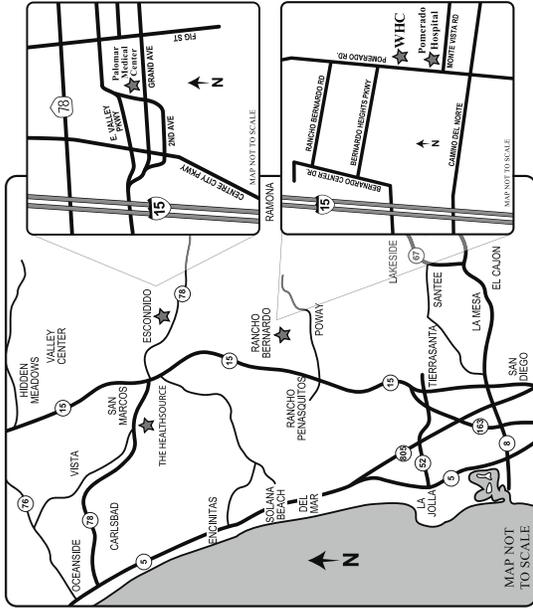
July 2005						
Su	M	T	W	Th	F	S
/24	/25	/26	/27	/28	1/29	2/30
3/31	4	5	6	7	8	9
				End of Life Issues Class (See page 12)		
10	11	12	13	14	15	16
17	18	19	20	21	22	23

August 2005						
Su	M	T	W	Th	F	S
28	1/29	2/30	3	4	5	6
August is National Immunization Awareness Month.						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
		Talk Time with Kay Bratshaw, P.A.C.				



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Poway, CA 92064
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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

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